

# FOOD

## Artichokes



**Ingredients:**

- 2 whole artichokes
- 2 tablespoons butter
- 2 cloves garlic, sliced
- Salt and pepper to taste

**Directions:**

1. Fill the pan with just enough water to cover bottom. Bring to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
2. When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.



## Grilled Halibut with Cilantro Garlic Butter

**Ingredients:**

- 4 (6 ounce) fillets halibut
- 1 lime, cut into wedges
- salt and pepper to taste
- 1/2 cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 2 tablespoons butter
- 1 tablespoon olive oil

**Directions:**

1. Preheat a grill for high heat. Squeeze the juice from the lime wedges over fish fillets, then season them with salt and pepper.
2. Grill fish fillets for about 5 minutes on each side, until browned and fish can be flaked with a fork. Remove to a warm serving plate.
3. Heat the oil in a skillet over medium heat. Add the garlic; cook and stir just until fragrant, about 2 minutes. Stir in the butter, remaining lime juice and cilantro. Serve fish with the cilantro butter sauce.



## Pasta with Scallops, Zucchini, and Tomatoes

**Ingredients:**

- 1 pound dry fettuccine pasta
- 1/4 cup olive oil
- 3 cloves garlic, minced
- 2 zucchinis, diced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1 cup chopped fresh basil
- 4 roma (plum) tomatoes, chopped
- 1 pound bay scallops
- 2 tablespoons grated Parmesan cheese

**Directions:**

1. In a large pot with boiling salted water cook pasta until al dente. Drain.
2. Meanwhile, in a large skillet heat oil, add garlic and cook until tender. Add the zucchini, salt, red pepper flakes, dried basil (if using) and saute for 10 minutes.
3. Add chopped tomatoes, bay scallops, and fresh basil (if using) and simmer for 5 minutes, or until scallops are opaque.
4. Pour sauce over cooked pasta and serve with grated Parmesan cheese.



5010 NE 9th Ave  
Portland, Or 97211  
Phone: 503 284-2989

### Stylist Wanted

*We specialize in a variety of cuts for men and women, hot towel razor shaves, braiding, hair extension, Shampoo, blow dryer and Platinum fade.*

**Call Today or Walk in !!!**



## CANNON'S RIB EXPRESS



5410 NE 33rd Ave,  
Portland, Or

Call to Order:  
503-288-3836

**Open (hours)**

Sun-Thurs: 11a-8p  
Fri-Sat: 11a-9p

*Cannon's, tasty food and friendly neighborhood atmosphere.*

