

FOOD



Serves 4. To speed up prep, look for pre-cut cauliflower florets in your grocery store's produce section. Even if you have to prep the cauliflower and cut your own florets, you will only add about five minutes to a 40-minute meatless main.

Butternut-Cauliflower-Coconut Curry

Ingredients:

- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 3 tablespoons olive oil, divided
- 1/2 cup frozen green peas, thawed
- 3/4 cup chopped yellow onion
- 2 tablespoons minced fresh garlic
- 2 tablespoons all-purpose flour
- 1 1/2 tablespoons curry powder
- 1 cup cubed peeled butternut squash
- 1 cup fresh cauliflower florets
- 1 cup diced red potatoes
- 4 cups unsalted vegetable stock
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 1 cup light coconut milk Lime wedges (optional)

Directions:

1. Preheat oven to 450°F.
2. Place chickpeas on a rimmed baking sheet; pat dry. Add 1 tablespoon oil to chickpeas; toss to coat. Spread chickpeas in an even layer on pan. Bake at 450°F for 30 minutes. Add green peas to pan; bake at 450°F for 5 minutes or until chickpeas and green peas are crisp.
3. Heat a large Dutch oven over medium. Add remaining 2 tablespoons oil; swirl to coat. Add onion and garlic; sauté 5 minutes. Add flour and curry powder; cook 1 1/2 minutes or until flour begins to brown, stirring constantly. Stir in butternut squash, cauliflower, and potatoes. Add vegetable stock, pepper, and salt; bring to a boil over medium-high. Reduce heat to medium-low, and simmer 15 to 20 minutes or until vegetables are tender.
4. Remove pan from heat; stir in coconut milk. Place about 1 1/2 cups vegetable mixture in each of 4 bowls; top each serving with about 1/3 cup chickpea mixture. Serve with lime wedges, if desired.

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Skillet Apple Chicken Thighs

Ingredients:

- 1 1/2 tablespoons olive oil, divided
- 4 (6-oz.) bone-in pork chops
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 cup unsalted chicken stock (such as Swanson)
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh sage
- 1 1/2 teaspoons chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced

Directions:

1. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Sprinkle pork chops evenly with 3/8 teaspoon salt and 3/8 teaspoon pepper. Add pork chops to pan; cook 5 minutes on each side or until pork chops are done. Remove from pan.
2. Combine stock and mustard, stirring with a whisk. Add remaining 1 tablespoon oil to pan; swirl. Add remaining 3/8 teaspoon salt, remaining 3/8 teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return pork chops to pan; cook 3 minutes or until liquid is reduced by half.