

# FOOD

## Best Harvest Chicken Casserole

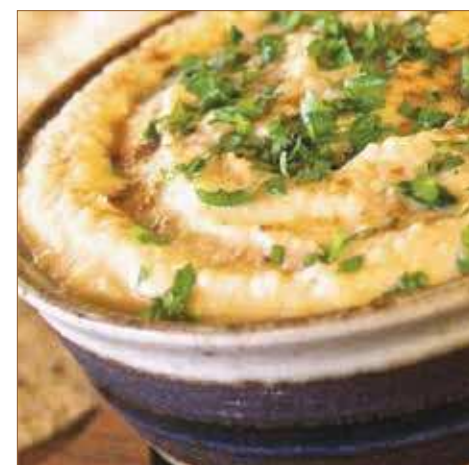
### Ingredients

- 2 tbsp. extra-virgin olive oil, plus more for baking dish
- 2 lb. boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 lb. brussels sprouts, trimmed and quartered
- 1 tsp. dried thyme
- 1/2 tsp. paprika
- 1/4 c. low-sodium chicken broth
- 6 c. cooked wild rice
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds



### DIRECTIONS

1. Preheat oven to 350o and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
2. Heat remaining tablespoon oil over medium heat. Add onion, sweet potatoes, and Brussels sprouts and season with thyme, paprika, salt, and pepper. Cook until softened, 5 minutes. Add broth, bring to a simmer, and cook, covered, 5 minutes.
3. Stir in cooked rice, chicken, and cranberries. Transfer mixture to baking dish, top with almonds, and bake 20 minutes.
4. Let cool 5 minutes before serving.



## Super Easy Hummus

### Ingredients

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed

### Directions:

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

## PRESENTING Brunswick Commons — 109th Ave. Portland, OR

BRUNSWICK COMMONS @ NE 109th Avenue Model B

BRUNSWICK COMMONS @ NE 109th Avenue Model D1

3 bedroom 2.5 bath 1200 sq ft

3 bedroom 2.5 bath 1243 sq ft

ATTIC 270 SQ FT

SECOND LEVEL 431 SQ FT

MAIN LEVEL 418 SQ FT

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SECOND LEVEL 431 SQ FT

MAIN LEVEL 418 SQ FT

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### THREE LEVEL TOWNHOME

**\$299,900**

Custom designed new townhomes. Open main with living, dining, kitchen (stainless steel range, dishwasher, refrigerator and granite counters) and half bath. Master and second bedroom, two baths and laundry (washer/dryer included) on the second floor. Third bedroom on the third floor. Ample storage.

Expected completion Fall of 2018. Call for more information.

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3 Bedrooms  
2 1/2 Baths

Between 1200—  
1243 total sq. ft.

HOA: \$189 per month.  
Includes: water, sewer, garbage, commons and exterior maintenance

David Douglas  
School District