

Food for Thought

If you think salad isn't substantial enough for a main dish, take a look at these hearty, delicious and very nutritious salads. Salad dressing, of course, can hide a lot of calories in a small serving, but all of these recipes will work well with reduced fat, and even non-fat, substitutes.

TUNA SALAD WITH DIJON DRESSING

4 tuna steaks (see note) 4 hard-cooked eggs, sliced or in wedges
spinach leaves 2 medium tomatoes, cut in wedges
sliced red onion 6 oz. whole green beans, trimmed
4 to 6 small new potatoes chopped ripe olives



Dressing

1/2 cup extra virgin olive oil 4 tbs. red wine vinegar 1 clove garlic, crushed
2 tsp. Dijon mustard freshly ground black pepper

Cook tuna on the grill, a stovetop grillpan, or broil for just 2 to 3 minutes on each side. The tuna should be quite pink in the middle.



Cook potatoes in boiling salted water until just tender, about 10 to 15 minutes. Drain, rinse with cold water, then slice. Cook green beans in boiling salted water until just tender. Drain and rinse with cold water.

Arrange spinach, eggs, and potatoes on serving plates. Layer sliced grilled tuna, green beans, red onion, and chopped olives to make a mound, repeating layers until ingredients are used. Garnish with tomato wedges.

Combine dressing ingredients in a blender or screw-top jar and shake or process until well blended. Serve salad dressing on the side.

Serves 4.

Note: Good quality canned tuna can be used in place of fresh tuna.

STEAK SALAD WITH CREAMY GREEN ONION DRESSING

1 sirloin strip steak, 1 to 1-1/2" thick (about 1 lb.)
salt and freshly ground pepper 2 tbs. red wine vinegar
1/2 cup water 2 or 3 green onions, thinly sliced
1/4 cup heavy cream
8 to 10 leaves romaine lettuce, rinsed and torn in pieces
radishes, sliced, optional grated carrot, optional

Place a heavy oven-proof skillet in the oven; heat to 450°. Salt and pepper the steak on both sides. Turn one large burner to high; carefully place the hot pan on the burner. Cook the steak over high heat about 40 to 50 seconds on each side; carefully move the pan back to the hot oven. Cook for about 7 to 10 minutes, depending on how well done you like your steak. Remove the steak from the pan; cover with foil and let rest for a few minutes. Place the hot skillet over medium heat; add water and vinegar. Stir to loosen browned bits and reduce to about half. Add cream and onion; bring to a boil. Pour cream and onion mixture into a small bowl then prepare salad.

Slice steak thinly at an angle. In a medium bowl, or 2 to 4 separate serving dishes, arrange torn romaine leaves, sliced radish, and other vegetables, if desired. Top with steak slices and drizzle with the warm dressing. Serve immediately.

Serves 2 to 4.

BLACK BEAN AND CORN SALAD

1/2 cup ranch dressing
1 large tomato, cut into bite-size wedges
1 15-oz. can black beans, drained and rinsed
1 cup fresh or frozen corn, thawed
1 red bell pepper, chopped or cut into strips
1 shallot, chopped, OR 4 green onions (including stem), sliced
1 5-oz. package salad greens
1 cup sharp cheddar cheese, coarsely shredded
Black pepper, to taste



In a large bowl, combine all salad ingredients, except cheese and black pepper, with ranch dressing.

Divide between large salad plates and top with cheese. Pass black pepper, preferably in a pepper grinder, so people can grind their own. Serves 4

THREE BEAN PASTA

1 lb. medium or wide egg noodles, uncooked
1 15-oz. can kidney beans, rinsed and drained
1 15-oz. can garbanzo beans, rinsed and drained
1 cup fresh or frozen green beans, thawed
1 small red onion, chopped
1 red bell pepper, seeds and ribs removed, chopped
3 tbs. Dijon mustard 2 tbs. vegetable oil
3 tbs. red wine vinegar 3 tbs. chopped fresh parsley



Prepare pasta according to package directions; drain. Rinse under cold water and drain again.

In a large bowl, stir together the pasta, kidney beans, garbanzo beans, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.

Toss pasta with dressing and serve.
Serves 4-6

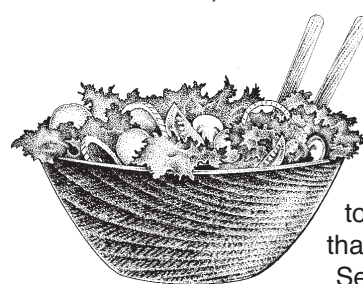
MEXICAN BEEF SALAD WITH SPICY RANCH DRESSING

1 lb. lean ground beef 1 small onion, chopped 2 tsp. chili powder
1/2 tsp. ground cumin 1/2 tsp. garlic powder
5 cups thinly sliced romaine lettuce
1-1/2 cups (about 8 oz.) grape tomatoes or cherry tomatoes, halved
1/2 cup drained, canned no-salt-added black beans, rinsed
3 tbs. canned chopped mild green chiles, rinsed and drained
1/3 cup shredded Cheddar cheese 2 tbs. snipped fresh cilantro

Dressing

1/2 cup ranch dressing 3/4 tsp. ground cumin
1/8 tsp. red hot-pepper sauce

In a large nonstick skillet, brown the ground beef and onion over medium heat for 8 to 10 minutes, or until the beef is not pink. Pour off and discard the drippings.



Sprinkle with chili powder, cumin and garlic powder. Cook for 2 to 3 minutes.

Place dressing ingredients in a small bowl, whisk together until smooth.

To serve, place the romaine lettuce on a large platter or on individual plates. Top lettuce with tomatoes, beans, green chiles, and beef mixture, in that order. Sprinkle with cheese and cilantro.

Serve with dressing on the side.

Serves 4

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.

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.

SEVENTH DAY ADVENTIST

Gary S. Walter, Pastor
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Sabbath School 9:30 a.m.

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.

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.
Tues. & Fri. Adult Volleyball 7:00 p.m.