

Food for Thought

Good nutrition can't prevent the common cold, which is all too frequently felt during the winter. But it can help you and your family stay healthier throughout the year.

BAKED APPLES

- 4 apples 1/4 teaspoon cinnamon
2 cups water or apple juice 1 teaspoon brown sugar
1/8 teaspoon allspice or ground cloves

Preheat oven to 350 degrees. With a paring knife, make a light circular incision 1/3 of the way down from the top of each apple. Remove the core of each apple with an apple corer or paring knife.

Place the apples in a small baking dish and add the water or apple juice so that the liquid comes about half an inch up the side of the apples. Bake for 40 to 50 minutes. Remove the apples to a plate and drain juices into a small saucepan.

To the liquid, add cinnamon, allspice or cloves, and brown sugar. Boil until the liquid is thickened and syrupy and pour over apples. Serve immediately.

Makes 4 servings.

Nutritional values per serving

Calories: 136

Fat: 1 gram

Cholesterol: 0 milligrams

Sodium: 4 milligrams



ENCHILADA BAKE

- 1 teaspoon oil 1 onion, chopped
1 clove garlic, minced 5 to 6 mushrooms, sliced
1 green pepper, chopped 1 can corn (8 ounces)
1 (16 oz) can kidney beans 1 (14.5 oz) can stewed tomatoes
1 tablespoon chili powder 1 teaspoon ground cumin
1/2 cup red wine 8 corn tortillas
4 oz grated low fat cheese (3g fat/oz)
1 cup nonfat yogurt 1/2 cup lowfat cottage cheese

Preheat oven to 350 degrees. Heat oil in a large skillet and sauté onion, garlic, mushrooms, green pepper and corn. Add beans, tomatoes, spices and wine. Simmer 20 minutes. Put a layer of tortillas in casserole. Top with a layer of sauce, 3 tablespoons grated cheese, and 3 tablespoons cottage cheese-yogurt mixture. Repeat layers, ending with a layer of sauce. Add a little of the cheese-yogurt mixture. Bake for 20-30 minutes.

Makes 8 servings.

Nutritional values per serving

Calories: 204

Fat: 3 grams

Cholesterol: 6 milligrams

Sodium: 561 milligrams



PASTA AND BROCCOLI

- 1 lb. whole wheat pasta 1 lb. broccoli
5 cloves garlic, chopped 2 tablespoons olive oil
1/4 cup parmesan cheese Salt and pepper to taste

Boil water in two-quart saucepan, add about 2 teaspoons of salt. Cook and drain pasta.

Chop broccoli into small pieces. Heat oil in medium saucepan, add garlic, and cook about 1 minute. Add broccoli and stir, cover and simmer about 20 minutes til very tender. You may need to add some water to prevent burning.

Makes 4 servings.

Nutritional values per serving

Calories: 511

Fat: 7 grams

Cholesterol: 4 milligrams

Sodium: 132 milligrams



WINTER FRUIT SALAD

- 1 cup sliced canned peaches in juice, drained
1 cup sliced canned pears in juice, drained
1 cup pineapple chunks in juice, drained
1 cup fresh orange sections
1 cup diced fresh apple
1/2 cup orange juice
1 teaspoon honey
1 tablespoon lime juice

Place the peaches, pears, pineapple, oranges, and apples in a bowl. Combine the orange juice, honey, and lime juice and pour over the fruit. Chill for an hour and serve.

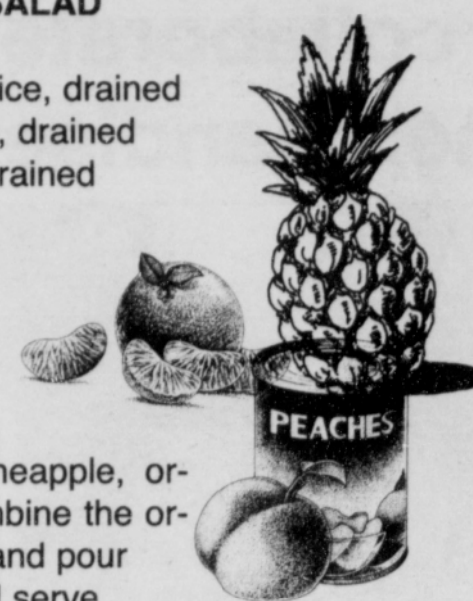
Makes 6 servings.

Nutritional values per serving

Calories: 115

Fat: 0 grams

Sodium: 0 milligrams



SPANISH BEANS QUICK AND EASY

- 1 onion, chopped 1 green pepper, chopped
1 tablespoon olive oil 1/8 tsp cayenne pepper
1 cup unsalted diced tomatoes drained
1 tsp worcestershire sauce 1 tsp pepper
3/4 cup grated mozzarella cheese
1 (15 oz) can pinto beans, drained
1 (15 oz) can kidney beans, drained

Preheat oven to 350 degrees. Sauté onions and green pepper over medium heat until onions are transparent. Add tomatoes and simmer for 10 minutes. Stir in seasonings and well-drained beans. Alternate layers of bean mixture and cheese in one-quart casserole. Bake for 30 minutes.

Makes 6 servings.

Nutritional values per 1 cup serving

Calories: 177

Fat: 5 grams

Cholesterol: 22 milligrams Sodium: 324 milligrams



Columbia County Christian men's retreat to be held at Cedar Ridge

The 12th annual Columbia County Christian Men's Retreat will be held February 4 and 5, 2005 at Cedar Ridge Sports Camp in Vernonia.

"Building Godly Families" is the theme of this year's retreat. Bob Thompson will be the speaker on Friday and Dee Duke will be the Saturday speaker. Music on Friday will be provided by John Standefor, National Fingerstyle Guitar Champion, 2002.

The retreat includes three meals and an overnight stay. The cost is \$45 before January 15 and \$60 after January 15. Men and women may attend the Friday night dinner and program for \$15 per person.

For further information, call Mike Carroll at 503-397-1561 or email <omric@ados.com>, or call Grant Williams at 503-429-6790 or 503-429-1701.

County Fair Board to meet January 10

The Columbia County Fair Board will have their next public meeting on January 10 at 7:00 p.m. in the 4-H building at the fairgrounds.

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.

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.

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
Grant & North Streets
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.

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.

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 FOURSQUARE CHURCH

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

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.