

Food for Thought

If you're tired of recipes featuring rich holiday specialties, here are a few alternatives for good meals without a lot of excess fat calories.

PUEBLO CORN PIE

This layered casserole is adapted from a Native American recipe. Fresh, frozen or canned vegetables may be used, depending on availability.

2 tbs olive oil
2 cloves garlic, minced
1-1/2 cups cooked corn
2-1/4 cups cooked pinto beans
2 tsp chile powder, or to taste
1 tsp dried oregano
salt to taste

1 large onion, chopped
1 med. green or red bell pepper, diced
2 cups chopped ripe tomatoes or canned tomatoes, drained
1/2 tsp ground cumin



Bottom and Top:

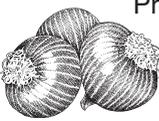
5 cups water
1-1/4 cups cornmeal
1 cup cheddar cheese, grated (optional)



Heat oil in a large skillet. Add onion and sauté until it is translucent. Add garlic and bell pepper and continue to sauté until the onion is golden brown. Add corn, pinto beans, tomatoes, and seasonings. Stir well and simmer for 10 to 15 minutes. Season to taste with salt. Remove from the heat.

Bring water to a rolling boil in a heavy saucepan or double boiler. Slowly pour cornmeal into the water in a thin, steady stream, stirring continuously to avoid lumping. Add salt and cook over very low heat, covered, for 20 minutes, stirring occasionally.

Preheat oven to 375 degrees. Oil a shallow, 1-1/2-quart baking dish and line the bottom with half of the cooked cornmeal. Pour over it the skillet mixture and sprinkle with the optional grated cheese. Top with the remaining cornmeal, patting it in smoothly. Bake for 45 to 50 minutes, or until the cornmeal is golden brown and crusty. Let stand for 10 minutes; cut into squares to serve. Makes 6 to 8 servings

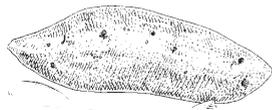


SWEET POTATO BISCUITS

Delightfully moist and slightly sweet, these biscuits are an American classic. Serve them hot with the soup that follows.

1-1/4 cups whole wheat pastry flour
1/2 cup unbleached white flour
1/2 tsp salt
1/3 cup apple juice
3 tbs honey or other sweetener
1/2 cup finely chopped walnuts or pecans

2 tsp baking powder
3 tbs butter or margarine
1 cup well-mashed, cooked sweet potato or yam



Preheat oven to 425 degrees. In a mixing bowl, sift together the flours, baking powder and salt. Work the butter in with a pastry blender or the tines of a fork, until the mixture resembles a coarse meal. Add apple juice, sweet potato, honey and nuts, and mix them until they form a soft dough.

Turn dough out onto a well-floured board and knead in just enough extra flour to make the dough lose its stickiness.

With floured hands, divide the dough into 16 equal parts. Shape into small balls and arrange on a lightly oiled cookie sheet, patting them down a bit to flatten. Bake for 12 to 15 minutes, or until a toothpick inserted into the center of one tests clean.

Serve hot.

JICAMA COLESLAW WITH CITRUS DRESSING

Jicama, with its sweet flavor and crunchy texture, has become an increasingly popular vegetable. If you are unfamiliar with jicama, try this refreshing version of coleslaw.

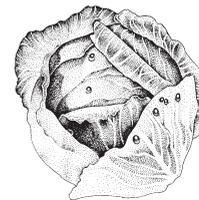
3 cups red cabbage, thinly shredded
3 cups white cabbage, thinly shredded
1 cup peeled, matchstick-cut jicama

1 bunch green onions, thinly sliced

Dressing

1/2 cup mayonnaise
1 tsp honey (or sweetener)
Juice of 1/2 orange
Freshly ground pepper to taste

2 tsp prepared mustard
Juice of 1/2 lime



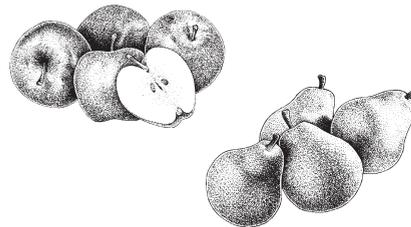
Combine the cabbages, jicama matchsticks, and onions in a bowl and toss together. Combine the dressing ingredients in a small bowl, stir until well blended. Pour over vegetables and toss well. Cover and refrigerate until needed.

Makes 8 to 10 servings.

PEAR AND APPLE CRUMBLE

Don't have time to make pie? Crumbles and crisps are a fine alternative, especially served warm.

4 medium bosc pears, cored and thinly sliced
3 Granny Smith apples, peeled, cored, and thinly sliced
2 tbs light brown sugar
1/3 cup finely chopped almonds
1/2 tsp cinnamon
1/4 tsp nutmeg
2 tbs rum or rum flavoring
1 tsp vanilla extract



Topping:

2-1/2 tbs butter or margarine, melted
1/2 cup whole wheat pastry flour
2 tbs light brown sugar

1/2 cup oat bran
1/4 tsp cinnamon

Preheat oven to 350 degrees. In a mixing bowl, combine the pears, apples, sugar, almonds, spices and flavorings; stir together until evenly coated. Pour into a lightly oiled 9 x 13-inch baking pan. In a small bowl, combine the melted butter with the remaining topping ingredients and toss to coat. Sprinkle evenly over the fruit mixture. Bake for 40 to 45 minutes, or until the fruits are soft and the topping is golden.

Serve warm with whipped cream, ice cream or low fat non-dairy substitutes. May also be served cold.

Makes 8 servings

FBI warning of e-mail scheme pretending to be from Bureau

The FBI warned the public, November 21, of an on-going mass e-mail scheme where computer users receive unsolicited e-mails purportedly sent by the FBI.

The scam e-mails tell the recipients that their Internet use has been monitored by the FBI and that they have accessed illegal web sites. The e-mails then direct recipients to open an attachment and answer questions.

These e-mails were not from the FBI, which does not send unsolicited e-mails to the public in this manner. If you receive an e-mail of this sort, the FBI recommends that you do not open the attachment; delete it immediately.

Opening e-mail attachments from an unknown sender is risky because they frequently contain viruses that can infect your computer. The FBI strongly encourages computer users not to open such attachments.



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.

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.

ASSEMBLY OF GOD

David Jenkins, Pastor
662 Jefferson Ave., Vernonia,
503 816-1989
Sunday School 9:45 a.m.
Morning Worship 11:00 a.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

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.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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