Page 6 The INDEPENDENT, August 5, 2004

Food for Thought

Hot weather isn't a frequent visitor to our corner of Oregon so we wilt pretty easily. Because one way to refresh ourselves is with lots of fresh vegetables and fruits, here are a few tasty salads your family will enjoy. Don't forget, it's easy to make almost any salad into a main dish by adding your favorite chunked, diced or sliced cooked meat, seafood or cheese.

GREEK SALAD

6 oz pitted kalamata olives 1 tomato, diced in chunks 1 red onion, sliced in chunks 6 oz crumbled feta cheese 1 cucumber, diced in chunks

Italian dressing

Combine all ingredients except Italian dressing. Add enough dressing to coat all ingredients. Chill and serve.

Makes 6 servings.

CHOPPED SALAD

For those watching carbs, this one lists 9.3 grams of carbohy- 1/2 cup sliced celery drates and 9.4 grams of dietary fiber.

1 head romaine lettuce

- 1 cup diced tomato (1/4 inch)
- 1 cup cucumber, peeled, seeded, and diced (1/4 inch)

1/2 cup Kalamata olives, pitted and chopped 1/2 cup crumbled gorgonzola cheese

1/4 cup freshly grated parmesan cheese (preferably Parmigiana-Reggiano)

Thinly sliced red onion for garnish

Thinly slice the romaine, then chop into small pieces. Toss romaine with tomato, cucumber, olives and cheeses. Add 1/2 cup of the dressing (see below) and toss to mix well. Garnish with red onion.

Dressing:

1 cup olive oil

3 tbs red wine vinegar

3 tbs balsamic vinegar 1/4 to 1/2 tsp black pepper 1/2 tsp salt

3 to 4 cloves finely minced garlic

Combine olive oil, vinegars, salt, pepper and garlic in a jar with a tight-fitting lid. Shake well. Dressing will separate and needs to be shaken just before use.

Makes 4 servings.

RICE SALAD

1 pkg chicken flavor rice 1 green pepper, chopped 2 (6 oz) jars artichoke hearts

cut in 1/2 (reserve liquid)

1 bunch green onions, chopped 12 green or black olives

3/4 tsp curry

1/3 cup mayonnaise

Cook rice according to package directions, cool. Mix rice, onion, green pepper, olives and artichoke hearts, reserving liquid from one jar of artichoke hearts. Mix artichoke liquid with curry and mayonnaise. Toss with rice. Serve. Chicken or shrimp can be added.

SOUR CREAM CHICKEN SALAD

For carb counters: per serving, 11 grams total carbs.

3/4 cup fat-free sour cream 1 tbs parsley, finely chopped 3 cups shredded, cooked

chicken breast

3 scallions, minced 1/2 tsp lemon zest 8 large lettuce leaves Salt and pepper to taste

In medium bowl, combine sour cream, scallions, parsley, lemon zest, salt and pepper. Toss to blend. Add chicken; toss to coat. Serve on bed of lettuce leaves.

Makes 4 servings.

BLUE CHEESE AND BEEF SALAD

For carb counters: per serving, 11 grams carbs, 2 grams fiber.

- 1 (10 oz) pkg mixed lettuce 1 large tomato, chopped, or 8 large cherry tomatoes,
- halved
- 1 cup croutons
- 4 oz sliced roast beef, cut into thin strips
- 2 oz (1/2 cup) crumbled blue or Gorgonzola cheese
- 1/2 cup prepared Caesar or Italian salad dressing

In large bowl, combine lettuce, beef, tomato, cheese and croutons. Drizzle with dressing; toss well. Serve. Makes 4 servings.

FRUIT SLAW

3 cups shredded cabbage 1 orange, peeled and sectioned 1 cup halved seedless red grapes

> 1 (8 oz) carton orange yogurt 1 small apple, cored and chopped 1/4 cup sunflower seeds Cabbage leaves

> > In large bowl, combine shredded cabbage, orange, grapes and celery. Combine the yogurt and apple, spread over cabbage mixture. Cover; chill. Just before serving, gently toss salad; sprinkle with sunflower seeds. Serve on cabbagelined plates. Makes 10 servings.

Artists invited to send entries for Salmon Fest

The winning entry in a new art contest will be used for advertising the 2005 Vernonia Fall Salmon Festival.

The contest, sponsored by Hands On Art, is open to everyone, amateur or professional. Any medium is suitable, though either black and white submissions, or color that will translate well to black and white, are preferable. Entries should be no larger than 8"x10" and relate to both salmon and the beautiful fall season in Vernonia.

A first prize of \$50 will be awarded. All rights to the winning art will belong to the Salmon Festival. Pre-judging will take place during this year's Salmon Festival on October 2, so entries must be received by September 29 to be ready for display. Submit entries to Sally Harrison, 1689 N. Mist Dr. in Vernonia.

For more information, call Harrison at 503-429-8425 or see <www.vernonia-or.gov>.

Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor 957 State Avenue Vernonia, 503 429-6790 Sunday Breakfast 9:00 a.m. Morning Worship 9:45 a.m. *B.L.A.S.T. w/Nursery 10:00 a.m. *Bible Learning and Scripture Training 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

Sam Hough, 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.