

Food for Thought

By Leslie Barnes



Barbecue season is in full swing and salads are some of the best ways to complement that burger or juicy steak.

CABBAGE AND CORN SLAW WITH CILANTRO AND ORANGE DRESSING

- 1/3 cup frozen orange juice concentrate, thawed
- 1/3 cup unseasoned rice vinegar
- 1/3 cup canola oil or vegetable oil
- 2 (8-oz) bags coleslaw mix
- 4 ears of fresh corn, shucked, kernels cut from cob

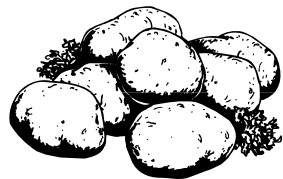
- 2 medium carrots, peeled, coarsely grated
- 1 medium red bell pepper, stemmed, cored, cut into thin strips
- 6 medium green onions, thinly sliced
- 1/2 cup chopped fresh cilantro

Whisk orange juice concentrate, rice vinegar, and canola oil in small bowl. Season with salt and pepper. DO AHEAD: Dressing can be made one day ahead. Cover and refrigerate.

Combine slaw mix, corn kernels, carrots, red bell pepper strips, sliced green onions, and chopped cilantro in large bowl. Toss with enough dressing to coat. Season slaw to taste with salt and pepper. Let stand 15 minutes for flavors to blend. Toss again and serve.
Serves 4.

POTATO SALAD WITH EGG, DILL PICKLE, AND TARRAGON

- 2-1/2 pounds small new potatoes (1 to 2 inches in diameter)
- 2 hard-cooked large eggs, peeled and chopped
- 6 T mayonnaise
- 6 T sour cream
- 1/2 cup finely chopped dill pickle
- 2 T finely chopped shallot
- 4 T Dijon mustard
- 4 tsp finely chopped fresh tarragon leaves or 1/2 tsp dried tarragon or to taste



Can be prepared in 45 minutes or less.

In a large saucepan combine potatoes with enough water to cover by 1 inch and simmer until just tender, 15 to 20 minutes. Drain potatoes and cool until they can be handled.

While potatoes are cooling, combine remaining ingredients in a bowl, with salt and pepper to taste. Cut potatoes into 1/2-inch dice and gently toss with egg mixture. Serve potato salad chilled or at room temperature.
Serves 6.

HERB TOSSED CORN

- 6 ears fresh corn, shucked
- 1/2 stick (1/4 cup) unsalted butter
- 1-1/2 tsp fresh lemon juice
- 1/2 tsp salt
- 1/4 tsp coarsely ground black pepper
- 1/8 tsp cayenne
- 1/4 cup chopped fresh cilantro



Special equipment: a wide 6- to 8-qt heavy pot with a tight-fitting lid
Bring 1-1/2 inches unsalted water to a boil in pot, then add corn. Cook corn (water may not cover it), covered, turning occasionally, until tender, 3 to 5 minutes. Transfer with tongs to a large platter.

While corn cooks, melt butter in a 1-quart heavy saucepan, then remove from heat and stir in lemon juice, salt, black pepper, and cayenne.

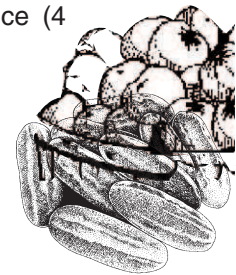
When corn is just cool enough to handle, cut kernels off cobs in long, wide strokes with a large heavy knife, leaving kernels in clusters. Transfer to a serving bowl.

Add butter mixture and cilantro to corn, stirring gently to keep kernel clusters intact. Serve warm or at room temperature.

Garnish if desired with fresh cilantro leaves.

TOMATO AND CUCUMBER SALAD

- 1/3 cup olive oil
- 1/4 cup fresh lemon juice
- 1-1/4 tsp salt
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 3-3/4 lb vine-ripened or plum tomatoes, cut into 1/3-inch dice (4 cups)
- 1 lb seedless cucumber (usually plastic-wrapped), cut into 1/3-inch dice (2-1/2 cups)
- 3/4 cup finely chopped fresh curly parsley (from 1 bunch)
- 1/4 cup finely chopped onion (preferably sweet onion, such as Vidalia or Walla Walla)
- 1 to 6 cloves diced garlic



Whisk together oil, lemon juice, salt, cumin, and pepper in a medium bowl. Add tomatoes, cucumber, parsley, and onion; stir to combine. Let stand at room temperature 10 minutes before serving.

Serves 6.

Kids Bible School & Adult Bible Study

Vernonia Community Church will hold their Vacation Bible School (VBS) Program, "Crocodile Dock - where fearless kids shine God's light" August 17-21. Each day's events will start with a Family Dinner from 5:30 to 6:30 p.m. followed by the VBS from 6:30 to 8:00 p.m., while Adult Study takes place. Vernonia Community Church is located at 957 State Avenue. For more information or to pre-register, call Jan Dyer at 503-799-1747, or Corrie Smith at 503-429-1052.

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.

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