

An Unusual Culinary Column *continued from page 12*

Cauliflower Penne Pasta

Ingredients:

8 Ounces penne pasta
1-2 Tablespoons olive oil
1 Head cauliflower, about 2 pounds, cut into florets
1 Large onion, chopped
4 Large tomatoes, chopped
¼ Cup flat leaf parsley, chopped
Salt & pepper to taste
¼ Teaspoon red pepper flakes
Parmesan cheese, grated

Directions:

Cook the pasta per the directions. In a large skillet heat up the olive oil on medium high and cook the cauliflower for 6 minutes, stirring to brown on all sides. Add the onion, garlic and tomatoes and sauté for 10 more minutes, until the cauliflower is tender and the onion is translucent. Add the parsley, salt, pepper and red pepper flakes then serve topped with grated Parmesan cheese.

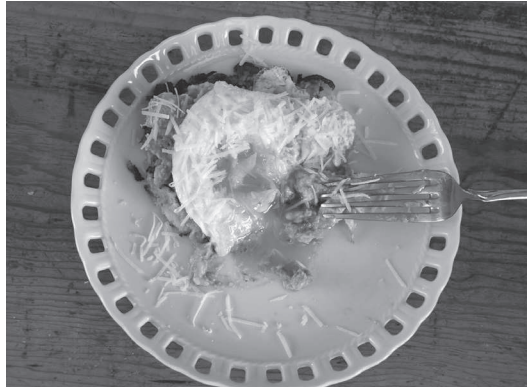
Cauliflower Avocado Toast

Ingredients:

½ Head cauliflower, grated
3 Eggs, divided
¼ Cup Parmesan cheese, grated
¼ Teaspoon salt
1 Tablespoon olive oil
1 Avocado, pitted and mashed
Sriracha sauce, optional
Salt & pepper to taste
2 Teaspoons coconut oil

Directions:

I used a food processor to grate the cauliflower. In a large mixing bowl add the grated cauliflower, 1 egg ¼ teaspoon salt and the Parmesan cheese. Mix together then set aside. In a separate bowl add the sriracha sauce, salt and pepper to the mashed avocado. I used my hands to make the cauliflower patties. Depending on the size you should be able to make two large patties or three small patties. In a large skillet heat up the olive oil and cook the patties on medium high for



five minutes on one side then gently flip and cook for an additional three minutes until they are browned on both sides. Remove the patties and spread a coat of the avocado mixture on top of the patty. Fry the remaining two eggs in coconut oil per your preference. Serve the eggs on top of the cauliflower patty sprinkled with Parmesan cheese.

Karen Kain can be reached at karenkain8@icloud.com.

Nominate a Fabulous Senior for the 2017 My Fair Lady Court

Do you know a fabulous senior woman who volunteers in our community? If you do, please nominate her for the 2017 My Fair Lady Court. Nominations are due April 7, 2017.

The My Fair Lady Pageant is held during the Columbia County Fair each year and honors senior women for outstanding community service. Columbia River PUD has sponsored the My Fair Lady Pageant since 1991 in conjunction with the Retired Senior Volunteer Program (RSVP) and Columbia River Fire and Rescue.

Nomination forms are available at the RSVP office in St. Helens, or online at www.crpud.net/myfairlady.

Bridge Street Bits

By Karen Miller

OK, let's see if I can remember how to use my Microsoft Word and send this article in for publication. Yikes, after all the past weeks of snow, ice, sleet, and canceled senior board meetings I am typing fast to get some news in before the next round. Hope not, but just in case I wish all a Happy Valentine's Day, Presidents' Day, St. Patrick's Day and Blessed Easter. There, I'm covered for a few months. And, PS: Happy belated New Years.

First off, in our Board Meeting we voted in our 2017 slate of officers and board members for the New Year: JACK HARVEY, President, CARL HOLSEY, Vice President, SANDY WELCH, Secretary, PAT RAY, Treasurer, along with TOBIE FINZEL, ILLENE GRADY, WAYNE MARR, LARRY BERNARDI, SALLY HARRISON, SYKES MITCHELL, KAREN MILLER, and welcome newcomer JANELLE CEDERGREEN. Thank you to all my dedicated fellow Board Members who are busy now this new year making our Senior Center plans a reality.

Our plan for our new Food Bank/Senior Center is to begin construction in August and completed by December of this year, 2017.

Please note that our board meetings are the SECOND Friday of the month and the public is welcome to attend and will be given a slot on the floor to make your voices heard and noted.

MEMBERSHIP DUES for the year 2017 are still only \$15. Send in yours to 939 Bridge Street, Vernonia, OR 97064. ANY donations to our center and especially our Meals on Wheels Program are greatly appreciated.

We want to say thank you to the thrift store help who faithfully give their time here on Bridge Street. One gal in particular to spotlight in this issue is ROMANNA MANUSOS. Romanna is a great addition with her social and display talents. For those of you who have been coming in to see her on Wednesdays, she has now switched her days to Thursdays. So come on in so she can see a familiar face, and check out her decorating talents on the floor.

SUPPORT OUR SENIORS DONATIONS: We have received \$1,010 through 12-31-16, along with a donation from the City of Vernonia for \$2,500. DONATIONS included: Anonymous in memory of Ron Welch, Anonymous in honor of Tobie Finzel, Randall Holce, Holce Logging,

Evelyn Holce, and Janelle Cedergreen. And a special thank you to Betty Ann Smith for her continual support of the Senior Center. THANK YOU to all.

THANK YOU to our faithful and needed Meals on Wheels drivers for their help with this worthy program in the Vernonia Community. If you have a little time to donate please come in the Center Office here or call (503) 429-3912.

\$\$\$\$\$\$ TAXES \$\$\$\$\$ AARP will once again be offering FREE tax help at the SCAPPOOSE Senior Center starting Wednesday, February 1 and going thru Wednesday, April 12. AARP recruits volunteers from around our community, trains them, provides the equipment to do the job and brings it to their center to help you. Call the Scappoose Senior Center for sign-ups (503) 543-2047.

DON'T FORGET to call me with anything newsworthy. (503) 439-0273

SENIOR SIGN OFF: At our age, some of us seniors don't celebrate the arrival of the New Year. We celebrate the survival of the old year.

See ya' around town.

Vernonia Senior Center • 939 Bridge Street • (503) 429-3912

Vernonia Veterinary Clinic

Small and Large Animals



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