

FOOD *Pasta Primavera*

Ingredients:

- 1 bunch fresh basil
- 3 cups chicken broth, divided
- 1/2 cup olive oil 2 cloves garlic
- 1 pound fettuccine pasta
- 2 tablespoons olive oil
- 1 large leek, chopped
- 1 bunch green onions, chopped
- 2 jalapeno peppers, seeded and diced
- 2 pinches salt
- 2 zucchinis, diced
- 1 cup chopped sugar snap peas
- 1/2 cup shelled English peas
- 1 bunch asparagus, stalks diced, tips left whole
- 1/2 cup grated Parmesan cheese, or 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.



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 tablespoons olive oil in a large saucepan over medium heat. Cook and stir leek and green onion in hot oil

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 until pasta and vegetables soak up most of the juices and oil, about 5 minutes. Toss again.



WE'RE BACK!



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.goodinthehood.org

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 chickpeas.
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.
8. Remove and let cool completely before transferring to a storage container.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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Part 30. Genuine Benefits of Chiropractic Help

Q: Can a chiropractor really help my problems?

A: 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.

The truth is, doctors of chiropractic 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

chiropractor goes beyond treating your 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; you the people.

Flowers' Chiropractic Office

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