

FOOD

Chicken and Cucumber Salad With Parsley Pesto

MLK DREAM RUN 2019



MLKDREAMRUN.ORG

Run, Walk, Volunteer, Vendor or Donate during our annual Fundraising weekend event benefiting our Youth Entrepreneur Career Training programs.

**Event Location - PCC Cascade Campus
705 N Killingsworth St., Portland, OR 97217**

**Sept.
7th - 8th**

**Saturday
VENDOR
VILLAGE
1 pm - 8pm**

**Sunday
RACE
6am - 11am**

503-841-5032

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Produced by:

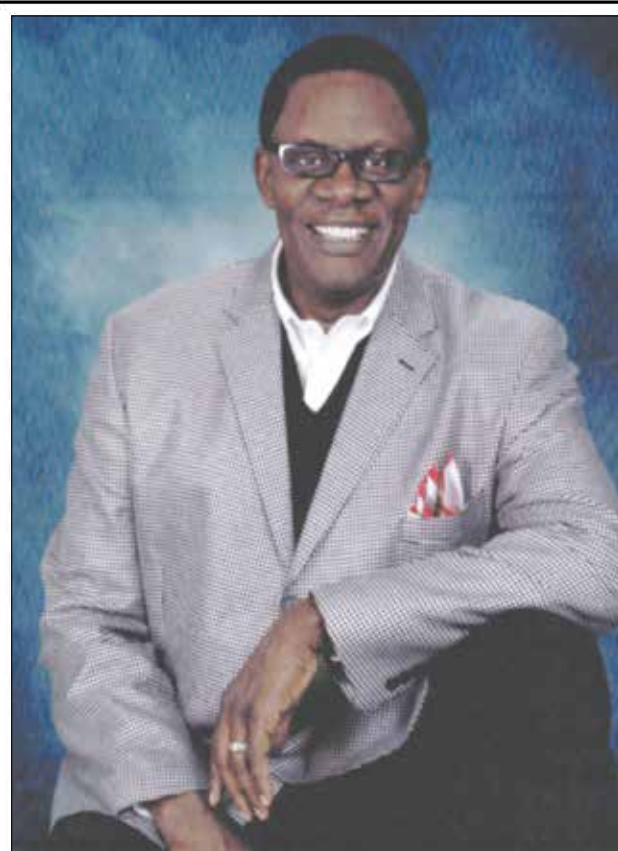







- Ingredients:**
- 2 cups packed fresh flat-leaf parsley leaves (from 1 bunch)
 - 1 cup fresh baby spinach
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon toasted pine nuts
 - 1 tablespoon grated Parmesan cheese
 - 1 medium garlic clove, smashed
 - 1 teaspoon kosher salt
 - 1/4 teaspoon black pepper
 - 1/2 cup extra-virgin olive oil
 - 4 cups shredded rotisserie chicken (from 1 chicken)
 - 2 cups cooked shelled edamame
 - 1 (15-oz.) can unsalted chickpeas, drained and rinsed
 - 1 cup chopped English cucumber
 - 4 cups loosely packed arugula

- Directions:**
1. Combine parsley, spinach, lemon juice, pine nuts, cheese, garlic, salt, and pepper in bowl of a food processor; process until smooth, about 1 minute. With processor running, add oil; process until smooth, about 1 minute.
 2. Stir together chicken, edamame, chickpeas, and cucumber in a large bowl. Add pesto; toss to combine.
 3. Place 2/3 cup arugula in each of 6 bowls; top each with 1 cup chicken salad mixture. Serve immediately.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

Q: How bad an accident does it take to actually cause whiplash?

A: While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

Q: How can I tell if whiplash has happened to me?

A: Whiplash often exhibits

symptoms such as a sore neck, arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

Q: What should I do if I've had a fall or a car accident?

A: Don't take any chances. Schedule a complete chiropractic

exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

Flowers' Chiropractic Office
 2124 NE Hancock, Portland Oregon 97212
Phone: (503) 287-5504