

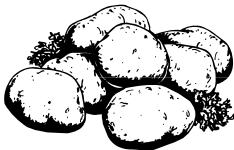
Food for Thought

Warm weather and long days trigger our love of barbecue, but grilling doesn't have to be just meat. Many vegetables make tasty additions to outdoor cooking, and we can also enjoy many fresh fruit and vegetable dishes. Here are some recipes that will enhance your favorite barbecued meats.

GRILLED RED POTATOES AND RED ONIONS

- 20 small red potatoes, scrubbed
- 6 red onions, sliced /2 inch thick
- 2 tbs olive oil, divided

- Vinaigrette
- 2 tbs olive oil
- 1 tbs red wine vinegar
- Salt and freshly ground pepper to taste
- 1 tbs chopped fresh parsley (garnish)
- 4 tbs chopped fresh parsley
- 1 tbs dry white wine



Preheat oven to 350°F. Toss potatoes with 1 tbs olive oil. Roast until tender (about 45-50 minutes). Remove from oven, then grill potatoes, turning once until browned. Set aside. Lightly coat red onion slices with 1 tbs olive oil. Grill onions until brown and tender. Arrange around a platter.

Whisk 2 tbs olive oil, wine vinegar and wine. Add salt and pepper to taste. Add 4 tablespoons of parsley. Cut potatoes in half. Toss with vinaigrette. Sprinkle onions with salt, pepper and 1 tbs parsley.

GLOSSY GREEN BEANS

- 1 cup vegetable broth
- 1/2 tsp crushed garlic
- 1/8 tsp nutmeg
- 1 tsp cornstarch
- 1/4 tsp salt
- 2 cups fresh green beans
- 1/4 tsp black pepper

Combine cold broth and cornstarch. Heat mixture in small saucepan until slightly thickened. Steam green beans for 6 minutes. Toss cooked beans with garlic, salt, pepper, and nutmeg. Just before serving, brush beans with thickened vegetable stock. Arrowroot is available in the baking section of the grocery store.

Yield: 4 servings.

WARM TOMATO PEPPER PASTA

- 8 oz dry linguine or spaghetti
- 2 tbs olive oil
- 2 tbs parsley, chopped
- 1 tsp garlic, finely chopped
- 1/2 cup parmesan cheese, grated
- 1/2 cup green onion, thinly sliced
- 3 cups tomato, seeded and diced
- 1/8 tsp cayenne pepper
- 1 large red bell pepper, diced finely
- 1/4 tsp pepper

Sauté onion and garlic in oil until soft. Add red bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and cook over high heat until juices evaporate. Stir in cheese, parsley, cayenne, and pepper; reserve.

Cook pasta and drain well. Toss hot pasta with reserved tomato mixture. Serve immediately or at room temperature.

Yield: 4 servings.

ZUCCHINI CASSEROLE

- 2 lbs zucchini, sliced
- 1 10.75-oz can condensed cream of chicken soup
- 1 cup sour cream
- 1 stick unsalted butter, melted
- 1 6-oz package chicken-flavored dry bread stuffing mix
- 1/4 cup onion, chopped
- 1 cup grated carrots

Preheat oven to 350°F.

Boil thezucchini and onion in water for 5 minutes; drain well. In a medium bowl, combine soup, sour cream and carrots. Stir in zucchini and onion and mix well.

In a separate medium bowl, combine butter and stuffing mix. Spread half of this mixture into the bottom of a 9x13-inch baking dish. Spoon zucchini mixture over the stuffing, then top off with the other half of the stuffing.

Bake 25 to 30 minutes, or until stuffing is golden brown.

Yield: 4 servings

SPINACH SALAD WITH RASPBERRY VINAIGRETTE

- 6-8 cups spinach leaves
- 1/2 cup walnut or hazelnut pieces (chopped and toasted)
- Crumbled goat cheese or blue cheese (optional)
- Vinaigrette
- 1 tbs raspberry vinegar
- 1/4 tsp salt
- 1/4 cup raspberries, mashed with a fork
- 1/2 cup raspberries
- 1 tsp Dijon mustard
- 1/4 tsp pepper
- 2 tsp sugar

6 tbs extra virgin olive oil

Place spinach, raspberries and cheese in large bowl. Toast nuts at 350°F for 10-15 minutes or until slightly browned and aromatic.

Blend vinegar, mustard, salt, pepper, sugar and raspberries, pour into small bowl. Whisk the olive oil into blended mixture. Dress salad and toss with nuts.

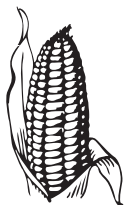
Yield: 6 servings.

PEPPER-CORN SALAD

No measurements are included in this very casual recipe because it can be tailored-made for the number of people you wish to serve.

canned or fresh whole kernel corn, drained
mayonaise, salad dressing or plain yogurt
bell peppers, diced or julienned (Use a couple of colors just to make it pretty)
sweet onions, diced
sliced black olives
garlic powder or crushed fresh garlic
black pepper (fresh ground is better)
cayenne pepper and/or diced hot peppers
fresh cilantro, chopped
fresh or dried herbs to taste: sage, paprika, oregano, basil (optional)

Mix everything in a bowl and chill for at least one hour before serving. Don't overdo with the mayo/yogurt, just enough to be a vehicle for the flavors to combine. The corn and fresh veggies give it a nice texture.



RHUBARB SOUR CREAM PIE

- 1 (9 inch) unbaked pie crust
- 1 egg
- 1 cup sour cream
- Topping
- 1/2 cup all-purpose flour
- 1/4 cup butter, melted
- 4 cups chopped fresh rhubarb
- 1 1/2 cups white sugar
- 1/3 cup all-purpose flour
- 1/2 cup brown sugar

Preheat oven to 450°F.

Press the pie crust into a 9 inch pie pan. Spread rhubarb in an even layer in the bottom of the crust. In a medium bowl, whisk together the egg, white sugar, sour cream and 1/3 cup of flour until smooth. Pour over the rhubarb.

In a small bowl, mix together 1/2 cup of flour and brown sugar. Stir in melted butter until the mixture is crumbly. Sprinkle over the top of the pie.

Bake for 15 minutes in the preheated oven, then reduce heat to 350°F. Continue to bake for 40 minutes, or until the edges have puffed, and the topping is golden. The center may still be slightly jiggly. Cool completely before slicing and serving.

Yield: 8 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 2nd Ave. and Nehalem St., Vernonia 503 429-8301 Morning Worship, 11:00 a.m. Bible Study 9:15 a.m. 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.	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. MARY'S CATHOLIC CHURCH Rev. Luan Tran, Administrator 960 Missouri Avenue, Vernonia 503 429-8841 Mass Sunday 12:00 Noon Religious Educ. Sunday 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 Mon. & Wed. 9:00 a.m. Wednesday Prayer 6:00 p.m. Friday Adult Volleyball 7:00 p.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 CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS Marc Farmer, 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.		