

# FOOD



## Chicken Salad with Bacon, Lettuce, and Tomato

### Ingredients:

- 5 slices bacon
- 3 cups diced cooked chicken
- 1 cup chopped fresh tomato
- 2 stalks celery, thinly sliced
- ¾ cup mayonnaise
- 2 tablespoons minced green onion
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1 dash Worcestershire sauce
- 1 pinch salt and ground black pepper to taste
- 12 leaves romaine lettuce
- 1 large avocado, sliced

### Directions:

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.
2. Stir chicken, bacon, tomato, and celery together in a bowl.
3. Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes.
4. Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.

## Unjust Force

CONTINUED FROM PAGE 5

scrapes and bruising around Benbo's eye and on his cheek.

She said she first contacted an attorney about the case last year, but was pleased the lawsuit was filed Thursday because of the national attention to police brutality and racial injustice following Floyd's death.

"Right now, it's a prime time. George Floyd, for goodness sakes — watching his video made me cry because that could have been my child," McDavid said.

--Associated Press



## Opening Up and Giving Back

Erica Fahnbulleh, owner of Essence Hair Design, 4710 N.E. Martin Luther King Jr., reopens her business under new Phase One coronavirus regulations for public safety, while reaching out to distribute free food boxes from the Sunshine Division for those in need each Thursday from 11 a.m. to 2:30 p.m. On Friday, Multnomah County was officially reopened for business under the state's re-opening process, requiring safe distancing between people and masks to be worn in all public places.



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