

THE OKLAHOMA CITY +CATHOLIC WORKER+

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Cool Salads for Summer

Here are some ideas for cool summer salads to help you beat the heat of this Global Warming Summer. It's likely that the extreme heat we've had this summer, and the extreme cold and snow we are having more often in the winter, will become our "new normal". We are all going to have to learn new ways to cope. Here's some ideas that are tasty and nutritious. Remember: You can add hot peppers (as crushed red pepper, ground cayenne pepper, sliced fresh peppers), to any of these recipes.

GREEN BEAN SALAD

2 14 ounce cans cut green beans, drained 1/4 cup vinegar 1/4 cup chopped onion
1/4 cup granulated Splenda 1/4 cup oil Some minced garlic or garlic powder
Mix the Splenda, vinegar, garlic and oil in a medium bowl. Stir in the beans and onions and let marinate in the fridge several hours, stirring occasionally. Makes about 8 servings. Optional: Add some chopped onions and sliced garlic. Mushrooms also work nicely in this, as do sliced sweet peppers (red, green, or yellow).

SANTA FE CHICKEN SALAD

1/2 cup mayonnaise Dash garlic powder
1 teaspoon chipotle chile powder Dash pepper
Salt, to taste 1 tablespoon cilantro, chopped
2 cups diced cooked chicken 1 stalk celery, sliced very thin
1/2 green or red pepper, sliced thinly 1 green onion, sliced diagonally
Mix the first 6 ingredients in a medium bowl. Stir in the remaining ingredients, blending well with the dressing. Chill several hours. Makes 4-6 servings. This is an easy recipe to make with canned chicken.

MINCED HAM SALAD

Ham, small chunks, about 1/2 pound Celery, cut in small chunks, about 1 stalk
Green onion, coarsely chopped, optional Mayonnaise, about 1/2 cup
Sugar free relish, about 1/4 cup Pepper, to taste
Put the ham, celery and green onion in a food processor. Pulse until the ham is minced, but still slightly chunky. Put the ham mixture in a bowl and mix in some mayonnaise, pickle relish and pepper. Don't add salt; the ham and relish are salty enough. Chill a few hours before serving. If you don't have a blender, just mash it all together. This is a good recipe to use with canned ham

HOW TO COPE WITH FIERCE HEAT

☞ **Drink** lots of cool water. at least a cup of water every 20 to 30 minutes. ☞ If you don't have AC, **ventilate** your house at night, close it up after the morning heats up. Use fans to move the air around. When it gets as hot inside as outside, open the windows and doors and ventilate. ☞ **Four ways to minimize heat** inside the house: ① cook outside, ② use compact florescent lights instead of incandescent bulbs, ③ dry your clothes outside on the line instead of inside with your clothes dryer, ④ don't use the dry cycle on your dishwasher.

☞ **Shade** your windows and doors. To make cheap shades for windows: duct tape auto sunshades together, hang them on the outside of windows and doors. If the sun hits the window glass, heat gets inside. ☞ If the heat becomes oppressive, **dowse your head**, arms, feet with cool water, or take a cool shower, or go outside & dowse yourself with a water hose. Spritz with cool water. Wear a wet, wrung out shirt. Wrap wet cloths around neck, wrists, ankles. Sleep wrapped in a wet wrung-out sheet with a fan blowing on you.

WISDOM FOR LIVING

What is learned in the cradle lasts to the grave. . .
When a thief kisses you, count your teeth. . .
When eating fruit, remember the one who planted the tree. . . *When surrounded by chaos, find peace within.* . . Wherever you go, you can't get rid of yourself. . . *Where there's life, there's hope.* . .
Who is strong? He that can conquer his bad habits. . .
Willing is not enough, we must do. . . Wisdom is to live in the present, plan for the future and profit from the past. . . *Without kindness there can be no true joy.* . . Wonder is the beginning of wisdom. . .

CAULI-SLAW

1/2 medium head cauliflower, grated
1 small shredded carrot 1/2 cup mayonnaise
2 tablespoons Splenda 1/8 teaspoon celery seed
1 tablespoon white vinegar 1/4 teaspoon salt
Dash pepper
Mix all of the ingredients and chill several hours before serving. Makes 4-6 servings

What good is running when you're on the wrong road.
.. *What goes around, comes around.* . . Well begun is half done.. *You never fail until you stop trying...*
You become what you think about. . .

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.

The present form of the world passes away, and there remains only the joy of having used this world to establish God's rule here. All pomp, all triumphs, all selfish capitalism, all the false successes of life will pass with the world's form. All of that passes away. What does not pass away is love. When one has turned money, property, work in one's calling into service of others, then the joy of sharing and the feeling that all are one's family does not pass away. In the evening of life you will be judged on love.

No one can serve two lords. There is only one God, and that God will either be the true one, who asks us to give things up when they become sin, or it will be the god of money, who makes us turn our back on Christianity's God.

In our preaching to rich and poor, it is not that we pander to the sins of the poor and ignore the virtues of the rich. Both have sins and both need conversion. But the poor, in their condition of need, are disposed to conversion. They are more conscious of their need of God.

All of us, if we really want to know the meaning of conversion and of faith and confidence in another, must become poor, or at least make the cause of the poor our own inner motivation. That is when one begins to experience faith and conversion: when one has the heart of the poor, when one knows that financial capital, political influence, and power are worthless, and that without God we are nothing. To feel that need of God is faith and conversion..

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

+LIVE simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

+HEAR the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

+MAKE injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

+PROTECT the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

+WORK for reconciliation with truth, evangelism, catechesis, orthopraxis.

+CELEBRATE life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.

+ ENSURE fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

For more tasty low-carb recipes like these, visit <http://www.genaw.com/lowcarb/recipes.html> .

Oscar Romero Catholic Worker House

We comfort the afflicted & afflict the comfortable.

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Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

September deliveries are Sept. 24. Deliveries to Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens are Sept. 17. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

CUCUMBERS IN SOUR CREAM

2 cucumbers, peeled 1/4 cup sour cream

2 green onions, chopped

Pinch dill weed, optional

Very thinly slice the cucumbers and put them in a bowl. Stir in 1 teaspoon salt; let stand 2 hours.

Squeeze out as much liquid as possible. Mix in the remaining ingredients; chill well before serving.

Makes 4-6 servings

LOW CARB CAULITATO SALAD

16 ounce package frozen cauliflower

1/2 cup mayo 1 tbsp chopped onion

1/4 cup dill pickle relish, drained

1 tbsp white vinegar 1 tspn Splenda

1 tspn yellow mustard

1/2 tsp pepper Salt, to taste

Cook the cauliflower until tender, but not mushy, about 8 minutes. Drain very well, then chop into bite-sized pieces. Mix all of the ingredients in a medium bowl. Chill several hours before serving.

Makes 6-8 servings

CHEESE SANDWICH SALAD

1/2 cup chopped lettuce 1/4 cup chopped tomato

1 American cheese slice 1 tbsp mayonnaise

Salt and pepper, to taste

Mix all of the ingredients. Makes 1 serving

EGG SALAD DELUXE

1/2 cup mayo 1 tbsp cider vinegar

2 tsp granular Splenda 1/2 teaspoon salt

1/4 teaspoon pepper 1/2 cup chopped onion

3 stalks celery, chopped 2 tbsp chopped parsley

8 hard boiled eggs, peeled

In a medium bowl, mix the mayonnaise, vinegar, Splenda, salt and pepper. Stir in the celery, onion and parsley. Coarsely chop the eggs and gently stir into the remaining ingredients. Chill before serving.

Makes about 4-6 servings

MEXICAN FLAG SALAD

1 boneless chicken breast 1/2 tsp Taco Seasoning

1 cup shredded lettuce, 2 tbsp guacamole

1 tbsp sour cream 1 tbsp salsa

Sprinkle chicken with the taco seasoning; grill until done. Arrange the lettuce on a dinner plate; slice the chicken and arrange over the lettuce. Top with guacamole, sour cream and salsa in 3 separate stripes over the chicken to represent the Mexican flag.