## Pasta Primavera

• 1/2 cup grated Parmesan cheese, or

• 2 pinches salt

left whole

• 2 zucchinis, diced

#### **Ingredients:** • 1 bunch fresh basil

- 3 cups chicken broth, divided
- 1/2 cup olive oil2 cloves garlic
- 1 cup chopped sugar snap peas • 1 pound fettuccine pasta • 1/2 cup shelled English peas • 1 bunch asparagus, stalks diced, tips
- 2 tablespoons olive oil
- 1 large leek, chopped
- 1 bunch green onions, chopped

#### • 2 jalapeno peppers, seeded and diced as needed

## Directions:

1. Fill a large pot with lightly salted water and bring to a rolling boil. Hold basil bunch by the stems and dip basil leaves in boiling water until bright green, about 2 seconds. Immediately immerse basil in ice water for several minutes until cold to stop the cooking process.



Good in the Hood 27th Annual Multicultural Festival, presented by University of Oregon, June 21-23. Location King School Park, NE 6th Ave & NE Humboldt St, Portland, OR 97211.

Come join us for a fun filled weekend of Live - Jazz, Blues, R&B, Latin, Pop, Conscious Hip/Hop; and NEO-Soul...complemented with a DJ intermission. Multicultural food, market place, informational village, kid's space and parade.

In addition, Legacy's "Trauma Nurses Talk Tough" \$6 discounted bicycle helmet sale and Health Pavilion offering free health screenings on Saturday from 12-4pm.

New to the GITH festival, Movie in the Park Friday night June 21 featuring the movie "Black Panther"

Festival hours: Good in the Hood "Kick-off Party" Music by DJ Pryce and Hosted by MC Seezinin Friday June 21 King School Park 6-10pm, Saturday June 22, Good in the Hood Parade (NE MLK) at 11am. Saturday and Sunday June 22-23 Festival continuation 11:00am to 10:00pm.

If you're interested in becoming a Food Vendor, selling your merchandise at the Market Place, having an information booth in our Information Village, participating in the Parade, becoming a Kids Space sponsor or volunteering at this year's festival. Contact GITH Hotline at 971-302-6380 or email: www.goodnthehood.org



Once the basil is cold, drain well, Remove basil leaves from stems and discard stems.

2. Blend basil leaves, 1 cup chicken broth, 1/2 cup olive oil, and garlic together in a blender until smooth.

**3.** Stir fettuccine into the same pot of boiling water, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, about 8 minutes. Drain.

4. Heat remaining 2 tablestir leek and green onion in hot oil minutes. Toss again.

until softened, about 5 minutes. Add jalapeno and salt; cook and stir until jalapeno is soft, about 5 minutes.

5. Increase heat to medium-high. Stir 2 cups chicken broth, zucchini, sugar snap peas, and English peas into jalapeno mixture; bring to a simmer and cook for 5 minutes. Add asparagus and continue cooking until asparagus is soft, about 3 minutes more.

6. Pour 1/4 cup basil-garlic mixture into zucchini mixture and cook and stir until heated through, about 1 minute. Remove from heat.

7. Place pasta in a large bowl; pour zucchini mixture over pasta and pour remaining basil-garlic mixture over the zucchini mixture. Spread Parmesan cheese over the top. Toss mixture briefly to combine and tightly wrap bowl with aluminum foil. Let stand unspoons olive oil in a large sauce- til pasta and vegetables soak up pan over medium heat. Cook and most of the juices and oil, about 5

## Roasted Chickpeas **INGREDIENTS:**

• 1-2 cans chickpeas (low-sodium or no-salt-added) • oil for misting

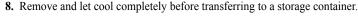
• spices (such as paprika and cayenne pepper)

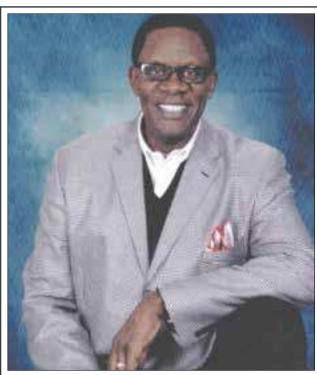
### **INSTRUCTIONS:** 1. Drain and rinse the chick-

peas. **2.** Line a baking sheet with

paper towels. Pour the chickpeas on top and use more paper towels to dry them off as well as possible.

- 3. Remove the paper towels. 4. Mist the chickpeas with oil, sprinkle with spices and shake pan gently until all the chickpeas are well coated.
- 5. Place pan in a cold oven. 6. Set oven to 425 degrees F and let roast for 40 minutes,
- stirring every 10 minutes. 7. Turn the oven off and leave pan in the oven for at least an hour.





Dr. Billy R. Flowers

# THE

An ongoing series of questions and answers about America's natural healing profession.

## Part 30. Genuine Benefits of Chiropractic Help

really help my problems? : You have no doubt heard how chiropractors helped a friend's headaches, neck pain, neck stiffness, back pain or fatigue?

But, it is perfectly normal for you to wonder whether a chiropractor can really your particular problems. Your headaches. Your neck pain and/or stiffness. Your back pain or other symptoms. Problems you may have had for some time.

Can a chiropractor The truth is, doctors of chiropractic chiropractor goes beyond treating your are extremely successful at eliminating many symptoms. Often more quickly and effectively than other healing methods.

But, your doctor of chiropractic can do so much more for you than just treating symptoms. Your chiropractor is concerned with making sure your entire body is functioning properly. Therefore, your you the people.

immediate symptoms to make sure your body is still functioning efficiently. That is the only way true health can be achieved.

But we aren't the only ones who have said it. Chiropractic has been accepted by the ultimate authority;

## **Flowers' Chiropractic Office**

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