

## Food for Thought

Late summer is a wonderful time for fresh vegetables. It's also a time when a cold meal is still appreciated. Here are a few ideas for fresh or canned, hot or cold dishes.

### CARROT ZUCCHINI BREAD

As usual for this time of year, gardeners are rapidly being overwhelmed by zucchini. Here is one way to enjoy the bounty.

1 cup unsweetened applesauce	2 eggs
3/4 cup zucchini, peeled & shredded	1/2 cup sugar
3/4 cup carrots, shredded	1-1/2 tsp pumpkin pie spice
1 tsp ground cinnamon	1/2 tsp ground nutmeg
3 cups flour	1 tbs baking powder
1/2 tsp baking soda	1/2 tsp salt
3/4 cup orange juice	

Preheat oven to 350°F. Grease and flour two 8x4 inch loaf pans. Combine applesauce, carrots, zucchini, sugar, eggs and spices.

In another bowl, combine flour, baking powder, baking soda and salt; add alternately with orange juice to carrot mixture. Pour into pans and bake for 45 minutes or until bread tests done with a wooden pick. Cool for ten minutes before removing from pans to a wire rack to cool completely.

### BASIL ZUCCHINI

Zucchini, as a side dish, blends well with herbs and garlic.

1 tsp olive oil	
1 medium or three small zucchinis, thinly sliced	
3 tbs chopped fresh basil	2 garlic cloves, minced
Salt and pepper to taste	

Heat oil in a medium nonstick skillet. Stir fry zucchini til tender. Add basil and garlic near end of cooking. Salt and pepper to taste. Makes 2 servings.

### GAZPACHO

Gazpacho, a chilled vegetable soup, is perfect for warm summer evenings.

3 tomatoes, chopped	2 cucumbers, peeled & chopped
1/2 red onion, chopped	1 green bell pepper, chopped
1 yellow bell pepper, chopped	1 garlic clove, minced
1 tbs extra virgin olive oil	1 tbs lemon juice
4 cups vegetable cocktail juice	

Garnish with garlic croutons and cold cooked shrimp

In a large glass bowl, combine all ingredients, except croutons and shrimp, and mix gently. Cover and refrigerate for at least 4 hours to blend flavors. Serve chilled, topped with croutons or cold cooked shrimp.

### CURRIED CHICKEN SALAD

This delicious main dish salad uses mild curry powder, but it can be adjusted to suit your taste.

1-1/2 lbs boneless skinless chicken breasts, cooked & chopped into 1/2 inch pieces	1 cup chopped red onion
1 cup red seedless grapes, halved	
3/4 cup firm-ripe mangoes, peeled, pitted, & chopped	
1/2 cup salted roasted cashews, coarsely chopped	

**Dressing**

1/2 cup mayonnaise	1/3 cup plain yogurt
5 tsp curry powder	1 tsp fresh lime juice
1 tsp honey	1/2 tsp ground ginger
1/2 tsp salt	1/4 tsp black pepper

Combine chicken, onion, mango, grapes, and cashews in a large bowl. In a separate bowl, whisk together mayonnaise, yogurt, curry, lime juice, honey, ginger, salt, and pepper. Add to chicken mixture, stirring gently to combine.

Cover and refrigerate for at least 1 hour before serving. Gar-

nish with fresh cilantro leaves (optional).

### CHILI-SPICED BEAN SALAD

This hearty vegetarian salad will please even the meat lovers in the family.

#### Salad

1 (16 oz) can red kidney beans, drained and rinsed	
1 (16 oz) can pinto beans, drained and rinsed	
1 (16 oz) can chickpeas, drained and rinsed	
1 (16 oz) can whole kernel corn, drained	
1 stalk celery, thinly sliced	
5 green onions, thinly sliced (including tops)	
1/4 cup parsley, chopped	
1 (4 oz) can diced green chiles	
lettuce leaves	

#### Dressing

3/4 cup salad oil	1/4 cup wine vinegar
1 garlic clove, minced	1 tsp salt
1 tsp chili powder	1 tsp dried oregano
1/4 tsp ground cumin	1 dash pepper

Combine all salad ingredients together, except the lettuce. In separate bowl, combine all dressing ingredients, stirring well. Pour dressing over salad, and mix lightly. Cover and refrigerate for 4 hours or overnight. Stir lightly before serving on lettuce leaves.

### TUNA SALAD PRIMAVERA

Most salads are served cold; this one is an exception.

1/4 lb tiny shell pasta	
1 red bell pepper, seeded and cut into thin strips	
1 carrot, thinly sliced	2 scallions, thinly sliced
1/4 pound green peas, thawed if frozen	
9 oz canned albacore tuna, packed in water, drained and flaked	
1/2 cup fat-free italian dressing	pepper

Cook pasta in boiling water about 8 minutes or until done. Drain and rinse under cold running water. Combine pasta with remaining ingredients and pepper to taste in a bowl. Toss and serve.

Makes 4 servings.

## Big and/or strange vegetable contest

Bring the biggest and oddest veggies from your garden Friday, September 9, 6-7:00 p.m., to The Gallery at Columbia Center, 375 S. 18th Street, St Helen. Prizes and refreshments!

For more information call Jan Rentenaar, 503 397-7873.



## Amateur Exhibition

From page 1

ly's Dollys, Vernonia Inn, Farmwoman's Nursery, Clever Cricket, Old Sawmill Eatery, Jeanette's Collectables, Creatures, Country Kitchen, Black Bear Coffee Company, Vernonia True Value, Breaktime, Serenity Garden Herbals, Vernonia Library, Seams Sew Easy, Kala Cota Preschool, Just Janie's, The INDEPENDENT, Buckhorn Family Restaurant, Paula's Projects, Leonetti's, Vernonia Realty & Insurance Center, or Vernonia Sentry Market.

## 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.

### 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.