

Food for Thought

When the temperature climbs, nothing is more welcome than a variety of salads. Food for Thought focuses on salads this month.

GREEK PASTA SALAD

8 oz rotini pasta
1/2 cup olive oil
1/2 cup red wine vinegar
1-1/2 tsp garlic powder
1-1/2 tsp dried basil leaves
1-1/2 tsp dried oregano
3 cups sliced mushrooms
15 halved cherry tomatoes
3/4 cup crumbled feta cheese
1/2 cup chopped green onions
1 (4 oz) can chopped black olives

Bring a large pot of water, salted if preferred, to a boil. Add rotini and cook for 8 to 10 minutes, until al dente; drain.

Combine all ingredients, cover and chill for at least two hours. Serve cold.

Makes 10 servings.

PEAR SALAD

1 (29 oz) can pears, undrained
1 (4 serving) box lime flavored gelatin
1 (3 oz) pkg cream cheese, softened
3/4 cup whipping cream

Drain juice from pears into a small saucepan. Dissolve gelatin in boiling juice. Chill until partially set. Mash pears and cream cheese. Combine gelatin and pear-cheese mixture. Whip cream until stiff. Fold into mixture. Pour into mold or serving dish. Chill until ready to serve. Serve on lettuce cups.

Makes 6 to 8 servings.

YOGURT FRUIT SALAD

2 tbs honey
1 cup plain yogurt
1/2 cup raisins
1 tbs orange juice
2 cups shredded carrots
1 (16 oz) carton frozen whipped topping

In a large bowl, combine honey, orange juice, and yogurt. Blend well. Add carrots, raisins, and whipped topping, mixing until carrots and raisins are well coated. Chill before serving.

Makes 6 to 8 servings.

NIPPY CUCUMBERS

2 medium cucumbers
1 tsp coarse salt
1 tbs lime juice
1/2 tsp chili powder

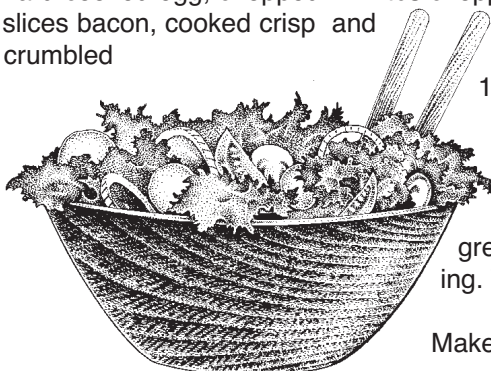
Cut cucumbers lengthwise into quarters. Cut quarters into 2 inch pieces. Place in single layer on serving plate. Drizzle with lime juice. Sprinkle with salt and chili powder.

Makes 30 slices.

RANCH TUNA COBB SALAD

2 cups torn green leaf lettuce
1 (6 oz) can tuna, drained
1 hard-cooked egg, chopped
2 slices bacon, cooked crisp and crumbled
1 med. tomato, chopped
1 ripe avocado, diced
2 tbs chopped green onion

1/3 cup ranch dressing



On two dinner plates, layer all ingredients except dressing. Top with dressing.

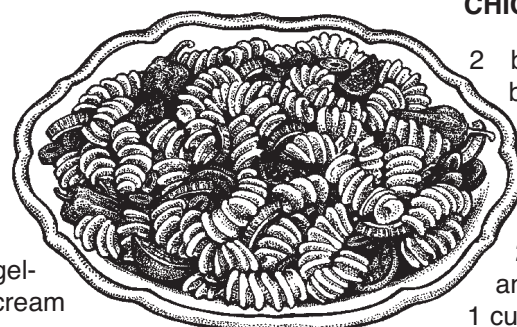
Makes 2 servings.

ITALIAN BREAD SALAD

1/4 cup pine nuts
1 tsp Dijon mustard
1/4 tsp pepper
8 oz day-old crusty French or Italian bread, cut into 1" cubes
1/2 cup thin sliced red onion
1/4 cup red wine vinegar
1/2 tsp salt
1/2 cup olive oil, preferably extra virgin
2 tomatoes, cut into wedges
2 cups arugula leaves
1/4 cup fresh basil, thin sliced

Heat dry skillet over medium heat. Add pine nuts, cook, stirring, until lightly browned, about 4 minutes. Remove from skillet, re-serve.

In a bowl combine vinegar, mustard, salt and pepper. Whisk in oil. Combine remaining ingredients and pine nuts. Add dressing, toss to combine.



CHICKEN PASTA SALAD

2 boneless, skinless chicken breast halves
3/4 cup steak sauce
1 (12 oz) pkg fusilli pasta
2 cubes chicken bouillon
1 sweet onion, diced
2 avocados, peeled, pitted and diced
1 cup halved cherry tomatoes
1 cup ranch-style salad dressing

Marinate chicken in steak sauce for 15 to 60 minutes, while preheating outdoor grill to high heat. Grill chicken until no longer pink and juices run clear. Remove from grill, chop into bite-size pieces.

Add bouillon cubes and pasta to a large pot of boiling water. Cook pasta until al dente. Drain and rinse under cold water.

In a large bowl, combine chicken, pasta, onion, avocados and tomatoes. Mix in salad dressing, cover and refrigerate until chilled.



Church Directory

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

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.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street
Vernonia, 503 429-6522
Sunday School 9:45 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 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.

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.

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.

Getting your day under control

Anyone who's spent precious minutes searching for car keys, a ringing cell phone, or missing TV remote control knows how frustrating it can be! Participants in a recent poll said that not having enough time is the main reason for not getting organized.

The irony is that those who take time to get organized spend less time searching for lost belongings. Try these tips to transform a chaotic environment into a clutter-free one:

To start, set aside an average of three-to-six hours per closet or one-and-a-half days per room. Begin by throwing away as much not-needed stuff as possible. Donate no-longer-worn clothes and no-longer-used household items to charity or have a garage sale.

Recycle newspapers older than a week and magazines older than three months. Discard expired coupons and warranties, invalid insurance policies, old grocery receipts and clippings that haven't been used.

Get in the habit of sorting mail daily over the trash can or recycle bin to eliminate as much as possible. Consider having your name removed from mailing lists to reduce the amount of junk mail you receive.

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.

VERNONIA FOURSQUARE CHURCH

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

ASSEMBLY OF GOD

662 Jefferson Ave., Vernonia,
503 556-1961 for Information
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.