

Food for Thought

Whether you're starting the day with a nutritious breakfast, or enjoying a leisurely weekend brunch, here are some recipes to perk up your favorite breakfast ingredients.

HUEVOS RANCHEROS

- 4 corn tortillas

1 (16 oz.) can refried beans

8 eggs

sour cream

chopped green onions
- vegetable oil

grated Monterey Jack cheese

1 lg avocado, sliced thin

sliced black olives

salsa

Fry tortillas in 1/4 inch of oil until crisp, not browned; drain on paper towels and place on baking sheet. Heat beans. Fry eggs in a small amount of hot oil. Spoon refried beans on top of each tortilla, spreading evenly. Place two fried eggs on top of beans. Sprinkle grated cheese over top of all, broil just until cheese melts. Top with salsa, avocado slices, sour cream, olives and geen onions. Serve immediately.

Variation: Poach eggs in a rich, spicy tomato sauce. Serve with hot corn tortillas and beans or rice.

BAKED FRENCH TOAST CUBES

- 12 cups firm bread cubes

8 oz cream cheese, cubed

8 eggs

6 tbs butter or margarine, melted
- 2-1/2 cups milk

1/4 cup syrup (see Note)

Grease a 3 quart rectangular baking dish. Place half of the bread cubes in the dish. Top with cream cheese cubes and remaining bread cubes.

Combine eggs, milk, melted margarine or butter, and maple syrup in a blender container or mixing bowl. Process or beat with a rotary beater until well combined. Pour egg mixture evenly over bread and cheese. Using a spatula, lightly press layers down to moisten. Cover with plastic wrap and refrigerate for 2 to 24 hours.

Remove plastic wrap from baking dish. Bake, uncovered, at 325 degrees for 35 to 40 minutes or until center appears set and the edges are lightly golden. Let stand about 10 minutes before serving. Serve with syrup.

Note: Fruit syrup or maple syrup both work well, but serve with same type syrup that is used in recipe. Serves 6-8.

MAKE AHEAD CREAM SCONES

- 1/2 cup sugar

2 tbs baking powder

2 tbs grated orange zest

2-1/2 cups heavy cream, chilled

cooking spray for greasing
- 3-3/4 cups bread flour

2 tsp salt

1 cup dried sweetened cranberries

egg wash (1 large egg whisked with 2 tsp heavy cream)

Combine sugar, flour, baking powder and salt in a stand mixer, using paddle attachment on medium speed until well blended, about 1 minute. Blend orange zest and cranberries into flour mixture. Add cream and mix on medium speed until just combined.

Remove dough from mixer; pat into a 10-inch-diameter round 1/4-inch thick, and divide into 12 equal wedges. Wrap in plastic and freeze until solid, at least 4 hours and up to 4 weeks.

Preheat oven to 350 degrees. Arrange frozen scones on lightly greased baking sheet, brush with egg wash, and bake until golden brown, 35 to 40 minutes. Let cool for a few minutes before transferring to a wire rack. Cool completely before serving.

Note: These scones develop a wonderful texture if the dough is frozen overnight. Freeze individual scones, then bake as many as needed straight from the freezer.

POTATO & EGG SCRAMBLE

- 6 slices bacon

2 tbs onions, diced

salt and pepper to taste

1 cup cheddar cheese, shredded
- 1/2 small green pepper, diced

2 potatoes, peeled, diced & cooked

6 eggs, lightly beaten

Cut bacon into small pieces, fry until crisp. Remove with a slotted spoon and drain on paper towels. Pour out all but 3 tablespoons of grease or replace with 3 tablespoons of vegetable oil. Heat oil, add green pepper, onion and potatoes; cook over medium heat, stirring occasionally, until potatoes are golden. Combine eggs, salt and pepper. Add bacon to cooked potatoes in the skillet. Pour eggs over top and scramble over low heat until almost set. Stir in 1/2 cup cheese and continue cooking until set. Sprinkle remaining 1/2 cup cheese over top before serving.

BACON & EGG QUICHE

- 1 (9 inch) pie shell

1/2 cup Monterey Jack cheese, grated

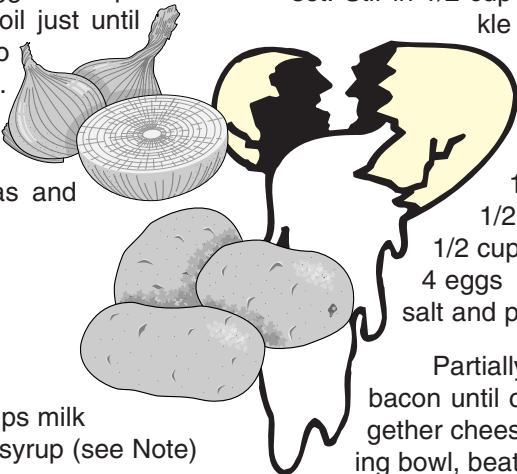
1/2 cup cheddar cheese, grated

4 eggs

salt and pepper to taste
- 1/2 pound bacon

1-1/2 cups half & half

Partially bake pie shell at 400° for 8 to 10 minutes. Fry bacon until crisp; crumble into bottom of pie crust. Mix together cheeses and sprinkle over bacon. In a medium mixing bowl, beat eggs. Stir in half & half, salt and pepper. Beat together well. Pour egg mixture over cheese and bacon. Bake at 325° for 50 to 60 minutes or until set.



Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790
Sunday Breakfast 10:00 a.m.
Morning Worship 10:45 a.m.
*B.L.A.S.T. w/Nursery 11:00 a.m.
*Bible Learning and Scripture Training
Youth Group 6 -8:00 p.m.
(Jr. & Sr. High)
Wednesday
Prayer Meeting 7:00 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 503 429-1919
Sunday Services: Adult Prayer &
Children's Sunday School 9:45 a.m.
Morning Worship 11:15 a.m.
Evening Worship 5:00 p.m.
Evening Service will change to
3:00 p.m. on Sept. 7,2003
Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Bible Study, Wednesday 7:00 p.m.
Youth & Kids , Thursday 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
500 California Ave
Vernonia, 503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY)
EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 795-2173
Sunday Services 10:00 a.m.

VERNONIA CHRISTIAN CHURCH

Jim Kirby, Evangelist
410 North Street
Vernonia, 503 429-6522
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

The tough and remarkable egg

Getting the best out of eggs doesn't require a profusion of recipes, it's appreciating the structure of the egg itself. It is, says George West, a University of California veterinarian, "nature's most perfect biologic package." Egg cartons say to refrigerate eggs, but they don't need it, says West. The egg evolved tough enough to remain viable in scorching heat, and it emerges from a chicken coated with a protective film saturated with antibodies to protect the egg.

If you get eggs from a farmer, or backyard coop, don't wash them until just before using them; the coating will keep protecting the eggs. In fact, the vacuum effect of putting eggs in and out of refrigerators is probably stressful.

The shell is porous to allow evaporation, but its weave repels bacteria. The Irish butter eggs, to stop evaporation and to give the eggs a butter flavor. Northern Italians go one better and store white truffles in egg baskets to help trap the aroma.