

Food for Thought

by Leslie Barnes



There are so many types of pasta that we often forget to use something as simple as orzo, or something as tasty as whole-wheat spaghetti. Have some fun with foods your family will really enjoy.

BAKED ORZO WITH FONTINA AND PEAS

4 cups chicken broth
1 lb orzo pasta
3 T butter, plus more to grease the baking dish
1 onion, chopped

8 oz mushrooms, sliced
1 cup Marsala wine
1/2 cup heavy cream
4 oz shredded fontina cheese (about 1 cup)
4 oz diced fresh mozzarella cheese (about 1 cup)
1 cup frozen peas, thawed
1/2 tsp salt
1/2 tsp freshly ground black pepper
1/2 cup bread crumbs
1/4 cup grated Parmesan
1 tsp dried thyme



Preheat oven to 400°F. Butter a 9 by 13-inch baking dish. Bring the chicken broth to a boil over medium-high heat in a medium saucepan. Add the orzo and cook until almost tender, about 7 minutes. Pour the orzo and the broth into a large bowl. Set aside.

Meanwhile, melt the butter over medium heat in a medium skillet. Add the onions and sauté until tender, about 3 minutes. Add the mushrooms and continue to sauté until the mushrooms begin to turn golden around the edges, about 7 minutes. Add the Marsala. Scrape the brown bits off the bottom of the pan and cook until the Marsala has reduced by half, about 5 minutes. Add the mushroom mixture to the orzo in the large bowl. Add the cream, fontina, mozzarella, peas, salt, and pepper. Stir to combine. Pour the mixture into the prepared baking dish.

In a small bowl combine the bread crumbs, Parmesan, and dried thyme. Sprinkle the bread crumb mixture on top of the pasta. Bake until golden, about 25 minutes. Serves 4 to 6.

WHOLE WHEAT SPAGHETTI WITH LEMON BASIL AND SALMON

1/2 lb whole-wheat spaghetti pasta
1 clove garlic, minced
2 T extra-virgin olive oil
1/2 tsp salt, plus more for seasoning
1/2 tsp freshly ground black pepper, plus more for seasoning
1 T olive oil
4 (4-oz) pieces salmon
1/4 cup chopped fresh basil leaves
3 T capers
1 lemon, zested
2 T lemon juice
2 cups fresh baby spinach leaves

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta and transfer to a large bowl. Add the garlic, extra-virgin olive oil, salt, and pepper. Toss to combine.

Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper. Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish. Remove the salmon from the pan.

Add the basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine. Set out 4 serving plates or shallow bowls. Place 1/2 cup spinach in each bowl. Top with 1/4 of the pasta. Top each mound of pasta with a piece of salmon. Serve immediately. Serves 4.

CHICKEN CACCIATORE

4 chicken thighs
2 chicken breasts with skin and backbone, halved crosswise
2 tsp salt, plus more to taste
1 tsp freshly ground black pepper, plus more to taste
1/2 cup all purpose flour, for dredging
3 T olive oil
1 large red bell pepper, chopped
1 onion, chopped
3 garlic cloves, finely chopped
3/4 cup dry white wine
1 (28-oz) can diced tomatoes with juice
3/4 cup reduced-sodium chicken broth
3 T drained capers
1-1/2 tsp dried oregano leaves
1/4 cup coarsely chopped fresh basil leaves

Sprinkle the chicken pieces with 1 tsp of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.

In a large heavy sauté pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Sauté in 2 batches if necessary. Transfer the chicken to a plate and set aside. Add bell pepper, onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve. Serves 4-6.



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.

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.

FIRST BAPTIST CHURCH

Pastor John D. Murray
359 "A" Street, Vernonia
503 860-3860
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

VERNONIA COMMUNITY CHURCH

957 State Avenue, Vernonia
503 429-6790
Sunday Worship 9:45 a.m.
Children's Church (Blast!) 10:15 a.m.
Nursery 10:15 a.m.
High School Youth 6:00 p.m.
Wednesday Prayer 6:00 p.m.
Vernonia Community Preschool

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

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161
www.pbfalive.com
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Thursday Prayer 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.

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.