

## Food for Thought

By Leslie Barnes

The banana pancakes were a hit with my family. You can double the recipe and use the leftover batter the next morning. If you want to add a bit more nutritional value to the recipe, add a tablespoon or two of ground flax seed to the batter. Once the cakes are cooked, the kids cannot see the flax in the cakes.



### BANANA OATMEAL PANCAKES

1 cup flour	4 T quick cooking oatmeal
2 tsp baking powder	1/4 tsp cinnamon
1/8 tsp nutmeg	1 cup nonfat milk
1 T oil	2 eggs
1 cup sliced banana	

In large bowl combine dry ingredients. Stir until blended. In separate bowl combine milk, oil and egg. Whisk until blended. Pour liquid ingredients over dry ingredients. Mix until blended (batter will be lumpy). If too thick, add a little more milk. Brush griddle lightly with oil and heat over medium-high heat. Spoon 1/4 cup of batter onto hot griddle. Cook just until a few bubbles begin to appear. Arrange 4 banana slices on pancake and continue to cook until bottoms are golden. Turn carefully and cook until other side is golden. Serve with maple syrup.

Serves 4.



### FLANK STEAK STIR FRY WITH ASPARAGUS AND RED PEPPER

3 T vegetable oil  
1/2 lb asparagus, trimmed, cut on the diagonal into 1-1/2 inch lengths (about 1-1/2 cups)  
1 lb of flank steak, sliced in half lengthwise (along the grain) and then cut into thin strips, 2 inches long and 1/4 inch wide (put the steak in the freezer for 15 min. before slicing to make it easier to slice)  
1 red bell pepper, seeded, de-ribbed, and cut into thin strips 2 inches long and 1/4 inch wide  
2 tsp cornstarch dissolved in 3 T of water

#### All Purpose Stir Fry Sauce

3 T soy sauce (use gluten-free soy sauce for gluten-free version)  
1 tsp peeled, finely chopped fresh ginger  
1 small clove garlic, minced  
1 green onion, including green tops, chopped  
1/2 tsp chili oil

While you are chopping the ingredients in preparation, bring a small saucepan of water to boil. Parboil the asparagus pieces for 2 minutes, drain, rinse in cold water, drain, and set aside. If you plan to serve this dish with rice, prepare 2 cups of white rice in a separate pan, following the instructions on the rice package.

Prepare the All Purpose Stir Fry Sauce by combining the ingredients in a small dish, and set aside.

Stir-fry the asparagus in a wok (or a thick-bottomed pan with at least 2" sides that can take high heat) in 1 T of oil, on high heat, for about 2 min. until lightly browned. Remove asparagus from pan and set aside.

Add another 1 T of oil to the pan and stir fry the beef strips, in 2 batches, for 2-3 min. until browned but still pink inside. Return the first batch of beef to the pan and add the bell pepper. Stir and toss over high heat until just beginning to wilt, 1-2 min.

Quickly stir the cornstarch liquid and add it to the pan along with the stir fry sauce. Cook until sauce thickens, 1-2 min. Return the asparagus to the pan, toss to evenly coat and serve with steamed white rice (unless you are going low-carb, in which case, leave out the rice).

Serves 4.

### ROAST CHICKEN AND POTATOES WITH BALSAMIC BLACK PEPPER SAUCE

9 T olive oil	3/4 cup chopped shallots
1 T chopped fresh thyme or 1 tsp dried	2 T all purpose flour
3-1/2 cups chicken stock or canned low-salt chicken broth	
1-3/4 cups beef stock or canned beef broth	2-1/2 T balsamic vinegar
1/2 tsp ground black pepper	
2 lbs large red potatoes (about 6), cut lengthwise into 1-inch wedges	
1-1/2 T chopped garlic	1 T chopped fresh rosemary
One 5 to 5-1/4 lb fryer chicken, halved lengthwise, backbone removed	

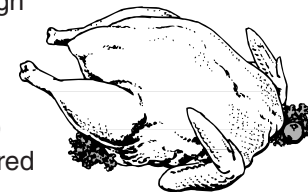
Heat 2 T oil in heavy large saucepan over medium-high heat. Add shallots and thyme and sauté until shallots begin to brown, about 4 minutes. Add flour and stir 1 minute. Gradually whisk in both stocks. Boil until liquid is reduced to 1-1/2 cups, stirring occasionally, about 20 minutes. Add vinegar and pepper. (Sauce can be prepared 1 day ahead. Cover and refrigerate.)

Position 1 rack in top third of oven and another in bottom third; preheat to 375°F. Toss potatoes, 1 T oil, garlic and rosemary in large bowl. Arrange potato wedges, rounded side down, on large baking sheet. Sprinkle with salt and pepper. Set aside.

Season chicken lightly with salt and pepper. Heat remaining 6 T oil in heavy large ovenproof skillet over medium-high heat. Add chicken halves, skin side down; cook until very brown, about 15 minutes. Using tongs, turn chicken over; cook 5 minutes longer.

Place potatoes on top oven rack and transfer skillet with chicken to bottom rack. Roast potatoes and chicken until cooked through, about 45 minutes. Rewarm sauce. Cut each chicken half into 2 pieces. Arrange chicken and potatoes on platter. Serve with sauce.

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, Minister  
410 North Street, Vernonia  
503 429-6522  
Sunday School 9:45 a.m.  
Sunday Worship 11:00 a.m.  
(meets in Youth & Family Center)  
Home Group Meeting throughout the week at various locations

#### FIRST BAPTIST CHURCH

359 "A" Street, Vernonia  
503 429-4027  
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.

**Mariolino's**

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SAFE AND SANE  
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