


FOOD

Please Join Us for Our **4th Annual**

#JeffsShoeChallenge

- Shoe Drive - 

We Will Have Select Footwear Sizes and Socks for Boys and Girls Heading Back to School. **Classic Men Barber Shop** Will Be On-Hand Providing FREE Line-Ups From 3-6PM.

Location:

Fresh Life Church (Pure Space)
1307 NW Overton Street
Portland, OR 97209

Date:

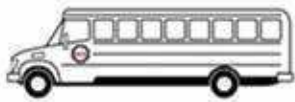
September 2nd 2018

Time:

3-6PM

CLASSIC MEN
BARBER SHOP

For More Information Email:
Jeff Harris
Jeff.Harris@mail.com



Grilled Pork Chops with Fresh Nectarine Salsa

Ingredients

- 2 nectarines, pitted and diced 1 ripe tomato, seeded and diced
- Tomatoes on the Vine
- 1/4 cup diced onion
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/4 teaspoon crushed red pepper flakes, or to taste
- salt to taste
- 1 teaspoon ground cumin
- 1 teaspoon chili powder salt and ground black pepper to taste
- 2 tablespoons olive oil
- 8 (4 ounce) boneless pork loin chops

Directions:

1. Preheat an outdoor grill for medium-high heat. Lightly oil grate, and set 4 inches from the heat.
2. To make the salsa, place the nectarines, tomato, onion, cilantro, lime juice, and red pepper flakes in a bowl; toss to blend. Season to taste with salt. Cover, and refrigerate 30 minutes to blend flavors.
3. Stir the cumin, chili powder, salt, and pepper together in a small bowl. Place the olive oil in a small bowl. Brush the pork chops with oil, and season both sides evenly with the cumin mixture.
4. Place pork loin chops on the preheated grill. Cook until lightly browned and juices run clear, about 4 minutes on each side. Place pork chops on serving plates, and top with a generous spoonful of salsa.

WHOLE HEALTH CARE.
WHOLE COMMUNITY.



The new Garlington Health Center is open and ready to serve your whole healthcare needs. Located at 3036 NE Martin Luther King, Jr., Blvd., we are excited to be part of the neighborhood we grew up in.

Offering mental health and recovery services, primary care, wellness, and pharmacy (coming soon) all in one innovative center.

GARLINGTON HEALTH CENTER

3036 NE Martin Luther King, Jr., Blvd.
Monday-Friday 8:30 AM-5:00 PM
(503) 674-7777

We welcome all.

WWW.CASCADIABHC.ORG

