

Food for Thought

by Leslie Barnes



Warm up with a hot bowl of soup or a warm dish of pasta.

TORTILLA SOUP

2 T vegetable oil
1 medium onion, chopped
2 cloves garlic, sliced
1 chipotle in adobo sauce, minced
1 T chili powder

2 tsp kosher salt
6 cups chicken broth
1 cup corn kernels, fresh, or frozen and thawed
1 ripe tomato, chopped
1 cup shredded cooked chicken
1/2 cup cilantro leaves
1/4 cup freshly squeezed lime juice (about 2 limes)
About a dozen corn tortilla chips, broken a bit
Lime wedges, optional

Heat the oil in a medium saucepan over medium heat. Add onion, garlic, chipotle, chili powder and salt, and cook until the onion softens, about 5 minutes. Add the chicken broth, bring to a boil, reduce the heat slightly, and simmer, uncovered, for 10 minutes. Add the corn and cook for 5 minutes more.

Remove saucepan from heat and stir in the tomato, chicken, cilantro, and lime juice. Divide the tortilla chips among 4 warmed bowls, ladle the soup on top, and serve with lime wedges, if desired.
Serves 4.

LENTIL SOUP WITH CHARD

Adding the greens toward the end of cooking keeps their color bright.

1-3/4 cups dried brown lentils
2 qts water
1 cup carrots, diced
1-3/4 tsp sea salt
Dash of dried thyme
2 garlic cloves, crushed

2 parsley sprigs
2 bay leaves
2 T butter
3 cups chopped onion
1 tsp ground cumin
6 cups torn Swiss chard
1 T fresh lemon juice
1/2 tsp freshly ground black pepper
6 T plain whole yogurt

Sort and wash the lentils. Combine lentils, water, carrots, salt, thyme, garlic, parsley and bay leaves in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender.

Melt butter in a large nonstick skillet over medium-high heat. Add the onion and cumin; sauté 10 minutes or until browned. Stir onion mixture into lentil mixture. Discard bay leaves and parsley. Add chard to soup; simmer, uncovered, 10 minutes or until chard is tender. Remove soup from heat. Stir in juice and pepper. Ladle 1-1/3 cups soup into each of 6 bowls; top each serving with 1 T yogurt.
Serves 6.

CHICKEN MARSALA PASTA

2 boneless, skinless chicken breasts
1 8-oz pkg fresh mushrooms, sliced
1 onion, diced
3 garlic cloves, minced
3/4 cup Marsala cooking wine
1/2 cup chicken broth
1/2 cup heavy cream
1 lb penne pasta
1 cup Parmesan cheese
5 T butter
1 T olive oil
salt and pepper to taste
1/2 cup fresh Italian (flat leaf) parsley, chopped

Season the chicken breasts on both sides with salt and pepper. Melt 1 T of the butter and 1 T of olive oil in a large skillet. Cook chicken, turning once until browned on both sides and fully cooked (the internal temperature has reached 165 degrees). Transfer to a plate and allow the chicken to cool. Once the chicken has cooled, slice it into strips.

Cook pasta according to package directions. Meanwhile, melt 1 T of butter in a skillet, add garlic, mushrooms and onions. Cook until the onions are almost tender (about 5 minutes). Add Marsala wine, chicken broth and heavy cream. Bring to a boil. Reduce heat and simmer until the sauce is thickened. Add cooked, sliced chicken to the pan.

When the noodles are cooked, drain and toss them with 3 T of butter. Dump noodles into a serving dish. Add the mushroom, chicken and Marsala sauce mixture, and 1/2 cup of Parmesan cheese. Season with salt and pepper. Toss until well combined. Serve with Parmesan cheese and chopped Italian parsley.
Serves 4.

BUTTERMILK SPICE CAKE WITH CREAM CHEESE FROSTING

Cake
spray oil
2 cups flour
3/4 cups sugar
3/4 tsp baking soda
1-1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp cloves
1 T ground ginger
3/4 tsp salt
3/4 cup brown sugar
8 T butter, softened at room temperature
3/4 cup buttermilk
2 eggs

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 9:30 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>
<p>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.</p>		