

Food for Thought

by Rebecca McGaugh

With warmer weather here, no one wants to heat up the house by using the oven. Here are some recipes that can be done in one pan on the stove top, plus a tasty apple salad.

ITALIAN SEASONED STIR FRY

2 T all-purpose flour
 1 tsp garlic powder
 1 lb skinless, boneless, chicken breasts, cut into cubes
 1 red bell pepper, sliced
 1 small onion, chopped
 1 cup sliced zucchini
 1 cup sliced fresh mushrooms
 1/4 cup chicken broth
 1/4 cup Italian salad dressing
 Salt and pepper to taste

Mix flour, garlic powder, salt and pepper in a resealable plastic bag. Add cubed chicken and shake until well coated.

Heat the oil in a large skillet over medium heat. Add the chicken; cook and stir until the chicken is no longer pink, about 5 minutes. Stir in the rest of the ingredients. Cover and simmer until vegetables and meat are tender, about 10 minutes. Serves 4.

TERIYAKI AND PINEAPPLE CHICKEN

2 T vegetable oil
 1 lb skinless, boneless chicken breasts, cut into cubes
 1 green bell pepper, sliced thin
 1 yellow bell pepper, sliced thin
 1 red bell pepper, sliced thin
 1-1/4 cups sliced fresh mushrooms
 1 onion, chopped
 1 cup teriyaki sauce
 1 (8 oz.) can pineapple chunks, undrained
 1 tsp garlic powder
 1/4 tsp (or up to 1 tsp, to taste) crushed red pepper
 1/4 cup all-purpose flour

Heat the oil in a wok or large skillet over medium-high heat. Cook the chicken until no longer pink in the center and juices run clear, 7 to 10 minutes.

Place the rest of the ingredients, except the flour, in the pan and turn heat down to medium. Bring to a simmer, stir in the flour, and continue simmering 15 minutes, until thickened. Serves 8.

CURRIED CHICKEN SALAD

3 eggs
 2 cups chopped, cooked chicken meat
 4 stalks celery, chopped
 1/4 cup chopped green onions
 2 T dill pickle relish
 1-1/2 tsp curry powder
 2 T mayonnaise

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the chicken, celery, eggs, green onions, dill relish, curry and mayonnaise. Stir until well mixed. Refrigerate until chilled.

Serve in bread as a sandwich or on top of a salad. Makes 7 servings.

MUSHROOM PORK CHOPS

4 pork chops
 1 pinch garlic salt or powder, or to taste
 1 onion, chopped
 1/2 pound sliced fresh mushrooms
 1 (10.75 oz) can condensed cream of mushroom soup
 Salt and pepper to taste.

Season pork chops with salt, pepper, and garlic.

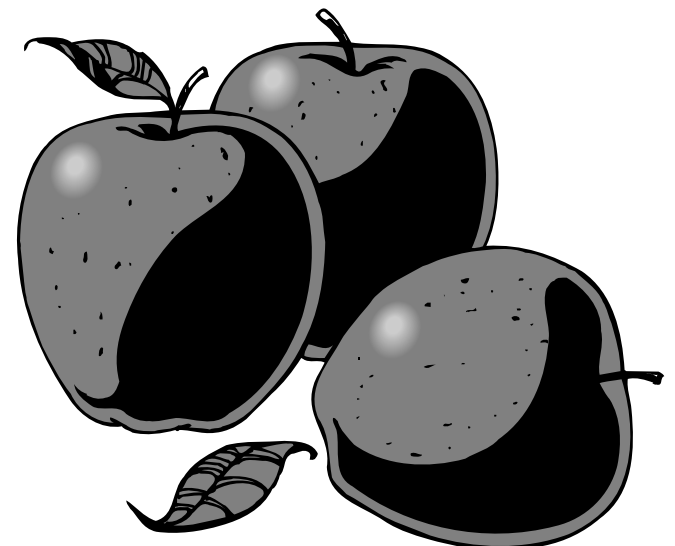
In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms, and sauté for one minute. Pour soup over chops. Cover skillet, and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through. Serves 4.

APPLE SALAD

2 large red apples, cored and diced
 6 dried figs, chopped
 2 ribs of celery, diced
 1/2 cup fat-free lemon yogurt
 2 T slivered almonds
 2 carrots, peeled and grated

In a small bowl, combine the apples, figs and celery. Add yogurt and mix thoroughly. Serve topped with almonds and garnished with grated carrots.

Makes 6 servings.



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.

COVENANT CHURCH VERNONIA

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 9:30 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 9:45 a.m.
 Morning Worship 10:45 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.