

## Food for Thought

by Rebecca McGaugh

Here are a couple of simple ways to cook a chicken and then a couple of ways to use leftover cooked chicken. And, finally, something for all the dog lovers out there – a healthy dog biscuit you can make at home.

### ROASTED CHICKEN

1 (4 to 5 lb.) whole chicken  
salt and pepper or Italian seasoning to taste  
4 whole onions  
4 carrots, cut into 1 inch (or so) pieces  
4 stalks celery, cut into 1 inch (or so) pieces  
4 potatoes, yams or sweet potatoes  
1 cup water

Preheat oven to 325°F. Place chicken in roasting pan, season as desired. Arrange vegetables around chicken, add water to bottom of pan, and cover pan tightly.

Roast for 2 hours or until chicken is tender and juices run clear.  
Serves 4.

### POT PIE

2 cups leftover chicken or turkey, chopped or shredded  
2 cups chicken or turkey gravy  
2 cups mixed vegetables  
2 (9-inch) unbaked pie shells  
2 T cornstarch

Preheat over to 350°F.

Line a 9-inch pie plate with pastry. Mix chicken or turkey and vegetables together, place in pie crust. Mix cornstarch with gravy, then pour over chicken or turkey and vegetables. Cover with remaining crust. Cut slits in top to vent steam.

Place pie on a cookie sheet (to prevent overflow into oven). Cook 1 hour, until crust is golden brown. Slice and serve.  
Serves 8.

### EASY CHICKEN NACHOS

2 cloves garlic, crushed or minced  
6 green onions, sliced, white and green parts

separated  
3 T oil  
2 cups cooked, shredded chicken  
1 cup salsa  
6 oz (1/2 of a 12 oz) pkg tortilla chips  
8 oz pkg shredded Cheddar/Monterey Jack cheese  
1/2 large tomato, diced  
salt and pepper to taste

Preheat oven to 350°F.

In a skillet, over medium heat, cook the garlic and white parts of onion in oil until tender. Mix in chicken, salt and pepper. Toss well to coat with oil. Stir in salsa.

Arrange chips on a large baking sheet. Spoon chicken mix over chips. Top with cheese and tomato. Bake in oven for 10 minutes, or until cheese has melted. Remove from oven, sprinkle with green onion parts before serving.

Makes 6 servings.

### BBQ CHICKEN IN FOIL

4 sheets (12x18" each) heavy duty aluminum foil  
2 boneless, skinless chicken breasts, cut in half.  
1 cup barbecue sauce  
1 (10 oz) pkg frozen whole kernel corn  
1/2 cup chopped green bell pepper

Preheat over to 450°F or grill to medium-high.

Center one chicken breast half on each sheet of aluminum foil. Spoon barbecue sauce over chicken. Top with vegetables.

Bring up foil sides and double fold top and ends to seal packet, leaving some room for heat to circulate. Repeat with other three packets.

Bake 20 to 25 minutes on a cookie sheet in oven or grill 12 to 15 minutes on covered grill

Serves 4.

### DOG BISCUITS

Here's a recipe for you dog lovers.

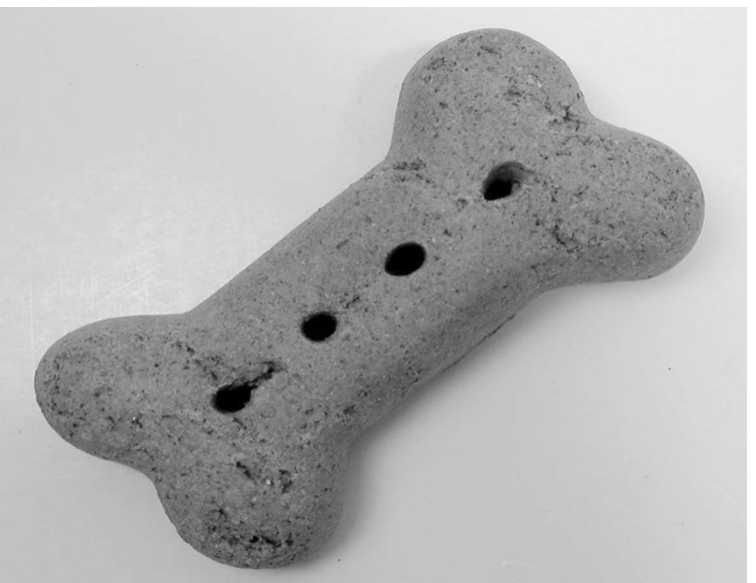
3 cups whole-wheat flour  
1 cup quick cooking rolled oats  
1-1/4 cups warm water  
1/2 cup natural peanut butter  
2 T vegetable oil

Preheat oven to 350°F.

In large bowl, mix flour and oats. Stir in water, peanut butter and oil.

Knead on lightly floured surface, mixing in more flour as needed, until smooth and no longer sticky. Roll out to 1/4 inch thick. Cut into desired shapes with cookie cutter and place 3/4 inches apart on ungreased cookie sheets (2). Bake 20 minutes. Turn off oven and leave biscuits in oven until completely cooled.

Makes approximately 30 servings.



## Church Directory

<p><b>VERNONIA FOURSQUARE CHURCH</b></p> <p>Carl Pense, Pastor 850 Madison Avenue, Vernonia 503 429-1103 Sunday Worship Service: 10:30 a.m. Children's Sunday School</p> <p><b>SEVENTH DAY ADVENTIST</b></p> <p>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><b>ASSEMBLY OF GOD</b></p> <p>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><b>ST. MARY'S CATHOLIC CHURCH</b></p> <p>Rev. Luan Tran, Administrator 960 Missouri Avenue, Vernonia 503 429-8841 Mass Sunday 12:00 Noon Religious Educ. Sunday 10:30 a.m.</p>	<p><b>COVENANT CHURCH VERNONIA</b></p> <p>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><b>VERNONIA COMMUNITY CHURCH</b></p> <p>Ralph Young, Pastor 957 State Avenue, Vernonia 503 429-6790 Sunday Bible Classes 9:00 a.m. Family Praise &amp; 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><b>VERNONIA CHRISTIAN CHURCH</b></p> <p>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 &amp; Family Center) Various Home Group Meetings</p>	<p><b>PIONEER BAPTIST FELLOWSHIP</b></p> <p>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><b>NEHALEM VALLEY BIBLE CHURCH</b></p> <p>Gary Taylor, Pastor Grant &amp; 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.</p> <p><b>CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS</b></p> <p>Marc Farmer, Branch President 1350 E. Knott Street, Vernonia 503 429-7151 Sacrament Meeting, Sunday 10 a.m. Sunday School &amp; Primary 11:20 a.m. Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.</p>
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