

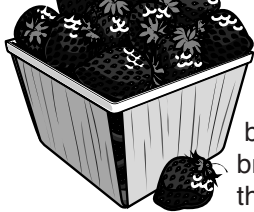
Food for Thought

Two northwest favorites - local strawberries and blueberries - will soon be on the market, and it can't be soon enough for most of us. In addition to pies and short-cakes, these berries can be used in other ways. Here are a few recipes that let you enjoy these nutritious delights without a lot of sugar.

STRAWBERRY CHICKEN SALAD

2 skinless boneless chicken breasts, cut in half (4 halves), rinsed & patted dry
salt to taste 2 Tbs cooking oil
tarragon leaves; chopped white pepper; coarse ground 1 Tbs lemon juice
2 bunches green onions 1 lb strawberries

Marinade: 3 Tbs salad oil 2 Tbs white wine vinegar
5 Tbs white wine 1 tsp mustard, sharp salt, to taste



Trim onions to about 4 inches of green, rinse and slice.
Clean and stem strawberries, cut in halves. Sprinkle chicken breasts with salt. In a large skillet, heat the oil, and sauté the breasts about 4 minutes on both sides, until they are a golden brown. Remove the meat, let cool, and cut into slices. Sprinkle the slices with chopped tarragon leaves, white pepper and lemon juice.

Marinade: Combine all ingredients. Add the chicken slices to the marinade, and steep for 20 minutes. Remove slices and arrange them on a medium serving platter. Add the onions to the marinade, and steep for 20 minutes. Remove, and arrange them with the chicken slices. Pour the remaining marinade over the onion and meat. Top with strawberries and let steep for another 20 minutes.

Yield: 4 Servings

TORTELLINI FRUIT SALAD

1 (9 oz) package three cheese tortellini pasta 1 cup blueberries
1 cup sliced strawberries 3/4 cup green grapes
1 (11 oz) can Mandarin orange segments, drained 1/4 cup sliced almonds
1/2 cup low fat poppy seed dressing

Cook pasta according to directions on package; drain. In a large bowl, add pasta and salad ingredients. Pour dressing over salad and toss lightly; refrigerate until ready to serve.

Yield: 6 (1 cup) servings

STRAWBERRIES AND MOZZARELLA WITH MINT DRIZZLE

3 cups extra virgin olive oil 1 oz. mint leaves
3 lbs. 12 oz. strawberries, stemmed and sliced 2 oz. sugar
6 lbs. fresh mozzarella cheese slices, 1/2 inch thick
1/4 cup balsamic vinegar mint sprigs, optional

In blender, combine olive oil and mint leaves. Process until smooth. Cover and refrigerate. Combine strawberries and sugar in a bowl, cover and set aside.

For each serving: Place 4 oz mozzarella, overlapping slices. Spoon 1/2 cup sugared strawberries around cheese. Sprinkle 2 Tbs mint drizzle and 1/2 tsp balsamic vinegar over cheese and strawberries. Garnish with mint sprigs, as desired.

Yield: 24 servings

CHICKEN PASTA SALAD WITH BLUEBERRIES

3 cups spiral pasta 2 cups cooked chicken, cubed
1 cup sliced celery 1 cup blueberries
1 cup pea pods, trimmed, cut-in-half
1/2 cup finely chopped red pepper 1/4 cup chopped parsley
1/4 cup chopped red onion 1/4 cup red wine vinegar
2-3 Tbs chopped fresh basil salt and pepper to taste
1/2 cup freshly grated Parmesan cheese
1 cup red wine vinegar dressing, divided

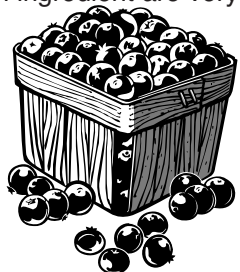
Cook pasta according to directions on package. About 1 minute before it is done, add the pea pods. Drain and rinse with cold water. Place pasta and pea pods in a large bowl, add remaining salad ingredients, except Parmesan cheese. Toss with 1/2 cup red wine vinegar dressing. Cover; refrigerate several hours or overnight to blend flavors. Before serving, toss with remaining dressing and Parmesan cheese.

LO-CAL STRAWBERRY/BANANA MILKSHAKE

1 cup whole strawberries 1 ripe banana 1/2 tsp vanilla
1 cup milk, skim or low fat 4 pkg sugar substitute

Place all ingredients in a blender; process on the highest setting until smooth.
This recipe is not a scientific formula. The quantities of each ingredient are very flexible, experiment until you find your favorite. Frozen strawberries may also be used.

Yield: 2 Servings



STUFFED BLUEBERRY FRENCH TOAST

1 loaf white bread, without crust 3/4 loaf French bread
6 cups fresh or frozen blueberries 8 oz. cream cheese
1/2 cup sour cream 1/2 cup sugar 1 tsp vanilla
7 eggs 1-1/2 cups milk 1-1/2 cup half and half
1/2 tsp nutmeg 1/2 tsp cinnamon 1/2 cup powdered sugar

Cut white bread into cubes and place in a 9x13-inch pan. Distribute blueberries evenly over bread cubes.

Microwave cream cheese in a bowl for 2 minutes. Stir carefully and add 1/2 cup sugar, sour cream and vanilla. Spread over blueberries.

Cut French bread into approximately 1-inch slices and place on top of cream cheese mixture.

Beat eggs, milk, half and half, cinnamon and nutmeg together. Pour over bread. Cover with aluminum foil and refrigerate overnight.

In the morning, preheat oven to 350° F. Bake for 45 minutes, covered. Then uncover and bake for an additional 15 minutes. Once out of the oven, let set for 5-10 minutes before cutting. Sift powdered sugar over the top just before serving.

STRAWBERRY SPRING SALAD

3 Tbs white wine vinegar 3 Tbs water 1 Tbs honey
2 Tbs extra-virgin olive oil 1/8 tsp salt 1/8 tsp pepper
3 cups strawberries, quartered 10 oz Italian blend salad greens
4 tsp pine nuts, roasted

Combine first 6 ingredients and stir well with a whisk. Combine strawberries and greens. Add the vinegar mix; toss to coat. Sprinkle with nuts.

Yield: 4 Servings

Church Directory

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.

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.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 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 Maureene Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.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.