

Food

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Chicken and Vegetables

4 Servings, about 1 cup each

Ingredients

- Margarine 1-1/2 tablespoons
- Garlic powder 1 teaspoon
- Onions, chopped 1/2 cup
- Chicken thighs, boneless, skinless 1 pound + 4 ounces
- Cut green beans, frozen 10-ounce package
- Pepper 1/4 teaspoon

Preparation time: 6 minutes, cooking time: 25 minutes

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Per Serving:

- Calories 190
- Total fat 11 grams
- Saturated fat 3 grams
- Cholesterol 57 grams
- Sodium 109 milligrams

(Note: To remove bone from chicken thighs do this: place chicken on cutting board; remove skin from thigh; turn chicken thighs over; cut around the bone and remove it.)

Ingram

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Foundation's Drum Major for Justice in 2010. The award recognized his immense contributions to the city's youth outreach program. After receiving the award Ingram wrote about his reaction.

"An award I received today, but am still trying to understand in its totality. You see, the award signifies Rev. Dr. Martin Luther King's proclamation that he would always be a drum major for justice. And for me this is both significant and overwhelming because I do, and have always, looked at Dr. King as one of the most significant people to walk this earth, immediately below Jesus (at least on my list). I do what I do because I believe in us. I have faith that as a people we can and will achieve justice; true justice where poverty, racism, sexism, and disparity do not exist.

"I have a very simple philosophy: I try to use every day as an opportunity to do something to improve myself, my family, my community

His experience fueled his determination to help young people escape those traps

and thereby my society. In doing so, I know that I am changing the future for the better. I embody my purpose on this planet as one who exists to make things better for those who will take the reins next. I take that philosophy very seriously, but myself seldom. I laugh at myself because, well, why not?"

A gifted writer, Ingram blogged for *The Skanner News* and was a columnist with *Portland Family* magazine. His subjects were the challenges of parenting, ordinary life and building compassionate community.

"Many people hold positions of power, but

sadly, for too many, it infrequently translates into true community action," said Rochell "Ro Deezy" Hart. "Rob Ingram was different. He did not just hold positions which signified change, nor did he simply work for change, he was the change."

Ingram intimately understood the pressures on young people, and the reasons why marginalized youth gravitate to gangs. After moving to Portland from Fresno, Calif., he struggled as a youth to be both true to his friends and free from gang allegiance. He never forgot what it felt like to be that struggling kid, and his experience fueled his determination to help young people escape those traps.

After working with Emmanuel Community Services, he dedicated his life to being a positive force in the lives of young people. He worked for the Boys and Girls Clubs of America, touching the lives of thousands of children over his career, and personally mentoring many youth.

"When he was a kid he was a little brother (in the Big Brothers Big Sisters mentoring program) and when he grew up, he decided to pay it forward and be a Big Brother," says Chabre



Rob Ingram

Vickers, director of community relations and diversity programs for the nonprofit. "He thought about how to support the agency all the time.

"Who is going to do all that work? He was doing the work of 10 men. And his work impacted people in a way that no other person's did. The loss is just monumental."

Through his studies at Warner Pacific College, Ingram earned a degree in Business Administration. He also served on the Big Brothers Big Sisters of Columbia NW African

American Advisory Board, as well as on the site council of Woodlawn Elementary, and with The Safe Place, a faith-based nonprofit. He was a proud member of the Omega Psi Phi fraternity.

Ingram was an active member of his church, The International Fellowship Family, 4401 NE 122nd Ave. Bishop Stephen Holt is handling communications for the family. Bishop Holt was one of several church leaders who organized Portland's faith community this year to support strug-

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