

Food for Thought

by Leslie Barnes



The weathers unpredictability has made it possible for me to put a hearty soup in the column in the middle of spring. The chipotle chicken salad is a great meal served on a warm sunny day, and the cookies are great any time.

BROCCOLI-CHEDDAR SOUP

3 T unsalted butter
3 T olive oil
1 small onion, chopped
4 cloves garlic, chopped
1/4 cup all-purpose flour
2 cups half-and-half
3 cups low-sodium chicken broth
2 bay leaves
1/4 tsp freshly grated nutmeg
Kosher salt and freshly ground pepper
1/4 tsp cayenne pepper
4 cups broccoli florets (about 1 head)
1 large carrot, diced
2-1/2 cups (about 8 oz) grated sharp white and yellow cheddar cheese, plus more for garnish

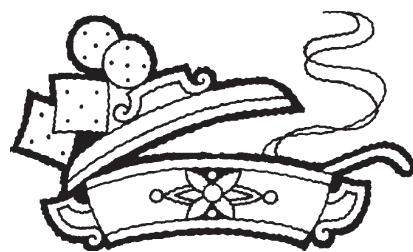
Melt the butter and oil in a large Dutch oven or pot over medium heat. Add the onion and cook until tender, after 3 minutes add garlic, cook an additional 2 minutes. Whisk in the flour and cook until golden, 3 to

4 minutes, gradually whisk in the half-and-half until smooth. Add the chicken broth, bay leaves and nutmeg, cayenne pepper, then season with salt and pepper and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes.

Add the broccoli and carrot to the broth mixture and simmer until tender, about 20 minutes. Discard the bay leaves. Puree the soup in the pot with an immersion blender, or in batches using a standard blender.

Add the cheese to the soup and whisk over medium heat until melted. Add up to 3/4-cup broth or half and half if the soup is too thick. Garnish with cheese.

Serves 4.



CHIPOTLE CHICKEN SALAD

1 rotisserie-cooked chicken (2 lb) at room temperature
1 medium white onion, chopped
1 (15- to 19-oz) can black beans, rinsed and drained
1 cup packed fresh cilantro sprigs, divided (1/2 cup for sauce, 1/2 for salad)
1 cup corn, either frozen and thawed, or canned
1 head of romaine, chopped for salad
3-6 cloves garlic

3-6 rounded T canned chipotles in adobo, or to taste
2/3 cup olive oil
2/3 cup fresh lime juice
1/2 tsp salt
1/2 tsp black pepper
2 firm-ripe California avocados, halved, pit-

ted, and left unpeeled

Remove chicken from bone in large chunks, with some skin if desired.

Toss together onion, black beans, 1/2 cup cilantro, corn and lettuce in a large bowl.

Purée 1/2 cup cilantro, chipotles, garlic, oil, lime juice, salt, and pepper in a blender, then add to chicken mixture.

Cut avocado into 1/2-inch cubes, without cutting through peel.

Serve chicken over salad mixture and drizzle with chipotle dressing. Add avocados just before serving.

Optional: Sliced black olives, tomatoes or shredded cheddar cheese are some excellent additions to this salad.

Serves 6.

BANANA SPICE COOKIES

2-1/4 cup flour
1/4 tsp soda
1 tsp baking powder
2 eggs
3 bananas (1 cup mashed)
1/3 cup vegetable oil
1/2 tsp cinnamon
1/2 cup sugar
1/8 tsp cloves
1 tsp vanilla
nuts and raisins (optional)

Preheat oven to 375°F.

Sift flour with soda and baking powder. Beat eggs with electric mixer and add 1/2 cup flour. Beat in bananas and oil. Beat in the rest of the dry ingredients at medium speed. Stir in nuts and raisins, if using.

Drop by rounded teaspoonful on cookie sheet and bake for 10 to 15 minutes.

Makes 2 dozen.

Don't fall for bin Laden death pics

The death of Osama bin Laden is undeniably one of the biggest stories of the decade. However, Oregon Attorney General John Kroger, cautions you to be careful when searching the internet for footage or news about bin Laden's death. Because cybercriminals exploit top stories by creating fake videos, photos, Google ads, and news reports that contain malware and viruses.

Already some highly trafficked blogs have been infiltrated by cybercriminals. For instance, a man who lived near bin Laden's compound inadvertently "tweeted" the raid. People flocked to his website to read his account of events. Unfortunately, so did cyberthieves and his blog was compromised.

Those who visited his site are likely to have downloaded viruses or malware onto their computers.

On Facebook there is fake video footage of bin Laden's death. If opened, the link exposes personal information to cybercriminals and downloads malware to the computer.

Follow these tips to avoid falling victim to cyber-scams:

- Be cautious of links from emails, social networking sites, or Google searches. If the URL and the search topic don't relate in some obvious way it's best to avoid it.

- Pop-up ads related to popular internet searches commonly carry malware. Do not be enticed by fake offers of "free" stuff, surveys or contests. Never provide personal information through pop-up ads.

- If a website redirects you to download software or "codec" in order to view a video, stop. These are signs of a scam.

Make sure your computer has up to date anti-virus software. Perform a virus scan on a regular basis.

Scammers and identity thieves pose a significant threat to consumers. Last year Oregonians reported losing nearly \$2 million to scams. If you think you have been contacted by a scammer, call the Oregon Consumer Protection Hotline at 1-877-877-9392 or go to www.oregonattorneygeneral.gov.

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

Ralph Young, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Bible Classes 9:00 a.m.
Family Praise & Worship 10:30 a.m.
Wednesday Prayer 6:30 p.m.
Thursday Ladies Study 7:00 p.m.
Nursery 10:15 a.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)
Various Home Group Meetings

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.