

Food for Thought

by Leslie Barnes



School has started and what better way to celebrate than making delicious cupcakes for our busy students. Caesar salad can be a meal in itself, or accompany the onion smothered Italian burgers, and the roasted vegetable rosemary soup will warm you up on a cool fall day.

BANANA CUPCAKES WITH HONEY CINNAMON FROSTING

1-1/2 cups all-purpose flour, (spooned and leveled)
3/4 cup sugar
1 tsp baking powder

1/2 tsp baking soda
1/4 tsp salt
1/2 cup (1 stick) unsalted butter, melted
1-1/2 cups mashed bananas (about 4 ripe bananas), plus 1 whole banana, for garnish (optional)
2 large eggs
1/2 tsp pure vanilla extract
Honey-Cinnamon Frosting

Preheat oven to 350°F. Line a standard 12-cup muffin pan with paper liners. In a medium bowl, whisk together flour, sugar, baking powder, baking soda, and salt.

Make a well in center of flour mixture. In well, mix together butter, mashed bananas, eggs, and vanilla. Stir to incorporate flour mixture (do not overmix). Dividing evenly, spoon batter into muffin cups.

Bake until a toothpick inserted in center of a cupcake comes out clean, 25 to 30 minutes. Remove cupcakes from pan; cool completely on a wire rack. Spread tops with Honey-Cinnamon Frosting (see below). Just before serving, peel and slice banana into rounds, and place one on each cupcake, if desired.
Makes 12 cupcakes.

Honey Cinnamon Frosting

1-1/4 cup confectioners sugar
1/2 cup (1 stick) unsalted butter, room temperature
1 T honey
1/8 tsp ground cinnamon

In a medium bowl, using an electric mixer, beat confectioners sugar, unsalted butter, honey, and ground cinnamon until smooth, 4 to 5 minutes.

CAESAR SALAD

Add grilled shrimp or chicken to make this an entrée salad.

5 T extra-virgin olive oil, divided
4 cups (1-inch) cubed French bread (about 4 oz)
1 (2-oz) can anchovy fillets, drained
2 T grated fresh Parmigiano-Reggiano cheese
2 T red wine vinegar
2 large pasteurized egg yolks
1 garlic clove
6 cups torn romaine hearts
1/4 tsp kosher salt

Preheat oven to 350°F.

Combine 1 T oil and bread in a large bowl, tossing to coat. Arrange bread in a single layer on a baking sheet; bake at 350° for 15 minutes or until golden. Cool.

Pat anchovy fillets dry with a paper towel. Combine fillets, cheese, vinegar, egg yolks and garlic in a blender; process until smooth. With blender on, add remaining 1/4 cup oil, one T at a time; process until smooth. Combine croutons and lettuce in a large bowl. Drizzle lettuce and croutons evenly with dressing; toss to coat. Sprinkle salad mixture evenly with salt; toss to combine. Serve immediately.
Serves 6 (1 cup servings).

ONION SMOTHERED ITALIAN BURGERS

1 tsp olive oil
2 cups thinly sliced Vidalia or other sweet onion
2 tsp sugar
1/4 tsp salt
1/8 tsp black pepper
1 T balsamic vinegar
3 T shredded fresh Parmesan cheese
2 T tomato paste
1 tsp dried oregano
1/2 tsp garlic powder
1/4 tsp dried basil
1 lb ground turkey
Cooking spray
4 (1-1/2-ounce) hamburger buns

Heat oil in a large nonstick skillet over medium-high heat. Add onion, sugar, salt, and pepper to pan. Cook 6 minutes or until lightly browned, stirring occasionally. Add vinegar to the pan; cook 30 seconds, stirring constantly.

Combine cheese and next 5 ingredients (through beef) in a medium bowl; shape meat mixture into 4 (3-inch) patties. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan. Cook 5 minutes on each side or until desired degree of doneness. Place 1 patty on bottom half of each bun; top each patty with 1/4 cup onion mixture and top half of each bun.
Serves 4.

ROASTED VEGETABLE ROSEMARY CHICKEN SOUP

1 cup (1-inch) cubed carrot
1 cup (1-inch) cubed onion
1 cup coarsely chopped mushrooms
1 cup (1-inch) pieces celery
1 cup (1-inch) pieces red bell pepper
2 T extra virgin olive oil
1 cup water
2 T chopped fresh rosemary
1/4 tsp salt
4 (14-oz) cans fat-free, less-sodium chicken broth
2 garlic cloves, minced
1 lb skinless, boneless chicken breast, cut into 1/2-inch pieces
2 cups uncooked whole wheat rotini pasta

Preheat oven to 375°F.

Combine first 5 ingredients in a large bowl; drizzle with oil, and toss well to coat. Arrange vegetable mixture in a single layer on a jelly-roll pan lined with foil. Bake at 375°F for 50 minutes or until browned, stirring occasionally.

Combine water and next 5 ingredients (through chicken) in a large Dutch oven; bring to a boil. Reduce heat, and simmer 30 minutes. Add roasted vegetables; simmer 30 minutes. Bring soup to a boil. Add pasta; simmer 10 minutes, stirring occasionally.
Serves 8 (1 cup servings).

Church Directory

<p>VERNONIA FOURSQUARE CHURCH Carl Pense, Pastor 850 Madison Avenue, Vernonia 503 429-1103 Sunday Worship Service: 10:30 a.m. Children's Sunday School</p>	<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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</p>	<p>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.</p>
<p>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.</p>	<p>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</p>	<p>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.</p>