

Food for Thought

This is a transitional time of year, when Winter hasn't completely gone and Spring is not quite here. So here are a few transitional recipes — some ingredients are fresh and some are frozen or canned — but all of them are delicious.

BAKED FISH VERACRUZ

Firm white fish go remarkably well with spicy additions.

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| 4 5-6 oz fish fillets (snapper, cod or halibut) | 2 yellow onions, sliced |
| 1/4 cup olive oil | 2 tsp dried oregano |
| 4 garlic cloves, minced | Pinch ground cinnamon |
| 2 tsp chile powder | 6 fresh plum tomatoes, chopped |
| 1-2 large jalapeños, seeded and finely chopped | 1 lemon or lime zest, grated |
| 2 tbs fresh lemon juice | Salt and ground pepper |
| 3 tbs parsley, chopped | 1/4 cup green olives |

Preheat oven to 400 degrees. Lightly oil a baking dish which will fit fillets in a single layer. Let them come to room temperature. In a large sauté pan, warm the olive oil. Sauté the onions until translucent. Add garlic, oregano, chile powder, cinnamon, jalapeños, tomatoes, citrus zest and juice. Simmer for about 5 minutes. Taste and adjust seasoning. Sprinkle the fish with salt and pepper and spread the sauce evenly over the top. Bake until the fish is opaque (about 15 minutes). Serve sprinkled with parsley and garnished with olives.

Makes 4 servings.

BLACK SKILLET BEEF WITH GREENS AND RED POTATOES

An unusual, but very tasty use of ground beef.

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| 1 lb ground beef | 8 red-skinned potatoes, halved |
| 1 tbs paprika | 1-1/2 tsp oregano |
| 1/2 tsp chili powder | 1/4 tsp garlic powder |
| 1/4 tsp black pepper | 1/8 tsp red pepper |
| 1/8 tsp dry mustard | 3 cups onion, finely chopped |
| 2 cups beef broth | 2 lg garlic cloves, minced |
| 2 lg carrots, peeled, cut into thin 2-1/2 inch strips | 2 bunches mustard, kale, or turnip greens, coarsely torn, stems removed |
| Nonstick spray coating | |

Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.

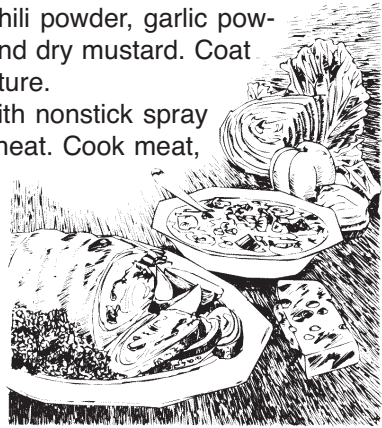
Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.

Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat. Cook meat, stirring for 5 minutes.

Add potatoes, onion, broth, and garlic. Cook covered, over medium heat, for 20 minutes.

Stir in carrots, lay greens over top, and cover. Cook until carrots are tender, about 15 minutes. Serve in large serving bowl, with crusty bread for dunking.

Makes 6 servings.



ROASTED BRUSSELS SPROUTS

If you've never tried Brussels sprouts prepared this way, you have a treat in store.

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| 1 lb frozen Brussels sprouts | | |
| 2 cloves garlic, peeled and crushed | | |
| 1 tsp olive oil | 1/4 tsp salt | 1/4 tsp pepper |
| Two 3-inch sprigs rosemary | or | 1/2 tsp dried rosemary, minced |

Preheat oven to 350 degrees. Combine oil, garlic, salt, and pepper. Toss with the brussels sprouts and stir to coat with the mixture. Place sprouts in a baking dish in a single layer. Top with rosemary and roast 20 minutes or until tender.

Makes 4 servings.

TUNA SALAD PRIMAVERA

Colorful, tasty and nutritious, this is a main dish salad that can be made the day before you plan to serve it.

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| 1/4 lb tiny shell pasta | 1 carrot, thinly sliced |
| 1 red bell pepper, seeded, and cut into thin strips | 1/4 lb green peas, thawed |
| 9 oz canned albacore tuna, drained and flaked | 2 scallions, thinly sliced |
| | 1/2 cup Italian dressing |
| | 1/2 tsp pepper |

Cook pasta in boiling water about 8 minutes, or until done. Drain and rinse under cold running water. Combine all ingredients in a bowl. Toss and serve.

Makes 4 servings.

PASTA AND BEAN SALAD

Here is another quick and easy, make-ahead salad.

- 1 - 15 oz can kidney beans, drained
- 2 cups cooked, rotini type pasta
- 1 cup chopped red and green pepper, celery, onion
- 1 tbs dried parsley
- 3 tbs freshly grated parmesan cheese
- 1/4 cup salad dressing of your choice

Toss all ingredients together with dressing.

Makes 4 servings.

MIXED FRUIT SHORTCAKE

Kiwi fruit and strawberries are available now to mix with canned or frozen fruits for an out-of-season shortcake.

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| 4 slices angel food or sponge cake | |
| 1 cup kiwi fruit, peeled, diced | 1 cup sliced strawberries |
| 1 cup blueberries, fresh, frozen or canned | |
| 1 cup fresh or canned-in-juice peaches | |
| 2 tbs sugar | 2 tbs chopped mint |

Combine kiwi fruit, strawberries, blueberries, peaches and sugar. Let sit for 30 minutes. Place a cake slice on each of 4 plates and divide the fruit topping among them. Top with chopped mint.

Makes 4 servings.

Family Movie Night at Community Church

The award winning Billy Graham movie, "The Ride" will be shown Friday, April 7, at 7:00 p.m. during Family Movie Night at the Vernonia Community Church.

The movie is free. Popcorn and soda will be available for purchase. Everyone is welcome to come watch. The church is located at 957 State Avenue, Vernonia.

Call 503-429-6790 with questions.

Mass schedules for Holy Week

St. Mary's Catholic Church in Vernonia will hold masses on the following schedule during Holy Week: Palm Sunday at noon; Holy Thursday at 7:00 p.m.; Good Friday at 7:00 p.m., and Easter Sunday at 10:00 a.m.

St. Mary's is located at 960 Missouri Avenue, Vernonia. For more information, call 503-429-8841.



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.

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.
Sunday Evening Service 6:00 p.m.
Wednesday Bible Study 7:00 p.m.
(in the parsonage)

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.

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
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.

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 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.