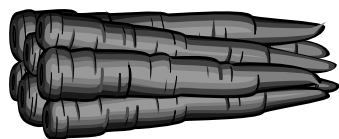


Food for Thought

We tend to concentrate on the main dish when we think about a menu for dinner but, no matter how good the entrée may be, side dishes are equally important for a satisfactory meal. Here are a few ideas for side dishes to accompany your favorite entrées.

CARROT SOUFFLÉ

Excellent with ham or lamb.



2 lbs. carrots peeled and cut in large slices
1 cup butter 6 eggs 1/2 cup sugar 6 tbsl flour
2 tsp baking powder 2 tsp vanilla extract salt to taste

Preheat oven to 350 degrees F. Grease a 1 quart casserole or soufflé dish with butter.

Cook carrots in water till tender; drain. Using mixer or food processor, pureé carrots until smooth. Add butter and blend well. Add eggs, sugar, flour, baking powder, and vanilla; mix till smooth. Pour carrot mixture into prepared baking dish; bake for 45 minutes.



BACON SCALLION MASHED POTATOES

2 lbs. potatoes peeled, cut into 1" cubes
4 cloves garlic peeled
5 strips bacon cut into 1/2" pieces
1 cup thinly sliced scallions or green onions
1/2 cup milk, warmed 1/2 cup sour cream
1 tsp. salt 1/4 tsp. black pepper

In a large pot, cover potatoes and garlic with lightly salted water; boil until potatoes are fork tender. Fry bacon in skillet until crisp. Using slotted spoon, transfer bacon to paper towel and drain. Pour out all but 1 teaspoon. drippings, add scallions or green onions and sauté until soft, but not brown. Add bacon.

Drain potatoes and return to pot. Mash potatoes with milk, sour cream, salt, and pepper. Stir in bacon and scallions.

May be reheated, if necessary, before serving.

PEAS 'N' MUSHROOMS

Simple, attractive and tasty!

1 cup sliced fresh mushrooms
1 tsp. minced garlic
1/4 cup butter
1 dash dried thyme
salt and pepper to taste
1 bag frozen peas, prepared as directed



Sauté mushrooms and garlic in butter until liquid evaporates. Season with thyme, salt, and pepper. Pour over peas and stir to coat.

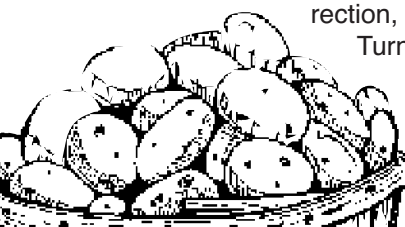
SPICY POTATO WEDGES

Finger food for all ages – without excess fat!

5 medium potatoes 3 tbsp olive oil 1 tsp paprika
2 tsp oregano 2 tsp basil 1 tsp cayenne pepper
2 tbsl grated parmesan cheese 3/4 cup cheddar cheese
2 tbsl salt

Preheat oven to 500 F. Slice potatoes lengthwise into 8ths. In a large bowl combine potatoes, olive oil, paprika, oregano, basil, cayenne, and parmesan. On a baking sheet lined with tin foil or parchment paper, lay wedges in one direction, and put in oven for 15 minutes.

Turn wedges over and put back in oven for another 10-15 min. Remove from oven and loosen potato wedges from the baking sheet. Turn oven off, add grated cheddar



cheese and put back in oven just until cheese melts. Top with salt and serve.

APPLE NOODLE CASSEROLE

Great accompaniment for pork chops.
Just throw everything in a pan and bake!

1/2 cup butter, melted 1 lb. pkg. egg noodles, prepared as directed
4 lrg. tart apples, peeled, cored, chopped
4 eggs, beaten 1 cup packed brown sugar
1 cup golden raisins 1 tbsl. lemon juice
2 tsp. ground cinnamon 1 dash grated nutmeg

Preheat oven to 375 F.

Pour melted butter into a 9" X 13" X 2" baking dish, coating bottom of dish evenly. Combine remaining ingredients and pour into baking dish. Bake for 45 minutes.

GREEN BEANS WITH BACON AND RED BELL PEPPER

An updated side dish.

6 bacon slices, coarsely chopped
1 lb. green beans, trimmed, cut in half
1 large red bell pepper, cut lengthwise into thin strips
1/2 cup canned low-salt chicken broth



Cook bacon in heavy large skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to paper towel and drain. Pour off all but 2 tablespoons drippings from skillet. Add green beans and bell pepper to skillet. Toss vegetables over medium-high heat until coated with drippings, about 1 minute. Add broth. Cover and cook until vegetables are crisp-tender, about 5 minutes. Season to taste with salt and pepper. Transfer to serving bowl. Sprinkle with bacon and serve.

EASY VEGETARIAN MODIFICATIONS: Recipes that use bacon can be easily modified for the vegetarians in your family by using walnut or peanut oils, instead of bacon grease. For texture or color, add sliced or chopped pecans, walnuts, peanuts and/or pimiento.

Church Directory

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.

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.

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.

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

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.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.