

## Food for Thought

By Leslie Barnes



*Eating healthy doesn't have to be boring and flavorless. On the contrary, it's more likely to be beautiful in color and rich in flavor.*

### PENNE ALLA VODKA

6 quarts water                      Salt  
1 (35-oz) can Italian plum tomatoes (preferably San Marzano) with their liquid  
1 lb penne pasta                      1/4 cup extra-virgin olive oil  
10 cloves garlic, peeled

1/4 cup vodka  
Crushed hot red pepper  
1/2 cup heavy cream  
2 T olive oil or butter for finishing the sauce, optional  
2 to 3 T chopped fresh Italian parsley  
3/4 cup freshly grated Parmigiano-Reggiano, plus more for passing

Bring 6 quarts of salted water to a boil in an 8-quart pot over high heat.

Pour the tomatoes and their liquid into the work bowl of a food processor. Using quick on/off pulses, process the tomatoes just until they are finely chopped. (Longer processing will aerate the tomatoes, turning them pink.)

Stir the penne into the boiling water. Bring the water back to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until done, 8 to 10 minutes.

Heat the olive oil in a large skillet over medium heat. Whack the garlic cloves with the side of a knife and add them to the hot oil. Cook, shaking the skillet, until the garlic is lightly browned, about 3 minutes. Add tomatoes carefully by sliding them into the pan. Bring to a boil, season lightly with salt and generously with crushed red pepper, and boil 2 minutes. Pour in the vodka, lower the heat so the sauce is at a lively simmer, and simmer until the pasta is ready.

Just before the pasta is done, fish the garlic cloves out of the sauce and pour in the cream. Add the 2 T butter or oil, if using, and swirl the skillet to incorporate into the sauce. Drain the pasta, return it to the pot, and pour in the sauce. Bring the sauce and pasta to a boil, stirring to coat the pasta with sauce. Check the seasoning, adding salt and red pepper if necessary. Sprinkle the parsley over the pasta and boil until the sauce is reduced enough to cling to the pasta.

Remove the pot from the heat, sprinkle 3/4 cup of cheese over the pasta, and toss to mix. Serve immediately, passing additional cheese if you like. Serves 6.

### ROASTED RED PEPPER AND EGGPLANT SOUP

Eggplant adds a nutty flavor.

2 eggplants (about 2-1/2 lbs total), halved lengthwise  
4 red bell peppers (about 22 oz)                      1/4 cup olive oil  
2 medium onions, chopped  
1 medium leek, halved lengthwise, thinly sliced crosswise (white and pale green parts only; about 2 cups)  
6 large garlic cloves, minced  
8-1/2 cups chicken stock or canned low-salt chicken broth  
3 T tomato paste                      1/4 cup chopped fresh basil  
2 T chopped fresh thyme                      Salt and Pepper, to taste  
3 T unsalted butter                      1-1/2 T fresh lemon juice  
Parmesan cheese shavings for garnish

Preheat oven to 450°F. Line rimmed baking sheet with parchment paper. Pierce eggplants all over with fork. Transfer, cut side down, to baking sheet. Roast until tender, about 45 minutes. Cool slightly. Remove peel and discard. Cut eggplants into large pieces and rinse under running water. Drain well. Set aside.

Char bell peppers over gas flame, or in broiler, until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed and coarsely chop peppers.

Heat oil in large pot over medium-high heat. Add onions and leek and sauté until tender, about 5 minutes. Add garlic; sauté 1 minute. Stir in eggplant, peppers, chicken stock, and tomato paste. Bring to boil. Reduce heat to medium and simmer uncovered until vegetables are tender, about 45 minutes. Stir in basil and thyme. Cool slightly.

Working in batches, puree soup in blender until smooth. Return soup to pot. Season with salt and pepper. Add butter and lemon juice; stir over low heat until soup is heated through, about 5 minutes. (Can be made 1 day ahead. Cover and chill. Bring to simmer before continuing.) Transfer to large bowl; garnish with Parmesan. Serves 8.

### WEEKNIGHT CHICKEN ENCHILADAS

3 cups chopped cooked chicken                      6 oz shredded Monterey jack cheese  
1/2 cup sour cream                      1 (4-1/2-oz) can chopped green chiles  
1/3 cup chopped cilantro                      1/2 tsp cumin  
8 (8 inch) flour tortillas  
1 (10-oz) green enchilada sauce                      2 oz shredded Monterey jack cheese

Pre-heat oven to 350°F.

Combine the first 6 ingredients (chicken through cumin). Spoon the mixture onto tortillas and roll up, placing the rolled tortillas seam side down in a lightly greased 9 x 13 pan. Top with enchilada sauce and more cheese.

Bake for 35 – 40 min.

Serves 4.

### WHITE TURKEY CHILI

1 T stick margarine or butter                      1-1/2 cups chopped onion  
1/2 cup chopped celery                      1/2 cup chopped red bell pepper  
1 T minced, seeded jalapeño pepper                      1 garlic clove, minced  
3 cups chopped cooked turkey (about 15 oz)  
2 (19-oz) cans cannellini beans or other white beans, drained and divided  
2 (16-oz) cans fat-free, less-sodium chicken broth  
1 (4.5-oz) can chopped green chiles                      1 cup frozen whole-kernel corn  
1-1/2 tsp ground cumin                      1 tsp chili powder  
1/2 tsp salt                      1/4 tsp black pepper  
1 cup 1% low-fat milk                      1/2 cup chopped fresh cilantro

Melt the margarine or butter in a large Dutch oven over medium-high heat. Add next 5 ingredients (onion through garlic), and sauté 5 minutes. Add turkey, 1-1/2 cups beans, broth, and next 6 ingredients (green chiles through black pepper), and bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Mash remaining beans. Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until mixture is thick, stirring frequently. Stir in chopped cilantro.

Makes 11 one cup 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.

### 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.