

Food for Thought

by Leslie Barnes



It's so wonderful to have friends over to enjoy a b.b.q. The grilled pork and quinoa are a nice change to the traditional burgers and hotdogs. This three cheese lasagna is great made ahead and frozen for a later date. It can be divided into two smaller pans as well, make one and freeze the other. Cheers.

BLACK BEAN AND TOMATO QUINOA

Quinoa is a fast-cooking, protein-packed whole grain. Steamed, it makes a perfect partner for lime-spiked black beans and fresh tomato.

2 tsp grated lime zest 2 T fresh lime juice 3 T olive oil 1 tsp sugar
1 cup quinoa 1 (14- to 15-ounce) can black beans, rinsed and drained
2 medium tomatoes, diced 4 scallions, chopped
1/4 cup chopped fresh cilantro 1/8 tsp cayenne pepper
salt and pepper

Whisk together lime zest and juice, oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.

Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time.

Cook quinoa in a medium pot of boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 10 minutes. Drain in sieve, then set sieve in same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over medium heat until tender, fluffy, and dry, about 10 minutes. Remove pot from heat and remove lid. Let stand, still covered with towel, 5 minutes.

Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Serves 4-6.

GRILLED PORK CHOPS WITH GARLIC LIME SAUCE

1/3 cup fresh lime juice
6 garlic cloves, minced
1/2 tsp dried hot red-pepper flakes
1/8 tsp cayenne pepper
2 oz tequila
1/3 cup olive oil
2 T chopped fresh cilantro
salt and pepper
6 (1/2-inch-thick) boneless pork chops

Whisk together lime juice, garlic, red-pepper flakes, and 1/4 tsp salt, cayenne pepper, tequila, then add oil in a slow stream, whisking well. Whisk in cilantro.

Prepare a gas grill for direct-heat cooking over medium-high heat. Pat pork dry and season with salt and pepper. Oil grill rack, then grill pork chops, covered, turning over once, until just cooked through, 5 to 6 minutes total. Serve drizzled with some vinaigrette, and with remainder on the side.

If you aren't able to grill outdoors, chops can be cooked in a hot lightly oiled large (2-burner) ridged grill pan over moderately high heat.

Serves 6.

THREE CHEESE LASAGNA WITH ITALIAN SAUSAGE

Sauce
1 T olive oil 1 cup chopped onion
3/4 cup carrots, grated 4-6 cloves garlic, minced
8 oz ground turkey
6 oz spicy Italian turkey sausages, casings removed
1/2 cup red wine or 1/2 cup beef broth

1/2 cup beef broth
1 28-oz can crushed tomatoes with added puree
1/4 cup tomato paste 1 tsp sugar
1/4 cup chopped fresh basil, or 1 T dried basil
1 T dried oregano 1 bay leaf
1/2 tsp dried crushed red pepper

Lasagna

15 lasagna noodles (about 12 ounces) *no boil lasagna noodles will cut the noodle prep and reduce time in the kitchen.

2 15-oz containers part-skim ricotta cheese
1 cup grated Parmesan cheese (about 3 oz)
1 10-oz package spinach, chopped 2 large eggs
3-1/2 cups grated mozzarella cheese

For Sauce:

Heat oil in heavy large saucepan over medium heat. Add onion, carrots and garlic; sauté until softened, about 12 minutes. Add turkey and sausages to pan; sauté until cooked through, breaking up meat with back of spoon, about 5 minutes. Add the wine and beef broth, simmer for 5 minutes. Add remaining ingredients. Cover and simmer until flavors blend and sauce measures about 5 cups, stirring occasionally, about 15 minutes. Discard bay leaf. Cool.

For Lasagna:

Preheat oven to 350°F. Cook noodles in large pot of boiling salted water until almost tender, about 7 minutes. Drain; cover with cold water.

Combine ricotta and 3/4 cup Parmesan cheese in medium bowl. Mix in spinach. Season to taste with salt and pepper. Mix in eggs.

Drain pasta and pat dry. Spread 1/2 cup sauce over bottom of 13x9-inch glass baking dish. Place 5 noodles over sauce, overlapping to fit. Spread half of ricotta-spinach mixture evenly over noodles. Sprinkle 2 cups mozzarella cheese evenly over ricotta-spinach mixture. Spoon 1-1/2 cups sauce over cheese, spreading with spatula to cover (sauce will be thick). Repeat layering with 5 noodles, remaining ricotta-spinach mixture, 1 cup mozzarella and 1-1/2 cups sauce. Arrange remaining 5 noodles over sauce. Spread remaining sauce over noodles. Sprinkle remaining 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese evenly over lasagna. (Can be prepared up to 1 day ahead. Cover tightly with plastic wrap and refrigerate.) Cover baking dish with aluminum foil. Bake lasagna 40 minutes; uncover and bake until hot and bubbly, about 40 minutes. Let lasagna stand 15 minutes before serving.

Serves 8.

Church Directory

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

SEVENTH DAY ADVENTIST

Larry Gibson, 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.

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.

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.

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Wednesday Prayer 7:00 p.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

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.