

Food for Thought

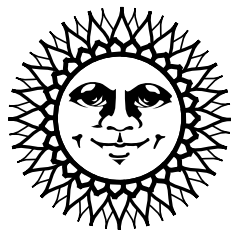
When it's too hot to even think about turning on the oven, wrap sandwiches and fruity shakes make delicious summer meals – healthy, simple meals made with fresh seasonal ingredients that require little or no cooking. Although quick, eat-out-of-hand wraps are so this-decade, they're actually an American take on classic roll-up sandwiches like burritos, egg rolls and gyros.

WRAPPERS' DELIGHT

Flour tortillas make perfect packets for quick mouthwatering sandwiches, and many markets carry tortillas in an array of flavors – spinach, roasted red pepper, carrot, sun-dried tomato, triple cheese and pesto – to blend or contrast with sandwich fillings. But tortillas are not the only choice for edible jackets. Don't forget the pita pockets and check out lavosh (an Armenian flat bread) as well as naan, a flat, round Indian bread, and paratha, a multi-layered, flaky Indian flat bread. You can purchase these breads at specialty food shops, ethnic markets and restaurants. If you're counting carbohydrates or just want to lighten the load, leave out the bread and use cabbage or lettuce leaves to hold your savory bundle.

How to wrap: Use these general directions to create limitless combinations of wrappers and fillings.

- ♦ Prepare the sandwich filling. Slice, dice or tear all toppings.
- ♦ Flour tortillas can be eaten right out of the package but are tastier and easier to roll when heated in a hot skillet for 15 seconds on each side.
- ♦ Working on a flat surface, coat the tortillas with a spread such as mayo, hummus or pesto, if desired.
- ♦ Depending on the filling, spread ingredients over tortilla, leaving a 1-inch border all around, or spoon filling down the center of the tortilla.
- ♦ To close, fold one edge of the tortilla over filling about 1 inch (to keep the filling from falling out of the end). Then fold one side of the tortilla over filling and roll into a bundle.



SHAKE IT UP!

Smoothies are blended fruit juice drinks made with fresh or frozen fruits. They have the flavor and texture of milkshakes, but without excess fat and calories. Instead, these shakes pack in vitamins, minerals and dietary fiber. Blend in protein powder, wheat germ and/or oat bran for more meal power and a nourishing boost. Crushed ice or cubes add a slushy chill. With the push of a button, smoothies swirl into high-energy refreshment. The possibilities are endless. Here are just a few ideas, so use your imagination to mix and match ingredients from columns A, B and C to whip up light, invigorating summer meals.

A. Fruits

apricots bananas mangoes nectarines
berries (blueberries, strawberries, raspberries)
melons (cantaloupe, honeydew, Crenshaw, watermelon)
papayas peaches pineapple

B. Natural Sweeteners and Flavorings

honey, many kinds no-sugar-added jams & preserves
maple syrup date sugar frozen fruit-juice concentrates
molasses fresh ginger vanilla and other extracts

C. Creamy and Juicy Bases

yogurt (lowfat or nonfat) sorbet frozen yogurt buttermilk
Low-fat, skim, soy or evaporated milk almond or rice milk
tofu cottage cheese coconut milk fresh fruit juice

Because no one really wants to be in the kitchen when the temperature is over 90 degrees outside, here are some no-cook dishes that taste great — and will keep you away from a hot stove.

SUMMER FRUIT GAZPACHO

2 cups fresh strawberries, 1-1/2 cup sliced + 1/2 cup diced
4 plum tomatoes, 3 cut in half, and 1 diced
1 cup diced watermelon, divided 1/2 tsp salt
1/4 cup red-wine vinegar 1 tbsl fresh lime juice
2 tsp olive oil 1 tbsl fresh basil, chopped
1 tbsl fresh parsley, chopped 1 garlic clove, minced
1 cup tomato or vegetable juice 1 small zucchini, diced

1 yellow bell pepper, seeded,stemmed and diced
3 tbsl diced red onion 1/2 tsp cayenne pepper
1/2 Hass avocado, diced 4 tbsl plain, lowfat yogurt

In a food processor or blender, combine sliced strawberries, halved tomatoes, 3/4 cup of watermelon, vinegar, lime juice, oil, basil, parsley and garlic. Pulse off and on for about 1 minute or until ingredients are well combined in a thick liquid.

Pour liquid into a large bowl and mix in tomato juice, bell pepper, zucchini, onion, cayenne pepper and salt. Stir to combine. Add diced strawberry, tomato, avocado and remaining watermelon and stir gently. Divide soup equally among 4 soup bowls. Garnish with 1 tablespoon of yogurt.

Serves 4

SPICY CHICKEN-SALAD WRAP

1/2 cup lowfat mayonnaise 1 tsp curry powder 3 tbsl red onion, diced
1/4 cup dried cranberries 1 fresh nectarine, diced Salt and pepper to taste
2 cups cooked chicken chunks, lemon-pepper flavor (or any cooked chicken in flavor of your choice) 1/2 cup loosely packed arugula or Bibb lettuce
4 6-inch whole-wheat tortillas (or two 12-inch tortillas cut in half)

Mix mayonnaise, curry powder, onion and cranberries together. Add chicken and mix well. Gently fold in nectarine pieces and add salt and pepper. Set aside.

Lay 1 tortilla on a flat surface and place 1/4 of the arugula leaves in center. Spoon 1/4 of the spicy chicken salad onto one side of the wrap and roll tightly. Repeat the process with remaining tortillas.

Serves 4

SIX-BEAN SALAD WITH SMOKED HAM

1/2 cup canned kidney beans 1/2 cup canned black beans
1/2 cup canned pinto beans 1/2 cup canned cannellini beans
1/2 cup canned garbanzos 1 small red onion, thinly sliced
1/2 lb. fresh green beans, cut into 1-inch pieces 1/4 cup red-wine vinegar
4 oz. lean, smoked ham, cut into 1/4-inch cubes Salt and pepper to taste
1/4 cup nonfat, chicken broth 1 tsp dried oregano 1/2 tsp garlic powder

Rinse and drain all canned beans and garbanzos. In a large bowl, mix them together with fresh green beans. Add onion and ham. Set aside.

In another bowl, whisk together vinegar, broth, oregano, garlic powder, salt and pepper to make the dressing. Add to salad and mix well. Serve chilled or at room temperature.

Serves 4

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. ST. MARY'S CATHOLIC CHURCH Rev. Luan Tran, Administrator 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. 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
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