

# FOOD



## Grilled Chicken Pineapple Sliders

Time: 1 hour prep; 15 minutes cook; ready in 1 hour, 15 minutes.

**Ingredients:**

- 1 lemon, juiced
- 1 lime, juiced
- 1 tablespoon cider vinegar
- salt and black pepper to taste
- 3 skinless, boneless chicken breast halves - cut in half
- 6 pineapple rings
- 2 tablespoons teriyaki sauce
- 6 slices red onion
- 6 Hawaiian bread rolls - split and toasted
- 6 lettuce leaves - rinsed and dried

**Directions:**

1. Whisk together the lemon juice, lime juice, cider vinegar, salt and pepper in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 1 hour.
2. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
3. Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Grill the chicken for 5 to 7 minutes each side, or until juices run clear when chicken is pierced with a fork. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.
4. Spread 1 teaspoon teriyaki sauce on the bottom half of a toasted roll; next add a lettuce leaf, a piece of chicken, a pineapple round, and an onion slice. Replace the top and repeat with the remaining rolls.



## Summer Corn Salad

Time: prep 25 minutes; cook 20 minutes, ready in 45 minutes.

**Ingredients:**

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- 1/4 cup olive oil
- 2 tablespoons white vinegar
- salt and pepper to taste

**Directions:**

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

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## Chicken Salad with BLT

Time: prep 15 min; cook 15 min; ready in 1 hour

**Ingredients:**

- 5 slices bacon
- 3 cups diced cooked chicken
- 1 cup chopped fresh tomato
- 2 stalks celery, thinly sliced
- 3/4 cup mayonnaise
- 2 tablespoons minced green onion
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1 dash Worcestershire sauce
- salt and ground black pepper to taste
- 12 leaves romaine lettuce
- 1 large avocado, sliced

**Directions:**

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.
2. Stir chicken, bacon, tomato, and celery together in a bowl.
3. Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat.
4. Refrigerate until chilled, at least 30 minutes.
5. Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.