

Food for Thought

by Leslie Barnes



Breakfast party! Having a breakfast get-together with friends is a great way to start a day. Don't forget the coffee and juice.

CHUNKY BANANA BRAN MUFFINS

1 cup unprocessed wheat bran
1 cup buttermilk (shaken)
4 T unsalted butter, at room

temperature
1/4 cup light brown sugar, lightly packed
2 extra-large eggs, at room temperature
6 T unsulphured molasses
1 tsp grated orange zest
1/2 tsp pure vanilla extract
1-1/2 cups all-purpose flour
3/4 tsp baking powder
1/4 tsp baking soda
1/2 tsp kosher salt
1 cup raisins
1 cup large-diced bananas
1/2 cup chopped walnuts

Preheat the oven to 350°F. Place paper liners into a (10 or 12-cup) muffin tin.

Combine bran and buttermilk and set aside. Cream butter and sugar in the bowl of an electric mixer fitted with a paddle attachment for about 5 minutes, until light and fluffy. With the mixer on low, add the eggs, one at a time. Scrape the bowl, then add molasses, orange zest, and vanilla. (The mixture will look curdled.) Add the bran/buttermilk mixture and combine.

In a separate bowl, sift together the flour, baking powder, baking soda and salt. With the mixer on low speed, slowly add the flour mixture to the batter just until combined. Don't overmix it! Fold in raisins, ba-

nanas and walnuts with a rubber spatula.

With an ice cream scoop or large spoon, fill the muffin cups to the top and bake for 25 to 30 minutes, until a cake tester comes out clean.

Makes 10 to 12 muffins

OMELET FOR FOUR

1/2 lb good thick-cut bacon
2 T unsalted butter
2 cup medium-diced Yukon gold potato
1 cup chopped yellow onion
2 T minced jalapeño pepper
10 extra-large eggs
4 T milk or cream
2 tsp kosher salt
1 tsp freshly ground black pepper
1/2 cup chopped scallions, white and green parts
8 oz. extra-sharp Cheddar, diced, plus extra grated cheese for garnish

Preheat the oven to 350°F.

Cut bacon crosswise in 1-inch slices and cook it in an 8-inch ovenproof sauté pan over medium-low heat for 5 to 7 minutes, stirring occasionally, until browned. Drain bacon on paper towels and discard the fat from the pan. Add the butter to the pan, then add potato and yellow onion. Cook over medium-low heat for about 10 minutes, tossing occasionally, until the onion starts to brown and the potato is tender but firm. Add the jalapeño pepper and cook for 30 seconds.

Meanwhile, in a medium bowl, beat eggs, milk, salt, and pepper together with a fork. Stir in the scallions and diced Cheddar. When the potato is cooked, add the bacon to the pan and pour the egg mixture over the other ingredients. Place the pan in the oven for 15 to 20 minutes, until the omelet puffs and the eggs are almost cooked in the center. Sprinkle with a handful of grated Cheddar and bake for another minute. Serve hot directly from the pan.

Serves 4.

SMOKED SALMON AND VEGETABLE CREAM CHEESE BAGELS

4 sesame bagels
Vegetable Cream Cheese, recipe follows
8 slices smoked salmon

Vegetable Cream Cheese:

16 oz. cream cheese, at room temperature
2 T minced scallions, white and green parts
2 T finely chopped carrot
2 T finely chopped celery
2 T finely chopped radish (2 radishes)
2 to 3 pinches kosher salt
1 pinch finely ground black pepper
1 pinch cayenne pepper

Place cream cheese, scallions, carrot, celery, radish, salt, black pepper and cayenne pepper in the bowl of an electric mixer fitted with the paddle attachment and mix on low speed until blended.

Slice bagels in half horizontally and spread 1 tablespoon of the vegetable cream cheese over the bottom half of each bagel. Arrange 2 slices of smoked salmon over the cream cheese and place the remaining bagel halves on top. Cut the bagels in half crosswise and serve.

Serves 6.



Help still needed in poor economy

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er services, visit your local DHS office. You may also go online to www.OregonHelps.org and see if you may be eligible for these and other programs.

To download applications for TANF and SNAP benefits, go to www.oregon.gov/dhs/assistance.

DHS also partners with SafeNet to help people find local resources such as food pantries and other assistance. The number is 1-800-SAFENET (1-800-723-3638).

Oregon veterans and their families are encouraged to find out about benefits you may have earned as a result of military service. Go online at www.oregon.gov/ODVA/BENEFITS/ to find out more.

Time for Oregon Beach Cleanup

On Saturday, March 20, thousands of volunteers are needed for the 25th annual SOLV Spring Oregon Beach Cleanup. The event, held in cooperation with the Oregon Parks and Recreation Department and coastal garbage and recycling haulers, will take place from 10:00 a.m. until 1:00 p.m. along the entire Oregon coast, from the Washington to the California borders. Oregonians from every corner of the state are invited and encouraged to join in this Oregon tradition.

Volunteers are encouraged to visit www.solv.org to pre-register online and view a map of registration locations, or call SOLV at 503-844-9571 or 800-333-SOLV (7658) for more information. **See SOLV on Page 22**

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.