

SAINT SPYRIDON GREEK ORTHODOX CHURCH COMMUNITY COLLECTION OF LENTEN RECIPES



“...AND IT IS PRIMARILY THE RENEWAL OF THAT LOVE, A RETURN TO IT, A GROWTH IN IT, THAT WE SEEK IN GREAT LENT, IN FASTING AND PRAYER, IN THE ENTIRE SPIRIT AND THE ENTIRE EFFORT OF THAT SEASON.”

FR. ALEXANDER SCHMEMANN

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ROASTED RED PEPPER HUMMUS

TAKEN FROM: THE COOKING LIGHT MAGAZINE, OCTOBER 2010

INGREDIENTS:

1/3 CUP TAHINI (SESAME SEED PASTE)

1/4 CUP WATER

1/4 CUP CHOPPED BOTTLED ROASTED RED BELL PEPPERS, RINSED & DRAINED

2 TABLESPOONS FRESH LEMON JUICE

1/4 TEASPOON SALT

1 GARLIC CLOVE, MINCED

1 (15 1/2-OUNCE) CAN CHICKPEAS, RINSED & DRAINED

DIRECTIONS:

1. PLACE ALL INGREDIENTS IN A FOOD PROCESSOR; PROCESS UNTIL SMOOTH.
2. SERVE WITH PITA CHIPS OR VEGETABLE CRUDITÉS.

SWEET POTATO FRIES

INGREDIENTS:

2-3 POUNDS SWEET POTATOES (ABOUT 3-4 SMALL POTATOES), PEELED AND CUT INTO WEDGES
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL OR CANOLA
SALT & FRESHLY GROUND BLACK PEPPER TO TASTE
SPICES TO TASTE – OPTIONAL (CINNAMON AND CUMIN ARE ESPECIALLY GOOD)

DIRECTIONS:

1. PREHEAT THE OVEN TO 500 DEGREES FAHRENHEIT
2. COMBINE OLIVE OIL, 1/2 TEASPOON EACH SALT AND PEPPER AND OPTIONAL SPICES IN A MEDIUM-SIZED BOWL. ADD THE SWEET POTATOES AND MIX UNTIL EVENLY DISTRIBUTED.
3. SPREAD OUT IN A SHALLOW ROASTING PAN OR 1/2 SHEET PAN. ROAST THE POTATOES, TURNING THEM ONCE, UNTIL COMPLETELY TENDER AND LIGHTLY BROWNED, 15 TO 20 MINUTES.
4. SEASON WITH SALT AND PEPPER TO TASTE.

LENTEN SHAKE

INGREDIENTS:

1 BANANA, FROZEN
2 TABLESPOONS PEANUT BUTTER OR OTHER NUT BUTTER
1/2 TEASPOON VANILLA EXTRACT
SOY OR ALMOND MILK

DIRECTIONS:

1. CUT FROZEN BANANA INTO 6-8 PIECES, AND PLACE INTO A BLENDER.
2. ADD THE REST OF THE INGREDIENTS. POUR SOY MILK OR ALMOND MILK TO DESIRED THICKNESS AND BLEND.
3. COCOA OR OTHER FLAVORING MAY BE ADDED.

LENTEN CORNBREAD

INGREDIENTS:

1 CUP YELLOW CORNMEAL
1 CUP UNBLEACHED FLOUR
1/4 CUP SUGAR
4 TEASPOONS BAKING POWDER
1/2 TEASPOON SALT
1 CUP WATER (OR NON-DAIRY MILK)
1/4 CUP OIL

DIRECTIONS:

1. PREHEAT OVEN TO 425 DEGREES.
2. COMBINE ALL INGREDIENTS AND MIX UNTIL SMOOTH.
3. POUR INTO GREASED 8" PAN AND BAKE FOR APPROXIMATELY 30 MINUTES.

POP'S BREAKFAST BARS (OR CHEWY GRANOLA BARS)

INGREDIENTS:

- 1 (16 OZ.) JAR NATURAL CHUNKY PEANUT BUTTER
- 1 CUP HONEY
- 3/4 CUP BROWN SUGAR
- 4 CUPS OATS
- 1 CUP DRIED FRUIT PIECES

DIRECTIONS:

1. COMBINE PEANUT BUTTER, HONEY, AND SUGAR IN LARGE SAUCEPAN.
BRING TO BOIL, STIRRING CONSTANTLY.
2. REMOVE FROM HEAT; QUICKLY STIR IN OATS AND FRUIT; MIX WELL.
3. WITH BUTTERED SPATULA OR WAXED PAPER, PRESS EVENLY INTO GREASED
9X13 DISH.
4. COOL 15 MINUTES BEFORE CUTTING.

ORZO COMFORT DISH

BY: DIANA FAABORG

INGREDIENTS:

1/4 CUP VEGETABLE OIL
1/2 CUP CHOPPED ONIONS
1 CUP SLICED CELERY
2 SLICED GARLIC CLOVES
1 CUP ORZO
1 CUP BABY SPINACH
1 16-OUNCE CAN OF RINSED AND DRAINED RED KIDNEY BEANS
1/2 TEASPOON SALT
FRESHLY GROUND BLACK PEPPER

DIRECTIONS:

1. HEAT 1/4 CUP VEGETABLE OIL IN A LARGE SKILLET OVER MEDIUM HEAT.
2. ADD ONIONS, CELERY, AND GARLIC CLOVES AND COOK UNTIL TRANSPARENT.
3. COOK 1 CUP ORZO ACCORDING TO PACKAGE DIRECTIONS. DURING THE LAST TWO MINUTES OF COOKING TIME, ADD 1 CUP BABY SPINACH.
4. DRAIN WELL IN A COLANDER.
5. ADD THIS MIXTURE TO THE LARGE SKILLET.
6. ALSO ADD KIDNEY BEANS, SALT, AND PEPPER TO THE SKILLET AND MIX TOGETHER GENTLY.
7. SERVE WITH A SALAD AND BREAD.

RICE PILAF

INGREDIENTS:

3 TO 4 COARSELY CHOPPED ONIONS
3 CLOVES COARSELY CHOPPED OR PRESSED GARLIC
2 DRIED BAY LEAVES
1 COARSELY CHOPPED GREEN PEPPER
1 COARSELY CHOPPED RED BELL PEPPER
2 COARSELY CHOPPED TOMATOES
1 LB. RICE (ANY KIND IS FINE, BUT PRE-COOKED IS THE SAFEST)
FRESH COARSELY CHOPPED PARSLEY, DILL, BASIL, & OREGANO (OPTIONAL) (IF YOU ARE USING DRIED HERBS, USE 2 TEASPOONS OF EACH)
SALT AND PEPPER TO TASTE
OLIVE OIL

DIRECTIONS:

1. PREHEAT YOUR OVEN TO 450 DEGREES.
2. USE A LARGE SKILLET AND COAT THE BOTTOM LIBERALLY WITH OLIVE OIL AND HEAT.
3. SAUTÉ THE ONIONS AND GARLIC WITH SALT AND THE BAY LEAVES UNTIL THE ONIONS ARE YELLOW, SOFT, AND CLEAR.
4. ADD THE PEPPERS, STIR, AND SAUTÉ UNTIL THEY'RE WELL COATED WITH OIL AND STARTING TO GET SOFT. IF NECESSARY, ADD MORE OIL OR A LITTLE WATER.
5. PUT THE RICE IN A LARGE BOWL, ADD THE CHOPPED TOMATOES AND HERBS, & A BIT MORE SALT AND PEPPER.
6. STIR IN THE SAUTÉED ONIONS, GARLIC, AND PEPPERS. MIX WELL AND TASTE A LITTLE; IT SHOULD TASTE SLIGHTLY SALTY.
7. COAT THE BOTTOM OF A BAKING DISH WITH A LITTLE OLIVE OIL AND EMPTY THE RICE MIXTURE INTO IT.
8. ADD BOILING WATER JUST SO IT SHOWS THROUGH THE TOP OF THE RICE AND SET THE DISH INTO THE HOT OVEN. WHEN THE WATER STARTS BOILING LOWER THE FLAME TO 300-350 DEGREES AND COOK UNTIL THE RICE IS SOFT. IF NECESSARY, ADD A BIT MORE WATER. IF IT STARTS BROWNING ON TOP, COVER WITH ALUMINUM FOIL.

OVEN ROASTED POTATOES

INGREDIENTS:

SEVERAL LARGE POTATOES, CUT INTO FOURTHS LENGTH-WISE (MAKE ENOUGH TO FILL A BAKING PAN)

COARSELY CHOPPED ONION (AT LEAST 1 FOR EVERY 3 POTATOES)

COARSELY CHOPPED OR PRESSED GARLIC (AT LEAST 1 CLOVE PER 3 POTATOES)

COARSELY GRATED CARROT (1 PER 5 POTATOES)

SWEET BELL PEPPER, CHOPPED INTO LONG STRIPS (1 PER 5 POTATOES)

FRESH OR DRIED BAY LEAF, PARSLEY, DILL, BASIL, CHIVES, SWEET PAPRIKA, AND IF YOU LIKE IT, CURRY (BE CAREFUL NOT TO OVERDO IT) (USE ABOUT 1 TSP EACH FOR EVERY 6-7 POTATOES)

SALT AND PEPPER TO TASTE

BOILING WATER

OPTIONAL: ORANGE JUICE (1 TBSP PER 5 POTATOES) AND SOJA SAUCE (1 TSP PER 5 POTATOES)

OLIVE OR SUNFLOWER OIL

DIRECTIONS:

1. PREHEAT OVEN TO 450 DEGREES.
2. HEAT THE OIL IN A SKILLET AND SAUTÉ THE ONIONS AND GARLIC WITH THE SALT AND PEPPER. AS THE ONIONS SOFTEN AND BROWN, ADD THE CARROT, BELL PEPPERS AND HERBS AND SPICES, AND THE ORANGE JUICE AND SOJA SAUCE IF YOU'RE USING THEM.
3. COVER AND COOK ON A LOW FLAME UNTIL THE VEGETABLES ARE SOFT. IT SHOULD TASTE SLIGHTLY SALTY.
4. COAT THE BOTTOM OF A BAKING DISH WITH OIL AND PUT IN THE POTATOES.
5. POUR THE SAUTÉED ONION MIXTURE OVER THEM AND ADD BOILING WATER JUST TO COVER THE POTATOES. PUT IN THE OVEN.
6. WHEN THE WATER STARTS BOILING TURN DOWN TO 350 DEGREES. COOK UNTIL THE POTATOES ARE DONE (THIS TAKES A WHILE, DEPENDING ON THE TYPE OF POTATO) AND MOST OF THE LIQUID IS ABSORBED. IF IT BEGINS BROWNING TOO MUCH ON TOP, COVER WITH ALUMINUM FOIL.

LENTIL SOUP (FAKES)

INGREDIENTS:

1/2 POUND OF SMALL LENTILS, RINSED
 1 POUND OF RIPE TOMATOES, PURÉED (OPTIONAL)
 4 1/4 CUPS OF WATER
 1 MEDIUM ONION, FINELY CHOPPED
 1 CUP OF OLIVE OIL
 2 BAY LEAVES
 2 CLOVES OF GARLIC, FINELY CHOPPED
 SEA SALT
 FRESHLY GROUND PEPPER
 ON THE SIDE: RED WINE VINEGAR

NOTE: USE THE LENTILS OF YOUR CHOICE, BUT IN GREECE, THIS IS TRADITIONALLY MADE WITH SMALL GREEN-BROWN LENTILS. THIS SOUP CAN BE MADE WITH OR WITHOUT TOMATOES.

DIRECTIONS:

1. IN A HEAVY BOTTOMED POT, ADD THE WATER, TOMATOES, BAY LEAVES, ONION, AND GARLIC. BRING TO A SLOW BOIL OVER MEDIUM HEAT AND ADD THE LENTILS AND OIL.
2. REDUCE THE HEAT AND SIMMER PARTIALLY COVERED FOR 1 TO 1 1/2 HOURS, OR UNTIL LENTILS ARE DONE. REMOVE FROM THE HEAT, TAKE OUT THE BAY LEAVES, STIR IN SALT AND PEPPER. SERVE WITH VINEGAR ON THE SIDE, ADDED TO TASTE.

TO PREPARE WITHOUT TOMATOES: LEAVE OUT TOMATOES, AND INCREASE THE WATER TO 5 1/2 CUPS.

MORE HERBS: FRIENDS SUGGEST ADDING A PINCH OF GREEK OREGANO OR ROSEMARY TO THE SOUP (ALONG WITH THE BAY LEAVES). IF MAKING WITHOUT TOMATOES, LEAVE THESE OUT.

ADD ONIONS: A DELIGHTFUL STEW MADE WITH A LARGE QUANTITY OF ONIONS – BUT THE DISH WOULDN'T BE THE SAME WITHOUT THEM. USE SMALL PEARL STEWING ONIONS IF YOU CAN FIND THEM.

OCTOPUS AND ONION STEW (STIFADO)

INGREDIENTS:

- 4 1/2 POUNDS OF OCTOPUS, FRESH OR FROZEN (DEFROSTED)
- 1 1/4 POUNDS OF WHOLE BOILER ONIONS, PEELED (OR MEDIUM ONIONS, CUT IN STRIPS)
- 2 1/2 CUPS PULPED FRESH TOMATOES (OR CANNED CHOPPED STEWED TOMATOES)
- 1 CLOVE OF GARLIC, MINCED
- 7/8 CUP OF OLIVE OIL
- 1 CUP OF WATER
- 1 TABLESPOON OF GOOD QUALITY RED WINE VINEGAR
- 1/2 TEASPOON OF FRESHLY GROUND PEPPER
- 3 BAY LEAVES

A NOTE ABOUT OCTOPUS: OCTOPUS LOSES A LOT OF ITS VOLUME DURING COOKING, SO EXPECT THAT THE FINISHED DISH WILL LOOK LIKE QUITE A BIT LESS THAN THE ORIGINAL QUANTITY.

DIRECTIONS:

IF THE OCTOPUS HAS NOT BEEN CLEANED: UNDER RUNNING WATER, REMOVE AND DISCARD THE INK SAC, STOMACH, AND EYES FROM THE LARGE HEAD CAVITY. REMOVE THE BEAK, AT THE BOTTOM OF THE HEAD WHERE IT JOINS THE TENTACLES, WITH A SHARP KNIFE. (SQUEAMISH? WEAR RUBBER GLOVES.)

1. PLACE THE WHOLE OCTOPUS IN A POT WITH ENOUGH BOILING WATER TO COVER GENEROUSLY.
2. WHEN IT RESUMES BOILING, COOK FOR 10 MINUTES.
3. REMOVE FROM HEAT, AND DRAIN. WHEN COOL ENOUGH TO HANDLE, RUB THE OCTOPUS WITH YOUR HANDS UNDER RUNNING WATER TO REMOVE THE DARK OUTER MEMBRANE. THIS COMES OFF FAIRLY EASILY, AND IF IT DOESN'T ALL COME OFF, THAT'S ALL RIGHT.
4. CUT OCTOPUS INTO SMALL (1/2 TO 1 INCH) PIECES.
5. IN A LARGE POT, BRING THE OLIVE OIL TO MEDIUM HEAT AND SAUTÉ THE ONIONS AND OCTOPUS FOR 5 MINUTES, STIRRING FREQUENTLY.
6. ADD THE WATER AND CONTINUE TO COOK FOR 5 MINUTES MORE, STIRRING TO MAKE SURE THE ONIONS AREN'T STICKING TO THE BOTTOM.
7. ADD THE TOMATO PULP AND GARLIC, BRING TO A LOW BOIL, THEN REDUCE HEAT AND SIMMER COVERED FOR 35-40 MINUTES, STIRRING OCCASIONALLY.
8. ADD THE VINEGAR, PEPPER, AND BAY LEAVES, STIR WELL, AND LET COOK FOR ANOTHER MINUTE.
9. REMOVE FROM THE HEAT AT ALLOW TO SIT 10 MINUTES BEFORE SERVING.

ALTERNATIVE: HTAPOTHI KRASATO (STEWED WITH WINE):

REDUCE WATER BY HALF AND ADD 1/2 CUP OF DRY RED WINE AND A STICK OF CINNAMON WITH THE TOMATO PULP.

STUFFED KALAMARI (SQUID)

BY: EVANGELIA KATOPODIS

INGREDIENTS:

8 SMALL OR 6 LARGER KALAMARIA
3 TOMATOES VERY FINELY CHOPPED
8 TABLESPOON OIL
1 TABLESPOON SUGAR
1/2 CUP RED WINE
SALT AND PEPPER
1 GRATED ONION
4 SCALLIONS FINELY CHOPPED
1/2 BUNCH OF FLAT LEAF PARSLEY FINELY CHOPPED
A TOUCH OF BASIL
1/2 CUP LONG GRAIN RICE
4 CLOVES GARLIC FINELY CHOPPED

DIRECTIONS:

1. FIRST YOU CLEAN THE SQUID VERY WELL AND CUT OFF THE TENTACLES AND REMOVE THE CUTTLEBONE.
2. IN A SKILLET, START WITH THE TOMATOES AND ADD 4 TABLESPOONS OF OIL, SUGAR, 1/2 CUP RED WINE, SALT AND PEPPER. SAUTÉ UNTIL LIQUID IS ABSORBED.
3. IN ANOTHER PAN ADD 4 TABLESPOONS OF OIL AND ONION AND SAUTÉ. ADD FINELY CHOPPED SCALLIONS, 1/2 BUNCH OF FLAT LEAF PARSLEY FINELY CHOPPED, AND A TOUCH OF BASIL AND CONTINUE TO SAUTÉ THE MIXTURE. ADD 1/2 CUP LONG GRAIN RICE AND 4 CLOVES GARLIC FINELY CHOPPED. CHOP THE TENTACLES VERY FINELY AND ADD TO THE MIXTURE. ADD SALT AND PEPPER AND SAUTÉ FOR AN ADDITIONAL 10 MINUTES.
4. ADD 1/2 OF THE TOMATO MIXTURE AND SAUTÉ FOR ANOTHER 5 MINUTES.
5. WITH A LARGE SOUP SPOON, PLACE THE STUFFING MIXTURE IN THE SQUID AND POKE A FEW HOLES WITH A TOOTHPICK.
6. THEN, HOLD THE OPEN ENDS OF THE SQUID TOGETHER AND WEAVE A TOOTHPICK THROUGH TO CLOSE THE OPEN END.
7. PLACE THE STUFFED KALAMARIA IN A BAKING PAN SPRINKLED WITH OIL.
8. PLACE THE STUFFED KALAMARI IN A ROW AND ADD THE REMAINDER OF THE TOMATO MIXTURE.
9. PLACE SLICED TOMATOES ON TOP AND BAKE FOR 45 MINUTES TO 1 HOUR AT 350 DEGREES. KALI OREXI!

GIANT BAKED BEANS (GIGANTES PLAKI STO FOURNO)

TAKEN FROM: THE FESTIVAL OF GREEK FLAVORS COOKBOOK

INGREDIENTS:

- 1 POUND GREEK GIGANTES* BEANS (LARGE LIMA OR BUTTER BEANS MAY BE USED)
- 1 CUP VEGETABLE OIL, DIVIDED
- 2 LARGE ONIONS, FINELY CHOPPED
- 3 GARLIC CLOVES, MINCED
- 1 (14 OUNCE) CAN DICED TOMATOES OR 1 ½ POUNDS FRESH TOMATOES, FINELY CHOPPED
- 1/2 CUP WATER
- 1/2 CUP CHOPPED FRESH DILL OR PARSLEY
- SALT AND PEPPER, TO TASTE
- 1/2 TEASPOON CUMIN (OPTIONAL)

DIRECTIONS:

1. IN LARGE POT, SOAK BEANS OVERNIGHT IN WATER. DRAIN AND RINSE. REMOVE ANY LOOSE SKINS FROM BEANS.
2. PLACE BEANS IN AN 11X13 INCH CASSEROLE AND SET ASIDE.
3. PREHEAT OVEN TO 350 DEGREES.
4. IN MEDIUM SKILLET, HEAT 4 TABLESPOONS OF VEGETABLE OIL AND SAUTÉ ONIONS AND GARLIC UNTIL SOFT.
5. REMOVE FROM HEAT, STIR IN TOMATOES AND WATER.
6. ADD DILL, SALT, PEPPER AND CUMIN. POUR MIXTURE OVER BEANS.
7. DRIZZLE WITH REMAINING OIL.
8. BAKE 1 HOUR OR UNTIL SAUCE THICKENS AND BEANS ARE TENDER.

*THE GIANT BEANS, GIGANTES, ARE A TYPE OF WHITE BEAN GROWN MAINLY IN THE NORTH OF GREECE. THEY ARE LARGE AND BURST WITH A BUTTERY INNER FLAVOR, MAKING THEM A FAVORITE OF THE GREEKS.

PUMPKIN SHRIMP CURRY

TAKEN FROM: WWW.EVERYDAYPALEO.COM (ALTERED BY ELISE GRAY)

INGREDIENTS:

1 14OZ CAN PURE PUMPKIN
2 POUNDS OF SHRIMP
2-3 CARROTS, SLICED
1 MEDIUM YELLOW ONION, DICED
4-5 SMALL ZUCCHINIS, DICED
1 14OZ CAN COCONUT MILK – **(MAKE SURE YOU HAVE YOUR COCONUT MILK IN THE FRIDGE A DAY AHEAD OF TIME SO THAT THE COCONUT CREAM IS SOLID ON THE TOP)**
1-1.5 CUPS VEGETABLE BROTH (DEPENDING ON HOW THICK YOU WANT IT)
2 TABLESPOONS COCONUT OIL
1 HEAPING TEASPOON FRESH GRATED GINGER
1 HEAPING TEASPOON CRUSHED GARLIC
1 HEAPING TEASPOON CORIANDER
1/2 HEAPING TABLESPOON TURMERIC POWDER
SEA SALT TO TASTE

DIRECTIONS:

1. IN A LARGE SOUP POT, SAUTÉ THE ONION AND CARROTS IN THE COCONUT OIL OVER MEDIUM HEAT UNTIL THE ONIONS BECOME TRANSLUCENT.
2. TURN UP THE HEAT ON THE ONIONS AND CARROTS TO MEDIUM HIGH, SCOOP OUT JUST THE CREAM FROM THE CANNED COCONUT MILK AND ADD TO THE HOT SOUP POT. LET IT SIZZLE AND STIR UNTIL THE CREAM IS MELTED AND MIXED WELL WITH THE ONIONS AND CARROTS. TURN DOWN TO MEDIUM LOW AND LET IT SIMMER.
3. ADD THE ZUCCHINI, CANNED PUMPKIN, REMAINING COCONUT WATER FROM THE CAN, VEGETABLE BROTH, AND ALL OF THE SPICES TO THE SOUP POT. MIX WELL AND BRING TO A SIMMER.
4. ADD THE PEELED AND DE-VEINED SHRIMP TO THE SOUP AND COOK UNTIL THE SHRIMP ARE PINK AND FIRM (ABOUT 3-4 MORE MINUTES).
5. SERVE IN BOWLS TOPPED WITH FRESH DICED CILANTRO.

PAPOU'S SPINACH & RICE*

BY: THE TSCHETTER FAMILY

INGREDIENTS:

1 BOX (32 oz) ALL NATURAL "KITCHEN BASICS" VEGETABLE COOKING STOCK
2 MED SIZE BAGS FROZEN CHOPPED SPINACH
2 CANS 100% NATURAL HUNTS DICED "FIRE ROASTED" TOMATOES (1 CAN WITH GARLIC, 1 CAN PLAIN)
3 SLICED YELLOW ONIONS (LIGHTLY SAUTÉED IN 2 TABLESPOONS VEGETABLE OIL FIRST)
1/2 TO 3/4 CUP UNCLE BENS ORIGINAL RICE
JUICE OF 3 LEMONS
GARLIC SALT
LEMON PEPPER
SEA SALT GRATED TO TASTE

DIRECTIONS:

1. COMBINE ALL INGREDIENTS (EXCEPT RICE) IN A CROCK POT IN THE MORNING.
2. ABOUT 2-3 HOURS BEFORE SERVING, ADD RICE AND A LITTLE EXTRA WATER.

*THIS RECIPE MAKES A CROCK POT FULL.

STIR FRY

BY: THE TSCHETTER FAMILY

INGREDIENTS:

JASMIN RICE (1 CUP COOKED PER PERSON)
2 TABLESPOONS OF VEGETABLE OIL
GREEN PEPPERS
ONIONS
CARROTS
ASPARAGUS
MUSHROOMS
CELERY

DIRECTIONS:

1. PREPARE JASMINE RICE PER INSTRUCTIONS.
2. STIR FRY YOUR FAVORITE CUT UP VEGETABLES, LIGHTLY IN 2 TABLESPOONS OF VEGETABLE OIL.
3. THROW OVER COOKED JASMINE RICE AND SERVE WITH SOY SAUCE, PEANUT SAUCE, OR HOT SAUCE.

SUMI SALAD

BY: NICOLE BREWER

INGREDIENTS:

1 HEAD OF CABBAGE, SHREDDED
8 GREEN ONIONS, CHOPPED
5 PACKAGES OF RAMEN NOODLES, BROKEN, UNCOOKED (DON'T USE FLAVOR PACKETS)
4 OZ. SLICED ALMONDS
4 OZ. SUNFLOWER SEEDS
1 CUP SUGAR
1 CUP PEANUT OIL
1/4 CUP SEASONED RICE VINEGAR

DIRECTIONS:

1. COMBINE CABBAGE, ONIONS, AND NOODLES IN A LARGE BOWL.
2. COMBINE SUGAR, OIL, AND VINEGAR IN A SEPARATE BOWL AND STIR VERY WELL-UNTIL MIXTURE IS VERY THICK.
3. BROIL ALMONDS AND SUNFLOWER SEEDS ON AN OILED BAKING SHEET ABOUT ONE MINUTE OR UNTIL LIGHTLY TOASTED. PLACE ON PAPER TOWELS TO ABSORB EXTRA OIL.
4. COMBINE ALL INGREDIENTS TOGETHER AND REFRIGERATE FOR AT LEAST 6-8 HOURS OR OVERNIGHT.

CURRIED VEGETABLES

BY: KIM CRAWFORD

INGREDIENTS:

BROWN RICE

2 TABLESPOONS COCONUT OIL

2 CUPS CHOPPED CAULIFLOWER

2 – 3 CARROTS, SLICED

2 YELLOW SQUASH, SLICED

1 BAG FRESH PEA PODS

1/2 PKG SLICED MUSHROOMS

1 RED POTATO, THINLY SLICED

SALT & PEPPER TO TASTE

1 TEASPOON CURRY POWDER, 1/2 TEASPOON SEASONED SALT

DIRECTIONS:

1. BROWN RICE, ENOUGH FOR YOUR FAMILY.
2. HEAT COCONUT OIL IN COVERED SKILLET. OVER MEDIUM HEAT ADD CAULIFLOWER, CARROTS, SQUASH, PEA PODS, MUSHROOMS, POTATO, SALT, AND PEPPER.
3. ADD 1/2 CUP WATER, CURRY POWDER AND SEASONED SALT. STIR AND COVER.
4. LET VEGETABLES COOK, STIRRING EVERY 2 MINUTES. IF VEGETABLES BEGIN TO STICK ADD 1/8 C WATER AT A TIME. CONTINUE COOKING UNTIL DESIRED TENDERNESS IS OBTAINED.
5. COOK DESIRED AMOUNT OF BROWN RICE. SERVE VEGETABLES OVER RICE.

VEGETABLE RICE SOUP

BY: KIM CRAWFORD

INGREDIENTS:

1 CUP RICE

8 – 10 CUP WATER

2 TABLESPOONS VEGETABLE BULLION PASTE

1/2 CUP FRESH PARSLEY, CHOPPED

4 – 5 STALKS CELERY, CHOPPED

10 OZ MIXED VEGETABLES

2 RED POTATOES, CUBED

1 CUP CHOPPED ONION

1/2 TEASPOON GARLIC SALT

1/2 TEASPOON ONION POWDER

1/2 TEASPOON SEASONED SALT

OPTIONAL: (ANY LEFTOVER VEGETABLES THAT YOU HAVE)

DIRECTIONS:

1. IN A LARGE STOCKPOT, ADD RICE, WATER, AND VEGETABLE BULLION PASTE. BRING TO BOIL AND ALLOW BULLION TO DISSOLVE.
2. ADD PARSLEY, CELERY, VEGETABLES, POTATOES, ONION, GARLIC SALT, ONION POWDER, SEASONED SALT, AND ANY OPTIONAL LEFTOVER VEGETABLES.
3. COVER AND TURN DOWN HEAT TO SIMMER.
4. COVER AND LET SIMMER FOR 30 MIN. ADD MORE WATER IF DESIRED.

BRIAMI (VEGETABLE CASSEROLE)

INGREDIENTS:

2 LBS ZUCCHINI
1 LB POTATOES
2 GREEN PEPPERS
2 GARLIC CLOVES, CRUSHED
2 CUPS CHOPPED, PEELED TOMATOES (YOU CAN USE CANNED TOMATOES)
1/2 TEASPOON SUGAR
2 ONIONS, SLICED
SALT & PEPPER
2 TABLESPOONS CHOPPED PARSLEY
2 TEASPOONS FRESH DILL OR FENNEL
1/2 CUP OLIVE OIL
CHOPPED PARSLEY, DILL, OR FENNEL TO GARNISH

DIRECTIONS:

1. CUT ZUCCHINI AND POTATOES INTO 1/2 INCH SLICES.
2. REMOVE SEED AND MEMBRANE FROM GREEN PEPPERS AND SLICE.
3. MIX TOGETHER CRUSHED GARLIC, TOMATOES, AND SUGAR.
4. OIL AN OVEN DISH AND ARRANGE SOME SLICED ONION ON BASE.
5. ADD A LAYER OF PREPARED VEGETABLES AND TOP WITH SOME TOMATO MIXTURE.
6. SEASON WITH SALT & PEPPER AND SPRINKLE ON SOME OF THE HERBS AND OLIVE OIL.
7. REPEAT UNTIL ALL INGREDIENTS ARE USED.
8. COVER AND COOK IN A MODERATE OVEN FOR 1-1½ HOURS UNTIL VEGETABLES ARE TENDER, REMOVING COVER FOR THE LAST 15 MINUTES.
9. GARNISH WITH ADDITIONAL CHOPPED HERBS AND SERVE IMMEDIATELY AS A COURSE ON ITS OWN. ALSO EXCELLENT WITH FRESH BREAD AND FETA CHEESE. TASTES EVEN BETTER THE NEXT DAY.

SUBSTITUTION: USE GREEN BEANS, OKRA, AND/OR EGGPLANT. DON'T USE THE HERBS DESCRIBED, INSTEAD USE A LITTLE OREGANO.

CHUNKY FIVE-BEAN CHILI

BY: PRESBYTERA STACY ARMATAS

INGREDIENTS:

2 TABLESPOONS OLIVE OIL
1 1/2 CUPS CHOPPED ONION
1 GREEN PEPPER, CORED, SEEDED, AND CHOPPED
1 RED OR YELLOW PEPPER, CORED, SEEDED, AND CHOPPED
3 GLOVES GARLIC, MINCED
1 TABLESPOON CHILI POWDER
2 TEASPOONS GROUND CUMIN
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER
1/2 TEASPOON OREGANO
1/2 TEASPOON DRIED BASIL
DASH OF CAYENNE PEPPER
2 CANS (14 OUNCES EACH) VEGETABLE BROTH
1 CAN (28 OUNCES) STEWED TOMATOES
2 TABLESPOONS DIJON MUSTARD
1 TABLESPOON WORCESTERSHIRE SAUCE
1 CAN (15 OUNCES) PINTO BEANS, RINSED AND DRAINED
1 CAN (15 OUNCES) BLACK BEANS, RINSED AND DRAINED
1 CAN (15 OUNCES) KIDNEY BEANS, RINSED AND DRAINED
1 CAN (15 OUNCES) WHITE CANNELLINI BEANS, RINSED AND DRAINED
1/2 CUP CHOPPED FRESH PARSLEY

DIRECTIONS:

1. HEAT THE OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT.
2. ADD ONIONS, BELL PEPPERS, AND GARLIC, AND SAUTÉ UNTIL SLIGHTLY SOFTENED ABOUT 5 MINUTES.
3. ADD THE CHILI POWDER, CUMIN, SALT, PEPPER, OREGANO, BASIL, AND CAYENNE AND COOK 2 MINUTES LONGER, STIRRING CONSTANTLY TO EVENLY COAT THE VEGETABLES WITH THE SPICES. STIR IN THE BROTH, TOMATOES, MUSTARD, WORCESTERSHIRE AND BRING TO A BOIL.
4. COVER, REDUCE THE HEAT TO LOW AND SIMMER 20 MINUTES.
5. ADD THE BEANS AND PARSLEY AND COOK UNTIL THE BEANS ARE HEATED THROUGH, ABOUT 10 MINUTES LONGER.

GRILLED VEGETABLE AND HERB PASTA

BY: PRESBYTERA STACY ARMATAS

INGREDIENTS:

2 EGGPLANTS (ABOUT 2 POUNDS TOTAL), STEMMED AND CUT INTO ½ INCH SLICES
SALT & PEPPER
3 RED ONIONS
2 RED BELL PEPPERS, CORED, SEEDED, AND QUARTERED
1/2 CUP CHOPPED FRESH BASIL
1/4 TO 1/2 CUP CHOPPED FRESH MINT (TO YOUR TASTE)
4 CLOVES GARLIC, MINCED
1/2 TEASPOON DRIED RED PEPPER FLAKES
1/2 CUP EXTRA VIRGIN OLIVE OIL
1/3 CUP BALSAMIC VINEGAR
1 POUND DRY FARFALLE OR ROTINI PASTA
OPTIONAL: 1 ZUCCHINI SLICED
OPTIONAL: PORTOBELLO MUSCHROOM SLICES

DIRECTIONS:

1. LAY EGGPLANT SLICES ON A BAKING SHEET AND LIBERALLY SPRINKLE BOTH SIDES WITH SALT; LET SIT FOR 15 TO 20 MINUTES (THIS DRAWS OUT THE EXCESS MOISTURE ALONG WITH ANY BITTERNESS THE EGGPLANT MAY HAVE).
2. WIPE OFF THE SALT AND PAT DRY.
3. PREHEAT GRILL OR BROILER.
4. GRILL/BROIL EGGPLANT, ONION, (ZUCCHINI AND MUSHROOMS) UNTIL JUST TENDER, TURNING OCCASIONALLY. LET COOL SLIGHTLY AND COARSELY CHOP THEM.
5. GRILL RED PEPPER SKIN TOWARDS HEAT UNTIL SKIN BECOMES CHARRED. PUT THE PEPPERS IN A PLASTIC BAG FOR 10 MINUTES. TAKE THEM FROM THE BAG AND PEEL OFF AND DISCARD SKIN. COARSELY CHOP THE PEPPERS.
6. COMBINE THE EGGPLANT, ONION, (ZUCCHINI AND MUSHROOMS) PEPPER, BASIL, MINT, GARLIC, AND RED PEPPER FLAKES IN A LARGE BOWL AND TOSS TO MIX.
7. IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL AND BALSAMIC VINEGAR AND POUR OVER THE VEGETABLES. TOSS TO COAT THEM WELL AND SEASON TO TASTE WITH SALT AND PEPPER. LET STAND AT LEAST ONE HOUR.
8. JUST BEFORE SERVING, BRING A LARGE POT OF WATER TO BOIL AND ADD PASTA AND COOK UNTIL AL DENTE. DRAIN WELL AND TOSS PASTA WITH GRILLED VEGETABLES AND HERB MIXTURE.

FRIDAY SOUP

INGREDIENTS:

- 1 CUP DRIED SPLIT PEAS
- 3 CUPS WATER OR VEGETABLE BROTH
- 1/2 TEASPOON TURMERIC
- SPRINKLE OF CLOVE
- 1/4 TEASPOON OF CINNAMON
- 1/2 TEASPOON GROUND CARDAMOM
- 1/2 TEASPOON GROUND CUMIN
- 1" PIECE OF PEELED GINGER
- 4 OZ. CAN OF GREEN CHILIES (OR JALEPENOS IF YOU LIKE HOT)
- 3 OF YOUR FAVORITE DEHYDRATED CHILIES (OR PEPPER FLAKES)

DIRECTIONS:

1. ADD ALL INGREDIENTS INTO A CROCK-POT.
2. COOK FOR 8 HOURS.
3. RETRIEVE GINGER AND CHILIES.
4. GARNISH WITH SHREDDED COCONUT.

SUGGESTION: ADD RAISINS TO THE DISH ABOUT 10 MINUTES BEFORE SERVING.

GEORGIAN BEET SALAD

BY: GIORGI AND LAUREN GONIKISHVILI

INGREDIENTS:

1 KG BEETS
1/2 KG CARROTS
2 MEDIUM SIZED ONIONS, CHOPPED
1/2 CUP OIL
1 BUNCH CILANTRO
1 BUNCH PARSLEY
6 GARLIC CLOVES
1 TABLESPOON VINEGAR (MORE TO TASTE)
SALT & PEPPER TO TASTE

DIRECTIONS:

1. IN A POT, SAUTÉ THE ONIONS IN OIL. WHEN ONIONS ARE ALMOST TRANSLUCENT, PUT IN PEELED AND SHREDDED BEETS AND CARROTS (CAN BE SHREDDED IN A FOOD PROCESSOR).
2. WHEN THE BEETS AND ONIONS ARE SOFT, PUT IN CHOPPED CILANTRO, PARSLEY, PEPPER, PRESSED GARLIC, VINEGAR, AND SALT.
3. COOK FOR 5 MINUTES, STIRRING OCCASIONALLY.
4. CHILL FOR AN HOUR OR MORE TO LET FLAVORS COMBINE.

SPLIT PEA SOUP

INGREDIENTS:

- 1 CUP CHOPPED YELLOW ONIONS
- 2 CLOVES GARLIC, MINCED
- 1/8 CUP GOOD OLIVE OIL
- 1/2 TEASPOON DRIED OREGANO
- 1-1/2 TEASPOON KOSHER SALT
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER
- 2 CUPS MEDIUM, DICED CARROTS (3 TO 4 CARROTS)
- 1 CUP MEDIUM, DICED RED BOILING POTATOES, UNPEELED (3 SMALL)
- 1 POUND DRIED SPLIT GREEN PEAS
- 8 CUPS CHICKEN STOCK OR WATER

DIRECTIONS:

1. IN A 4-QUART STOCKPOT ON MEDIUM HEAT, SAUTÉ THE ONIONS AND GARLIC WITH THE OLIVE OIL, OREGANO, SALT, AND PEPPER UNTIL THE ONIONS ARE TRANSLUCENT, 10 TO 15 MINUTES.
2. ADD THE CARROTS, POTATOES, 1/2 POUND OF SPLIT PEAS, AND CHICKEN STOCK (OR WATER).
3. BRING TO A BOIL, THEN SIMMER UNCOVERED FOR 40 MINUTES. SKIM OFF THE FOAM WHILE COOKING.
4. ADD THE REMAINING SPLIT PEAS AND CONTINUE TO SIMMER FOR ANOTHER 40 MINUTES, OR UNTIL ALL THE PEAS ARE SOFT.
5. STIR FREQUENTLY TO KEEP THE SOLIDS FROM BURNING ON THE BOTTOM. TASTE FOR SALT & PEPPER. SERVE HOT.

BEANS WITH CRUSHED WALNUTS & POMEGRANATE SEEDS

INGREDIENTS:

1/2 KG. BOILED BEANS

3/4 CUP WALNUTS (PROCESS IN FOOD PROCESSOR FOR 30 SEC.-1 MIN.)

1 CLOVE GARLIC

1/2 BUNCH CHOPPED CILANTRO

1/2 TEASPOON CINNAMON

SALT & PEPPER TO TASTE

1 POMEGRANATE

DIRECTIONS:

1. BOIL BEANS UNTIL VERY SOFT. DRAIN BEANS.
2. IN A BOWL, MIX TOGETHER ALL OTHER INGREDIENTS AND THEN MIX TOGETHER WITH BEANS.
3. WHEN READY TO SERVE, SPRINKLE WITH POMEGRANATE SEEDS AND SERVE.

BARLEY, BLACK BEAN, AND CORN BURRITOS

TAKEN FROM: SOUTHERN LIVING SLOW COOKER COOKBOOK

INGREDIENTS:

- 1 (15 OUNCE) CAN BLACK BEANS, RINSED AND DRAINED
- 1 (10 OUNCE) CAN DICED TOMATOES WITH GREEN CHILIES, UNDRAINED
- 1 CUP UNCOOKED PEARLED BARLEY
- 2 CUP FAT-FREE, LESS-SODIUM CHICKEN BROTH (VEGETABLE BROTH)
- 3/4 CUP FROZEN WHOLE-KERNEL CORN
- 1/4 CUP CHOPPED GREEN ONIONS
- 1 TEASPOON GROUND CUMIN
- 1 TEASPOON CHILI POWDER
- 1/2 TEASPOON CAYENNE PEPPER
- 1 CLOVE GARLIC, MINCED
-
- 1 TABLESPOON FRESH LIME JUICE
- 1/4 CUP CHOPPED FRESH CILANTRO
-
- 18 (6 1/2 INCH) FLOUR TORTILLAS
- 1 CUP PLUS 2 TABLESPOONS (4 1/2 OUNCES) SHREDDED SHARP CHEDDAR CHEESE*
- 9 CUPS THINLY SLICED CURLY LEAF LETTUCE
- 2 1/4 CUPS SALSA
- 1 CUP PLUS 2 TABLESPOONS LOW-FAT SOUR CREAM*

DIRECTIONS:

1. PLACE FIRST 10 INGREDIENTS IN A 3-4 QUART ELECTRIC SLOW-COOKER; STIR WELL.
2. COVER WITH LID. COOK ON LOW-HEAT SETTING 4-5 HOURS OR UNTIL BARLEY IS TENDER AND LIQUID IS ABSORBED. STIR IN LIME AND CILANTRO.
3. HEAT TORTILLAS ACCORDING TO PACKAGE DIRECTIONS.
4. SPOON 1/3 CUP BARLEY MIXTURE DOWN CENTER OF EACH TORTILLA; SPRINKLE WITH 1 TABLESPOON CHEESE.
5. ROLL UP. PLACE 1 CUP LETTUCE ON EACH OF 9 PLATES; TOP EACH WITH 2 BURRITOS.
6. SPOON 1/4 CUP SALSA AND 2 TABLESPOONS SOUR CREAM OVER EACH SERVING.

*LEAVE OUT DURING LENT.

SPICY SEVEN-BEAN SOUP

INGREDIENTS:

1/4 CUP EACH DRIED BABY LIMA BEANS, BLACK-EYED PEAS, CHICK-PEAS (GARBANZO BEANS), KIDNEY BEANS, SMALL WHITE (NAVY) BEANS, PINTO BEANS, AND RED BEANS*
 1/4 CUP OLIVE OIL
 2 CLOVES GARLIC, FINELY CHOPPED
 1 GREEN OR RED BELL PEPPER, SEEDED, DERIBBED AND DICED
 1 LARGE FRESH GREEN ANAHEIM CHILI PEPPER, FINELY CHOPPED
 1 YELLOW ONION, FINELY CHOPPED
 1 CARROT, FINELY CHOPPED
 1 CELERY STALK, FINELY CHOPPED
 1 TEASPOON RED PEPPER FLAKES
 4 CUPS CHICKEN STOCK, VEGETABLE STOCK, OR WATER
 1 CAN CRUSHED TOMATOES
 2 TABLESPOONS TOMATO PASTE
 1 TABLESPOON SUGAR
 1 TABLESPOON DRIED BASIL
 1 TABLESPOON DRIED OREGANO
 1 TABLESPOON BALSAMIC VINEGAR OR RED WINE VINEGAR
 1/2 TABLESPOON DRIED THYME
 2 BAY LEAVES
 SALT & FRESHLY GROUND PEPPER
 1/2 CUP FINELY CHOPPED FRESH PARSLEY OR CILANTRO (FRESH CORIANDER)

DIRECTIONS:

1. SORT THROUGH THE BEANS, DISCARDING ANY IMPURITIES OR DISCOLORED BEANS. PUT THE BEANS IN A BOWL, ADD COLD WATER TO COVER AND LEAVE TO SOAK FOR ABOUT 12 HOURS.
2. IN A LARGE POT, WARM THE OIL OVER MEDIUM HEAT. ADD THE GARLIC, BELL PEPPER, CHILI PEPPER, ONION, CARROT, CELERY, AND PEPPER FLAKES.
3. SAUTÉ UNTIL THE ONION IS TRANSLUCENT, 2-3 MINUTES.
4. DRAIN THE BEANS AND STIR THEM INTO THE POT ALONG WITH THE STOCK, TOMATOES, TOMATO PASTE, SUGAR, BASIL, OREGANO, VINEGAR, THYME, AND BAY LEAVES.
5. BRING TO A BOIL, REDUCE THE HEAT TO LOW, COVER PARTIALLY AND SIMMER UNTIL THE BEANS ARE TENDER, 2-2½ HOURS.
6. JUST BEFORE SERVING, DISCARD THE BAY LEAVES. SEASON TO TASTE WITH SALT & PEPPER AND STIR IN THE PARSLEY OR CILANTRO. LADLE INTO WARMED BOWLS.

*USE CANNED BEANS, COOK UNTIL THE VEGETABLES ARE TENDER-ABOUT 40-45 MINUTES.

MINISTRONE WITH WHITE BEANS & PASTA

INGREDIENTS:

1/2 CUP DRIED CANNELLINI BEANS*
 2 TABLESPOONS OLIVE OIL
 1 YELLOW ONION, FINELY CHOPPED
 1 CLOVES GARLIC, FINELY CHOPPED
 5 CUPS VEGETABLE STOCK
 1 CAN PLUM (ROMA) TOMATOES WITH THEIR JUICE
 1 LARGE CARROT, COARSELY CHOPPED
 1 ZUCCHINI, COARSELY CHOPPED
 1/4 CABBAGE, OUTER LEAVES TRIMMED & DISCARDED, CUT INTO SHREDS
 1/2 TABLESPOON DRIED BASIL
 1/2 TABLESPOON DRIED OREGANO
 1/2 TABLESPOON SUGAR
 1 BAY LEAF
 1/3 CUP DRIED SMALL ELBOW MACARONI OR SHELLS
 2 TABLESPOONS BALSAMIC VINEGAR
 SALT & FRESHLY GROUND PEPPER
 2 TABLESPOONS COARSELY CHOPPED FRESH PARSLEY

DIRECTIONS:

1. SORT THROUGH THE BEANS, DISCARDING ANY IMPURITIES OR DISCOLORED BEANS. PUT THE BEANS IN A BOWL, ADD COLD WATER TO COVER AND LEAVE TO SOAK FOR ABOUT 12 HOURS.
2. DRAIN THE BEANS AND TRANSFER TO A HEAVY SAUCEPAN. ADD WATER TO COVER BY ABOUT 1 INCH AND BRING TO A BOIL OVER MEDIUM HEAT.
3. REDUCE THE HEAT TO LOW, COVER PARTIALLY AND SIMMER VERY GENTLY UNTIL THE BEANS ARE TENDER AND MOST OF THE LIQUID IS ABSORBED, ABOUT 1½ HOURS.
4. WHEN THE BEANS HAVE BEEN COOKING FOR ABOUT 1 HOUR, HEAT THE OIL IN A LARGE POT OVER MEDIUM HEAT. ADD THE ONION AND GARLIC AND SAUTÉ UNTIL TRANSLUCENT, 2-3 MINUTES.
5. ADD THE STOCK, TOMATOES – COARSELY BREAKING THEM UP WITH A WOODEN SPOON – CARROT, ZUCCHINI, CABBAGE, BASIL, OREGANO, SUGAR, AND BAY LEAF.
6. COVER PARTIALLY AND SIMMER UNTIL THE VEGETABLES ARE TENDER-CRISP, ABOUT 20 MINUTES. ADD THE MACARONI AND COOK, UNCOVERED, UNTIL AL DENTE, 8-10 MINUTES MORE.
7. DRAIN THE BEANS AND ADD TO THE POT ALONG WITH THE BALSAMIC VINEGAR. SEASON TO TASTE WITH SALT & PEPPER.
8. LADLE INTO WARMED BOWLS. GARNISH WITH PARSLEY.

*MAY USE ONE 16-0Z CANNED BEANS (OMIT THE 1 HOUR COOKING OF BEANS).

INDIAN CHICKPEA STEW

INGREDIENTS:

- 1 TABLESPOON CANOLA OIL
- 1 TEASPOON CUMIN SEEDS (WHOLE)
- 1 MEDIUM RED ONION, CHOPPED (1 CUP)
- 5 MEDIUM CLOVES GARLIC, MINCED
- 1 TABLESPOON CORIANDER SEEDS, GROUND
- 1 CUP WATER
- 1 RED POTATO, SCRUBBED AND CUT INTO 1-INCH CUBES
- 1 19-OUNCE OR 15-OUNCE CAN CHICKPEAS, RINSED
- 1/2 TEASPOON SALT
- 1/2 TEASPOON COARSELY GROUND PEPPER
- 2 TABLESPOONS FINELY CHOPPED FRESH CILANTRO, DIVIDED
-
- 5 OUNCES BABY SPINACH (OR COARSELY CHOPPED MATURE SPINACH)
- 1 MEDIUM TOMATO, CUT INTO 1-INCH CUBES

DIRECTIONS:

1. HEAT OIL IN A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT; COOK CUMIN SEEDS FOR 10 SECONDS.
2. ADD ONION AND GARLIC; COOK, STIRRING, UNTIL DARK BROWN, 5 TO 8 MINUTES.
3. ADD CORIANDER; COOK, STIRRING, FOR 20 SECONDS. STIR IN WATER, POTATO, CHICKPEAS, SALT, PEPPER, AND 1 TABLESPOON CILANTRO. BRING TO BOIL.
4. REDUCE HEAT TO LOW, COVER AND SIMMER UNTIL THE POTATO IS TENDER, 15 TO 20 MINUTES.
5. ADD TOMATO AND SPINACH, INCREASE HEAT TO MEDIUM AND SIMMER, UNCOVERED, FOR 1 TO 2 MINUTES.
6. SPRINKLE WITH REMAINING 1 TABLESPOON CILANTRO AND SERVE.

SUGGESTION: ACCOMPANY WITH STEAMED RICE OR WHOLE-WHEAT FLATBREADS.

MAKE AHEAD TIP: COVER AND REFRIGERATE FOR UP TO 2 DAYS. REHEAT ON THE STOVETOP OR IN THE MICROWAVE.

FASOLATHA (BEAN SOUP)

INGREDIENTS:

1 POUND NAVY BEANS
1/2 CUP OLIVE OR VEGETABLE OIL
1 LARGE ONION, CHOPPED
1 LARGE CLOVE GARLIC, MINCED
1 (8-OZ.) CAN TOMATO SAUCE
2 STALKS CELERY, CHOPPED
2 CARROTS, SLICED
3 QUARTS WATER
1/2 TEASPOON MINCED FRESH PARSLEY OR DILL (OPTIONAL)
SALT & PEPPER

DIRECTIONS:

1. WASH AND SORT BEANS; SOAK OVERNIGHT IN COLD WATER.
2. DRAIN. COMBINE OIL, ONIONS, GARLIC, TOMATO SAUCE, CELERY, CARROTS, AND WATER WITH DRAINED BEANS IN A LARGE SOUP KETTLE.
3. ADD DESIRED HERBS.
4. COOK OVER MEDIUM HEAT ABOUT 2½ HOURS OR UNTIL BEANS ARE TENDER.
5. ADD SALT & PEPPER THE LAST 20 MINUTES OF COOKING.

NOTE: SALT IS ADDED AT THE LAST OF COOKING TO PREVENT TOUGHENING OF THE BEANS.

SHRIMP WITH SPICY TOMATO SAUCE

INGREDIENTS:

2 POUNDS MEDIUM SHRIMP, PEELED AND DEVEINED
4 CLOVES GARLIC, PEELED AND MINCED
2 TABLESPOONS OLIVE OIL
8 PLUM TOMATOES, FINELY CHOPPED
SALT
CAYENNE PEPPER

DIRECTIONS:

1. IN A LARGE SKILLET OVER MEDIUM HEAT, COOK THE GARLIC IN THE OLIVE OIL UNTIL JUST GOLDEN, APPROXIMATELY 2 MINUTES. BE CAREFUL NOT TO BURN THE GARLIC.
2. ADD THE TOMATOES AND SPRINKLE WITH SALT AND CAYENNE PEPPER. BRING TO A GENTLE SIMMER AND COOK, STIRRING OCCASIONALLY, FOR 15 MINUTES.
3. SEASON THE SHRIMP WITH SALT AND ADD TO THE TOMATOES. COOK 3 TO 5 MINUTES, OR UNTIL NO LONGER PINK.

SUN-DRIED TOMATO PESTO

TAKEN FROM: WHEN YOU FAST...RECIPES FOR LENTEN SEASONS BY CATHERINE MANDELL

INGREDIENTS:

2 OUNCES SUN-DRIED TOMATOES
2 CUPS BOILING WATER
3 TABLESPOONS SLIVERED ALMONDS
1/3 CUP CHOPPED FRESH PARSLEY
2 TEASPOONS RED WINE VINEGAR
2 TEASPOONS CAPERS, DRAINED
1/2 TEASPOON DRY MUSTARD
1/2 TEASPOON PEPPER
1 TABLESPOON CHOPPED ONION
1 GARLIC CLOVE

NOTE: USE DRY, NOT OIL-PACKED, SUN-DRIED TOMATOES FOR THIS PESTO.
TWO OUNCES OF DRIED TOMATOES IS ABOUT TWO CUPS.

DIRECTIONS:

1. POUR THE BOILING WATER OVER THE DRIED TOMATOES AND LET STAND 15 TO 20 MINUTES TO SOFTEN.
2. DRAIN, RESERVING SOAKING LIQUID.
3. GRIND THE ALMONDS TO A POWDER IN FOOD PROCESSOR.
4. ADD THE TOMATOES ALONG WITH THE PARSLEY, 3 TABLESPOONS RESERVED SOAKING LIQUID, RED WINE VINEGAR, CAPERS, MUSTARD, AND PEPPER. TURN ON PROCESSOR.
5. WITH THE MACHINE RUNNING, DROP IN THE ONION AND GARLIC. LET THE MIXTURE PROCESS UNTIL A THICK PASTE FORMS, ABOUT 3 TO 4 MINUTES.
6. SPREAD ON BREAD OR SERVE OVER PASTA. IF SERVING OVER PASTA, THIN THE PESTO FIRST WITH ABOUT 1/3 CUP HOT PASTA COOKING WATER.

VARIATION: ON AN OIL DAY, ADD 1 TABLESPOON OLIVE OIL WITH THE TOMATOES.

WILD RICE STUFFED GRAPE LEAVES

INGREDIENTS:

2 (8 OUNCE) JARS GRAPEVINE LEAVES (ABOUT 40-50)
 4 CUPS WATER
 3 TABLESPOONS OLIVE OIL OR BUTTER
 2 MEDIUM ONIONS, FINELY CHOPPED
 2 GARLIC CLOVES, MINCED
 1/2 CUP UNCOOKED LONG-GRAIN WILD RICE
 3/4 CUP UNCOOKED LONG-GRAIN WHITE RICE, RINSED
 3 TABLESPOONS FRESH LEMON JUICE
 1/4 CUP PINE NUTS
 1/4 CUP CURRANTS
 2 TEASPOONS EACH OR BLEND OF DRIED DILL, MINT, OR PARSLEY (IF USING FRESH HERBS, 2 TABLESPOONS EACH).
 PINCH OF DRIED OREGANO
 SALT & PEPPER TO TASTE
 JUICE OF 1 LEMON, DRIZZLING
 1-1½ CUPS CHICKEN STOCK (VEGETABLE STOCK)
 3 TABLESPOONS OLIVE OIL

DIRECTIONS:

1. FIRST PREPARE GRAPE LEAVES BY RINSING THOROUGHLY UNDER COOL WATER TO REMOVE BRINE. IN A MEDIUM SAUCEPAN, BRING WATER TO BOIL, REDUCE HEAT TO MEDIUM AND CAREFULLY ADD LEAVES TO HOT WATER. PARBOIL 5-10 MINUTES. DRAIN IN A COLANDER WHILE PREPARING FILLING.
2. IN A MEDIUM SKILLET, HEAT OIL OR BUTTER; ADD ONIONS AND SAUTÉ UNTIL TENDER, ABOUT 5 MINUTES. ADD GARLIC, RICE, LEMON JUICE, PINENUTS, CURRANTS, HERBS, AND SEASONINGS; COOK 3 MINUTES. COOL MIXTURE.
3. SELECT BEST LEAVES TO STUFF. TORN OR VERY LARGE, THICK LEAVES CAN BE USED TO LINE THE BOTTOM OF A 3-QUART DUTCH OVEN. STACK GRAPE LEAVES ON A CLEAN WORK SURFACE, SHINY SIDE DOWN. WITH SHARP KNIFE OR KITCHEN SHEARS, REMOVE STEMS. PLACE A HEAPING TEASPOON OF MIXTURE IN CENTER OF LEAF. TUCK IN SIDES THEN ROLL UP FROM THE BOTTOM FAIRLY TIGHTLY, TUCKING IN ANY UNEVEN SIDES. SHOULD LOOK VERY MUCH LIKE A FAT CIGAR. REPEAT THIS PROCESS UNTIL ALL FILLING HAS BEEN USED.
4. ARRANGE STUFFED GRAPE LEAVES IN THE DUTCH OVEN THAT IS LINED WITH GRAPE LEAVES, SEAM SIDE DOWN, TIGHTLY PACK, SIDE BY SIDE, TO FORM THE FIRST LAYER. DRIZZLE LEMON JUICE OVER ENTIRE LAYER. START SECOND LAYER, DRIZZLE LEMON JUICE OVER THIS LAYER AND REPEAT UNTIL ALL FILLED DOLMATHES ARE IN THE POT.
5. COMBINE STOCK AND REAMINING 3 TABLESPOONS OLIVE OIL; POUR OVER DOLMATHES- (LIQUID SHOULD COME UP TO THE TOP LAYER). DRIZZLE AGAIN WITH A LITTLE LEMON JUICE. COVER WITH AN INVERTED, HEAT-PROOF DISH TO KEEP DOLATHES FROM UNWRAPPING. BRING TO A BOIL. COVER POT AND REDUCE HEAT TO SIMMER. COOK 1 HOUR OR UNTIL RICE IS COOKED AND GRAPE LEAVES ARE TENDER. TASTE 1 DOLMATHA TO DETERMINE IF LEAVES ARE TENDER AND RICE IS COOKED, IF NECESSARY CONTINUE COOKING UP TO ANOTHER 20-30 MINUTES, MAKING SURE THERE STILL IS LIQUID IN THE BOTTOM OF POT. COOL DOLMATHES IN LIQUID.

LEEKS WITH RICE

INGREDIENTS:

- 1 BUNCH OF LEEKS (CHOPPED FINE)
- 1/2 CUP RICE
- 1 TEASPOON TOMATO PASTE
- 1/4 CUP OIL
- 2 CUPS WATER
- 1/2 TEASPOON RED PEPPER (SWEET)
- 1/8 TEASPOON HOT PEPPER (OPTIONAL)
- 1/8 TEASPOON OREGANO
- 1 TEASPOON SALT

DIRECTIONS:

1. CLEAN LEEKS THOROUGHLY AND CHOP FINE.
2. IN A HEAVY PAN, HEAT OIL; ADD LEEKS; STIR OVER MODERATE HEAT ABOUT 5 MINUTES.
3. ADD SALT, RED PEPPER, AND TOMATO PASTE. STIR FOR 5 MINUTES MORE AND ADD WATER, RAISING HEAT AGAIN UNTIL MIXTURE COMES TO A BOIL.
4. ADD RICE, STIRRING INGREDIENTS WELL. REDUCE HEAT; COVER AND SIMMER UNTIL LEEKS AND RICE ARE TENDER, AND LIQUID ABSORBED, ABOUT 30 MINUTES.
5. COOL TO ROOM TEMPERATURE AND SERVE IN A CASSEROLE.

STUFFED PEPPERS AND TOMATOES WITH RICE

INGREDIENTS:

4 PEPPERS
2 TOMATOES
4 ONIONS
2 CUPS RICE (RAW)
1/2 CUP OIL
4 CUPS WATER
SALT, PARSLEY, OREGANO, PAPRIKA TO TASTE

DIRECTIONS:

1. SAUTÉ ONIONS IN OIL AND A SMALL AMOUNT OF WATER UNTIL TENDER.
2. ADD REMAINING WATER, RICE, AND SEASONINGS. BOIL THIS MIXTURE UNTIL RICE IS PARCOOKED.
3. CLEAN PEPPERS AND SCOOP OUT PULP OF TOMATOES. ADD TOMATO PULP TO RICE MIXTURE.
4. FILL PEPPERS AND TOMATOES; SPREAD REMAINING RICE MIXTURE IN A 9X13 INCH PAN ADDING AN ADDITIONAL 2 CUPS OF WARM WATER.
5. PLACE PEPPERS AND TOMATOES ON TOP OF MIXTURE AND BAKE IN A 350 DEGREE OVEN FOR 30 TO 45 MINUTES. TURN PEPPERS ONCE.

JOHN HURST'S SPICY BEANS

INGREDIENTS:

1 CAN ROTEL TOMATOES AND CHILI
1 CAN KUNERS CHILI BEANS
1 CAN KUNERS NAVY BEANS
1 CAN KUNERS BLACK BEANS
1 CAN KUNERS KIDNEY BEANS
4-6 OZ. 505 CHOPPED CHILI'S (HOT, MEDIUM, OR MILD)
2 TABLESPOONS BALSAMIC VINEGAR
SALT TO TASTE

DIRECTIONS:

1. PUT INGREDIENTS IN LARGE SAUCE PAN, INCLUDING ALL THE LIQUID IN THE CANS OF BEANS.
2. BOIL GENTLY OVER MEDIUM HEAT TO REDUCE THE LIQUID.

SUGGESTIONS: MAY ADD 2 CUPS OF COOKED BROWN RICE FOR MORE HEARTY, THICKER MIXTURE. MAY ADD SMALL AMOUNT OF PICKLED JALAPENO PEPPERS FOR EXTRA KICK.

SPAGHETTI SQUASH PASTA

INGREDIENTS:

SPAGHETTI SQUASH – DEPENDING ON THE AMOUNT OF PEOPLE YOU’RE FEEDING, YOU CAN FIND VERY SMALL SQUASH OR LARGE SQUASH. I FIND THAT USING A LARGE ONE MAKES ABOUT 4 GOOD SIZE SERVINGS. IF I CAN’T FIND A LARGE ONE, I’LL BUY TWO SMALL ONES.

OIL COOKING SPRAY

SALT & PEPPER

PASTA SAUCE (HOMEMADE OR JARRED)

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. WASH THEN CUT SQUASH IN HALF AND SCOOP OUT SEEDS AND PULP.
3. SPRAY THE CUT SIDES OF THE SQUASH WITH OIL SPRAY THEN SALT AND PEPPER THEM.
4. PLACE CUT SIDE DOWN ON A BAKING SHEET.
5. DEPENDING ON SIZE, BAKE APPROXIMATELY 30-45 MINUTES OR LONGER IF NEEDED (IF YOU STICK A KNIFE INTO THE SQUASH FROM THE OUTSIDE WHILE BAKING, THE KNIFE SHOULD PENETRATE EASILY AND SOFTLY INTO THE SQUASH. THEN YOU KNOW IT’S DONE.).
6. WHEN DONE, LET COOL FOR APPROXIMATELY 10 MINUTES OR UNTIL THE SQUASH IS EASY TO HANDLE WHILE HOLDING IT TO SCRAPE.
7. HEAT SAUCE WHILE THE SQUASH IS COOKING.
8. WITH A FORK, SCRAPE THE INSIDE WALLS OF THE SQUASH. THIS WILL MAKE STRINGS THAT LOOK LIKE ANGEL HAIR PASTA. YOU CAN SCRAPE MOST OF THE INSIDES OUT SO THERE IS MERELY AN OUTSIDE SHELL LEFT.
9. TOP WITH SAUCE AND VIOLA! A LENTEN SUPER HEALTHY, NON-BLOATING, LOW-CARB OPTION FOR PASTA.

KOSHERI

INGREDIENTS:

2 CUPS UNCOOKED BROWN OR WHITE RICE
1 LB. LENTIL
1 TABLESPOON VEGETALBE OIL, DIVIDED
1 TABLESPOON GARLIC, CRUSHED
2 CUPS (16 OZ.) TOMATO SAUCE
1/2 CUP WATER
1/4 CUP VINEGAR
1 MEDIUM ONION

DIRECTIONS:

1. YOU CAN SUBSTITUTE ONE LAYER OF COOKED ELBOW MACARONI FOR A LAYER OF RICE. COOK RICE ACCORDING TO DIRECTIONS.
2. RINSE LENTILS AND PUT THEM IN A POT, COVERING THEM WITH WATER, AND BRING TO A BOIL.
3. THEN SIMMER ON LOW HEAT UNTIL ALMOST ALL WATER IS ABSORBED AND LENTILS ARE WELL COOKED. ADD EXTRA WATER IF LONGER TIME IS NEEDED.
4. TO MAKE THE SAUCE, FIRST SAUTÉ THE GARLIC IN 1 TABLESPOON OIL UNTIL GOLDEN. ADD BOTH CANS OF TOMATO SAUCE AND SIMMER 10-15 MINUTES.
5. ADD WATER AND VINEGAR AND BRING TO A BOIL. REMOVE FROM HEAT IMMEDIATELY AND ADD SALT TO TASTE.
6. FINALLY, SLICE ONION IN THIN SMALL PIECES AND SAUTÉ IN REMAINING 1 TABLESPOON OIL UNTIL BROWN AND CRISPY.
7. THIS DISH SHOULD BE ARRANGED AS A LAYER OF LENTILS (ON THE BOTTOM), FOLLOWED BY A LAYER OF RICE, THEN ANOTHER LAYER OF LENTILS AND ANOTHER LAYER OF RICE. SPRINKLE THE ONIONS AND THE SAUCE ON TOP BEFORE SERVING.

SAUTÉED PARSNIPS & CARROTS WITH HONEY & ROSEMARY

TAKEN FROM: BON APPÉTIT, NOVEMBER 2007

INGREDIENTS:

EXTRA-VIRGIN OLIVE OIL

1 POUND CARROTS (ABOUT 4 LARGE), PEELED, CUT INTO 3X1/4X1/4-INCH STICKS

1 POUND LARGE PARSNIPS, PEELED, HALVED LENGTHWISE, CORED, CUT INTO 3X1/4X1/4-INCH STICKS

COARSE KOSHER SALT

1 TABLESPOON CHOPPED FRESH OR 1/2 TEASPOON DRY ROSEMARY

1½ TABLESPOONS HONEY

DIRECTIONS:

1. HEAT 2 TABLESPOONS OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT.
2. ADD CARROTS AND PARSNIPS. SPRINKLE WITH COARSE KOSHER SALT AND PEPPER.
3. SAUTÉ UNTIL VEGETABLES ARE BEGINNING TO BROWN AT EDGES, ABOUT 12 MINUTES.
4. ADD ROSEMARY, HONEY, AND MORE OLIVE OIL IF NEEDED TO VEGETABLES. TOSS OVER MEDIUM HEAT UNTIL HEATED THROUGH AND VEGETABLES ARE GLAZED, ABOUT 5 MINUTES.
5. SEASON TO TASTE WITH MORE SALT AND PEPPER, IF DESIRED.

ORTHODOX FRITO PIE

TAKEN FROM: TASTE & SEE: AMERICAN ORTHODOX COOKING

INGREDIENTS:

SEVERAL CANS OF BEANS – MIX UP TYPES (PINTO, KIDNEY, BLACK, BUTTER, ETC.) OR JUST USE YOUR FAVORITE

1 JAR OF SALSA

1 CAN OF STEWED TOMATOES, SLICED, WHOLE OR DICED

GARLIC SALT

ONION, CHOPPED

SOY CHEESE (OPTIONAL)

FRITO CORN CHIPS

DIRECTIONS:

1. PLACE BEANS, SALSA, AND STEWED TOMATOES IN A POT AND HEAT.
2. ADD GARLIC SALT AND ANY OTHER SEASONING YOU LIKE.
3. WHILE THE MIX IS SIMMERING, CHOP ONION.
4. PLACE FRITOS IN A BOWL AND POUR TOMATO MIX OVER THEM.
5. ADD ONION, SOY CHEESE, AND ANY OTHER TOPPING YOU DESIRE.

BARBEQUED VEGETABLES

TAKEN FROM: TASTE & SEE: AMERICAN ORTHODOX COOKING

INGREDIENTS:

- 1 MEDIUM ONION, CHOPPED
- 6 CARROTS, CHOPPED
- 6 MEDIUM POTATOES, CUBED
- 1 CAN KIDNEY BEANS (OPTIONAL)
- 1/4 CUP WORCESTERSHIRE SAUCE
- 1 CUP KETCHUP
- 1 CUP WATER
- 2 TABLESPOONS BROWN SUGAR
- 2 TABLESPOONS VINEGAR
- 2 TEASPOON SALT

DIRECTIONS:

1. SPRAY THE INSIDE OF A HEAVY POT WITH NON-STICK SPRAY. ADD CHOPPED ONION.
2. COOK AT MEDIUM HIGH HEAT UNTIL ONIONS TURN CLEAR. ADD WORCESTERSHIRE SAUCE, KETCHUP, WATER, BROWN SUGAR, VINEGAR, AND SALT. MIX TOGETHER. ADD CARROTS, POTATOES AND, IF DESIRED, KIDNEY BEANS.
3. BRING TO LOW BOIL. COVER. TURN HEAT DOWN TO MEDIUM LOW. COOK FOR AN HOUR OR UNTIL VEGETABLES ARE VERY TENDER.
4. CAN BE COOKED IN A CROCK-POT INSTEAD; JUST THROW EVERYTHING IN TOGETHER AND COOK ON LOW FOR A COUPLE OF HOURS.

BASIL SHRIMP WITH ORZO

INGREDIENTS:

1 REGULAR-SIZE FOIL OVEN BAG
COOKING SPRAY
1/2 CUP UNCOOKED ORZO (RICE-SHAPED PASTA)
2 TEASPOONS VEGETABLE OIL, DIVIDED*
1 CUP DICED TOMATO
3/4 CUP SLICED GREEN ONIONS
1/2 TEASPOON GRATED LEMON RIND
1 TABLESPOON FRESH LEMON JUICE
1/4 TEASPOON SALT
1/4 TEASPOON BLACK PEPPER
3/4 POUND LARGE SHRIMP, PEELED AND DEVEINED
1/4 CUP CHOPPED FRESH BASIL

DIRECTIONS:

1. PREHEAT OVEN TO 450 DEGREES.
2. COAT INSIDE OF OVEN BAG WITH COOKING SPRAY. PLACE THE BAG ON A LARGE SHALLOW BAKING PAN.
3. COOK THE PASTA IN BOILING WATER 5 MINUTES, OMITTING SALT AND FAT; DRAIN. PLACE THE PASTA IN A LARGE BOWL. STIR IN 1 TEASPOON OIL AND NEXT 6 INGREDIENTS (1 TEASPOON OIL THROUGH PEPPER). PLACE THE ORZO MIXTURE IN PREPARED OVEN BAG. COMBINE SHRIMP AND BASIL. ARRANGE SHRIMP MIXTURE ON ORZO MIXTURE. FOLD EDGE OF BAG OVER TO SEAL.
4. BAKE AT 450 DEGREES FOR 25 MINUTES OR UNTIL THE SHRIMP ARE DONE. CUT OPEN BAG WITH A SHARP KNIFE, AND PEEL BACK THE FOIL. DRIZZLE WITH 1 TEASPOON OIL.
5. WHEN NOT FASTING, ADD 1/2 CUP (2 OUNCES) CRUMBLLED FETA CHEESE TO THE (OLIVE) OIL AND THE OTHER 6 INGREDIENTS.

OLIVADA, TOMATO, AND CHICKPEA SAUCE OVER PENNE

INGREDIENTS:

3/4 CUP RIPE BLACK OLIVES, PITTED
1/4 CUP CANOLA OIL
1 MEDIUM-SIZE ONION, CHOPPED
1 FENNEL BULB, CHOPPED
3 GARLIC CLOVES, MINCED
1 SMALL GREEN BELL PEPPER, CHOPPED
2 CUPS FRESH OR CANNED DICED TOMATOES
1 (6-OUNCE) CAN TOMATO PASTE
1 TEASPOON PAPRIKA
1 TEASPOON DRIED OREGANO
2 CUPS WATER
1 TEASPOON SALT
1/4 TEASPOON FRESHLY GROUND BLACK PEPPER
1/2 TEASPOON RED PEPPER FLAKES
1½ CUPS COOKED OR CANNED CHICKPEAS, RINSED AND DRAINED IF CANNED
1 (12-OUNCE) PACKAGE FROZEN VEGETARIAN SAUSAGE LINKS OR PATTIES,
COOKED & CRUMBLLED
1 POUND PENNE

DIRECTIONS:

1. PLACE THE OLIVES IN A FOOD PROCESSOR, AND PUREE. SLOWLY STREAM IN 3 TABLESPOONS OF THE OIL UNTIL WELL BLENDED (THIS MAKES OLIVADA). TRANSFER THE OLIVADA TO A SMALL BOWL, AND SET ASIDE.
2. HEAT THE REAMINING 1 TABLESPOON OIL IN A LARGE POT OVER MEDIUM HEAT. ADD THE ONION, FENNEL, GARLIC, AND BELL PEPPER, COVER, AND COOK UNTIL THE VEGETABLES ARE SOFTENED, ABOUT 10 MINUTES.
3. ADD THE TOMATOES, TOMATO PASTE, PAPRIKA, OREGANO, WATER, SALT, PEPPER, RED PEPPER FLAKES, CHICKPEAS, AND VEGETARIAN SAUSAGE. STIR WELL TO COMBINE, LOWER THE HEAT AND SIMMER, UNCOVERED, FOR 30 MINUTES.
4. COOK THE PENNE IN A LARGE POT OF SALTED BOILING WATER, STIRRING OCCASIONALLY, UNTIL AL DENTE. DRAIN AND PLACE IT IN A LARGE BOWL. POUR THE SAUCE OVER THE PASTA, STIR TO COMBINE, AND LADLE INTO INDIVIDUAL BOWLS, DRIZZLING THE OLIVADA OVER EACH PORTION.

THREE-BEAN TUNA SALAD

INGREDIENTS:

- 1 LEMON
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 3 STALKS CELERY, THINLY SLICED
- 2 GREEN ONIONS, THINLY SLICED
- 3 CANS (15 TO 19 OZ. EACH) ASSORTED LOW-SODIUM BEANS SUCH AS WHITE KIDNEYS (CANNELLINI), GARBANZO BEANS, AND PINK BEANS, RINSED AND DRAINED.
- 2 CANS (6 OZ. EACH) CHUNK LIGHT TUNA IN WATER, DRAINED AND COARSELY FLAKED.
- 4 LARGE BOSTON LETTUCE LEAVES

DIRECTIONS:

1. FROM LEMON, GRATE 1 TEASPOON PEEL AND SQUEEZE 2 TABLESPOONS JUICE.
2. IN LARGE BOWL, STIR TOGETHER LEMON PEEL AND JUICE, OIL, CELERY, GREEN ONIONS, 1/4 TEASPOON SALT, AND 1/8 TEASPOON COARSELY GROUND BLACK PEPPER. STIR IN BEANS UNTIL COATED, THEN GENTLY STIR IN TUNA.
3. SERVE BEAN MIXTURE IN LETTUCE CUPS.

SEAFOOD PASTA SALAD

TAKEN FROM: COOKS.COM

INGREDIENTS:

8 OZ. TRI-COLOR PASTA SPIRALS
1/2 LB. FRESH BROCCOLI
1/2 LB. IMITATION CRAB MEAT
2 CARROTS, SLICED
1 STALK CELERY, CHOPPED
1 GREEN BELL PEPPER, CHOPPED
1/4 CUP OIL
1/8 CUP RED WINE VINEGAR
THYME, ROSEMARY, OREGANO, AND PARSLEY TO TASTE

DIRECTIONS:

1. COOK PASTA USING PACKAGE DIRECTIONS; DRAIN.
2. SEPARATE FLOWERETS FROM BROCCOLI STEMS. POUR BOILING WATER OVER FLOWERETS IN COLANDER; DRAIN WELL.
3. COMBINE BROCCOLI, CRAB MEAT, CARROTS, CELERY, AND GREEN PEPPER IN LARGE BOWL; MIX WELL.
4. COMBINE OIL AND VINEGAR IN SMALL BOWL.
5. ADD SEASONINGS; MIX WELL. SEASON WITH SALT AND PEPPER TO TASTE.
6. SERVE ON LETTUCE-LINED PLATE.

CHICKPEA FRITTERS

TAKEN FROM: COOKS ILLUSTRATED, THE BEST INTERNATIONAL RECIPES

INGREDIENTS:

TAHINI SAUCE:

1/2 CUP TAHINI
 1/4 CUP JUICE FROM 2 LEMONS
 1/2 CUP WATER
 2 MEDIUM GARLIC CLOVES, MINCED OR PRESSED THROUGH A GARLIC PRESS (ABOUT 2 TEASPOONS)
 SALT

FALAFEL:

6 OUNCES DRIED CHICKPEAS (1 CUP) RINSED, PICKED OVER, AND SOAKED OVERNIGHT IN WATER TO COVER BY AN INCH (YOU CANNOT SUBSTITUTE CANNED BEANS OR QUICK-SOAKED CHICKPEAS BECAUSE THEIR TEXTURE WILL RESULT IN SOGGY FALAFEL)
 5 SCALLIONS, CHOPPED COARSE
 1/2 CUP PACKED FRESH PARSLEY LEAVES
 1/2 CUP PACKED FRESH CILANTRO LEAVES
 3 MEDIUM GARLIC CLOVES, MINCED OR PRESSED THROUGH A GARLIC PRESS (ABOUT 1 TABLESPOON)
 1 TEASPOON SALT
 1/2 TEASPOON GROUND BLACK PEPPER
 1/4 TEASPOON GROUND CUMIN
 1/8 TEASPOON GROUND CINNAMON
 2 QUARTS VEGETABLE OIL, FOR FRYING

DIRECTIONS:

1. *FOR THE TAHINI SAUCE:* PROCESS ALL OF THE INGREDIENTS IN A FOOD PROCESSOR UNTIL SMOOTH, ABOUT 20 SECONDS. SEASON WITH SALT TO TASTE AND SET ASIDE. (THE SAUCE CAN BE REFRIGERATED IN AN AIRTIGHT CONTAINER FOR UP TO 4 DAYS. BRING TO ROOM TEMPERATURE AND STIR TO COMBINE BEFORE SERVING.)
2. *FOR THE FALAFEL:* ADJUST AN OVEN RACK TO THE MIDDLE POSITION AND HEAT THE OVEN TO 200 DEGREES. DRAIN THE CHICKPEAS, DISCARDING THE SOAKING LIQUID. PROCESS ALL OF THE INGREDIENTS EXCEPT FOR THE OIL IN A FOOD PROCESSOR UNTIL SMOOTH, ABOUT 1 MINUTE, SCRAPING DOWN THE SIDES OF THE BOWL AS NEEDED. FORM THE MIXTURE INTO 1 TABLESPOON-SIZED DISKS, ABOUT 1/2 INCH THICK AND 1 INCH WIDE AND ARRANGE ON A PARCHMENT PAPER-LINED BAKING SHEET. (THE FALAFEL CAN BE REFRIGERATED AT THIS POINT FOR UP TO 2 HOURS.)
3. HEAT THE OIL IN A 5-QUART LARGE DUTCH OVEN OVER MEDIUM-HIGH HEAT TO 375 DEGREES. (USE AN INSTANT-READ THERMOMETER THAT REGISTERS HIGH TEMPERATURES OR CLIP A CANDY/DEEP-FAT THERMOMETER ONTO THE SIDE OF THE PAN.) FRY HALF OF THE FALAFEL, STIRRING OCCASIONALLY AND ADJUSTING THE HEAT AS NEEDED TO MAINTAIN 375 DEGREES, UNTIL DEEP BROWN, ABOUT 5 MINUTES. TRANSFER TO A PAPER TOWEL-LINED BAKING SHEET USING A SLOTTED SPOON OR WIRE SPIDER AND KEEP WARM IN THE OVEN. RETURN THE OIL TO 375 DEGREES AND REPEAT WITH THE REMAINING FALAFEL. SERVE IMMEDIATELY WITH THE SAUCE.

CARROT SOUP

INGREDIENTS:

2 TABLESPOONS OIL
3/4 CUP ONIONS, CHOPPED
3 CUPS RAW CARROTS, PEELED AND GRATED
1 POTATO, PEELED AND THINLY SLICED
2 TEASPOONS TOMATO PASTE
3 CUPS VEGETABLE BROTH
PAPRIKA

DIRECTIONS:

1. IN A LARGE SAUCEPAN, COOK ONIONS IN OIL UNTIL SOFT.
2. ADD REMAINING INGREDIENTS EXCEPT PAPRIKA AND COOK OVER MEDIUM HEAT FOR 30 MINUTES OR UNTIL CARROTS ARE VERY SOFT.
3. POUR SOUP INTO A BLENDER AND MIX FOR 10 SECONDS, OR BEAT WITH AN ELECTRIC MIXER WHILE SOUP STILL IS IN THE SAUCEPAN.
4. SERVE HOT, GARNISHED WITH A SPRINKLE OF PAPRIKA.

NOTE: THIS IS A SMALL RECIPE. YOU MIGHT WANT TO DOUBLE IT FOR YOUR FAMILY.

SPINACH-TOMATO SOUP

BY: CHARLOTTE TODD'S FRIEND DARIA

INGREDIENTS:

2 LARGE CANS CHOPPED TOMATOES (WITH JUICE)
2 LARGE CANS (SAME SIZE AS ABOVE) SPINACH, CHOPPED WITHIN THE CAN
BEFORE REMOVING
3 CUPS MINUTE RICE
PEPPER TO TASTE

DIRECTIONS:

1. PUT ALL THE ABOVE INGREDIENTS IN A CROCKPOT AND COOK ON HIGH FOR ONE HOUR. (OR YOU CAN COOK IN A POT ON THE STOVE FOR 20 MINUTES).

QUINOA PILAF

TAKEN FROM: ALLRECIPES.COM

INGREDIENTS:

- 1 TABLESPOON VEGETABLE OIL
- 1/2 CUP CHOPPED ONION
- 2 CARROTS, CHOPPED
- 1 CUP QUINOA, RINSED
- 2 CUPS VEGETABLE BROTH
- 3/4 CUP CHOPPED WALNUTS
- 1/4 CUP CHOPPED FRESH PARSLEY

DIRECTIONS:

1. HEAT OIL IN A SAUCEPAN OVER MEDIUM-HIGH HEAT.
2. COOK ONION IN OIL FOR 5 MINUTES, OR UNTIL TRANSLUCENT.
3. ADD CARROT, AND COOK 3 MINUTES MORE.
4. STIR IN QUINOA AND VEGETABLE BROTH, AND BRING TO A BOIL. REDUCE TO A SIMMER, COVER, AND COOK 15 TO 20 MINUTES, OR UNTIL QUINOA IS TENDER AND FLUFFY.
5. IN A BOWL, TOSS QUINOA TOGETHER WITH WALNUTS AND PARSLEY. SERVE HOT OR AT ROOM TEMPERATURE.

PUTTANESCA SAUCE

TAKEN FROM: THE AMERICA'S TEST KITCHEN FAMILY COOKBOOK

INGREDIENTS:

3 TABLESPOONS OLIVE OIL
4 GARLIC CLOVES, MINCED
4 TEASPOONS MINCED ANCHOVY FILLETS (ABOUT 8 FILLETS). YOU CAN
SUBSTITUTE A COUPLE TEASPOONS OF SOYSAUCE FOR THE ANCHOVIES.
1 TEASPOON RED PEPPER FLAKES
3 (14.5-OUNCE) CANS DICED TOMATOES
1/2 CUP KALAMATA OLIVES, PITTED AND CHOPPED MEDIUM
1/4 CUP MINCED FRESH PARSLEY
3 TABLESPOONS CAPERS, RINSED
SALT & PEPPER

DIRECTIONS:

1. COOK THE OIL, GARLIC, ANCHOVIES, AND RED PEPPER FLAKES IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT, STIRRING OFTEN, UNTIL THE GARLIC IS FRAGRANT BUT NOT BROWNEED, ABOUT 2 MINUTES.
2. STIR IN THE TOMATOES WITH THEIR JUICE AND SIMMER UNTIL THICKENED SLIGHTLY, 15 TO 20 MINUTES.
3. STIR IN THE OLIVES, PARSLEY, AND CAPERS. SEASON WITH SALT & PEPPER TO TASTE. WHEN TOSSING THE SAUCE WITH PASTA, ADD SOME OF THE PASTA COOKING WATER AS NEEDED TO LOOSEN THE CONSISTENCY OF THE SAUCE.

NOTE: THIS SAUCE WILL KEEP IN THE REFRIGERATOR, STORED IN AN AIRTIGHT CONTAINER, FOR UP TO 4 DAYS, OR IT CAN BE FROZEN FOR UP TO 2 MONTHS.

PENNE WITH FRESH VEGETABLES

TAKEN FROM: WWW.BARILLAUS.COM

INGREDIENTS:

- 1 BOX OF BARILLA WHOLE GRAIN PENNE
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1 CLOVE GARLIC
- 1 SMALL WHITE ONION, FINELY CHOPPED
- 1 (1 CUP) YELLOW BELL PEPPER, THINLY SLICED
- 1 SMALL (2 CUPS) ZUCCHINI, DICED
- 1 SMALL (2 CUPS) YELLOW SQUASH, DICED
- 1 BUNCH ASPARAGUS, CUT INTO 1-INCH PIECES
- 1 PINT (2 CUPS) CHERRY TOMATOES, HALVED
- SALT & PEPPER, TO TASTE
- 4 FRESH BASIL LEAVES, TORN

DIRECTIONS:

1. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS.
2. MEANWHILE, HEAT OLIVE OIL IN A LARGE SKILLET. USING THE SIDE OF A KNIFE, GENTLY PRESS AND PEEL THE GARLIC AND SAUTÉ IN SKILLET FOR 1 MINUTE, UNTIL SLIGHTLY BROWN.
3. ADD ONION AND SAUTÉ FOR 5 MINUTES, UNTIL TRANSLUCENT.
4. ADD BELL PEPPER, ZUCCHINI, YELLOW SQUASH, AND ASPARAGUS AND SAUTÉ UNTIL HEATED BUT NOT COMPLETELY COOKED.
5. ADD TOMATOES, SEASON WITH SALT & PEPPER, AND SAUTÉ FOR 2 ADDITIONAL MINUTES.
6. DRAIN PASTA AND TOSS WITH THE SAUCE AND BASIL.

RED VEGGIE STEW

TAKEN FROM: ALLRECIPES.COM

INGREDIENTS:

- 2 TABLESPOONS OLIVE OIL
- 1 RED BELL PEPPER, CHOPPED
- 1/2 RED ONION, CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1 (14.5 OUNCE) CAN DICED TOMATOES
- 1 (15 OUNCE) CAN KIDNEY BEANS, DRAINED AND RINSED
- 1 RED POTATO, SLICED
- 2 CUPS VEGETABLE STOCK
- 1 CUP WATER
- 2 TABLESPOONS WORCESTERSHIRE SAUCE
- 1 TEASPOON DRIED OREGANO
- 1 CUP UNCOOKED ELBOW MACARONI
- 1 CUP SHREDDED CHEDDAR CHEESE (YOU CAN DELETE DAIRY)

DIRECTIONS:

1. HEAT THE OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. STIR IN THE RED BELL PEPPER, RED ONION, AND GARLIC, AND COOK 5 MINUTES, UNTIL TENDER.
2. MIX IN TOMATOES, BEANS, POTATO, VEGETABLE STOCK, WATER, WORCESTERSHIRE SAUCE, AND OREGANO. BRING TO A BOIL, REDUCE HEAT TO LOW, AND SIMMER 30 MINUTES, UNTIL POTATO IS TENDER.
3. STIR MACARONI INTO THE STEW, AND CONTINUE COOKING 8 TO 10 MINUTES, UNTIL AL DENTE. TOP WITH CHEDDAR CHEESE TO SERVE.

SCALLOP AND SHRIMP KABOBS

INGREDIENTS:

- 1 POUND LARGE SHRIMP – PEELED AND DEVEINED
- 1/2 POUND SCALLOPS
- 1 RED BELL PEPPER, CUT INTO 1 INCH PIECES
- 1 GREEN BELL PEPPER, CUT INTO 1 INCH PIECES
- 1 FRESH PINEAPPLE, PEELED, CORED, AND CUT INTO WEDGES
- 1/2 CUP RICE VINEGAR
- 2 TEASPOONS SESAME OIL
- 2 TEASPOONS MINCED FRESH GINGER ROOT
- 3 TABLESPOONS LIGHT SOY SAUCE

DIRECTIONS:

1. IF USING WOODEN SKEWERS, SOAK 6 OF THEM IN WARM WATER FOR 15 MINUTES. THIS PREVENTS THE SKEWERS FROM CATCHING ON FIRE WHILE THE KABOBS COOK.
2. THEN THREAD THE SHRIMP, SCALLOPS, PEPPERS, AND PINEAPPLE ON THE SKEWERS.
3. MAKE THE BASTING SAUCE: IN A MEDIUM-SIZE MIXING BOWL, COMBINE RICE VINEGAR, SESAME OIL, GINGER, AND SOY SAUCE. MIX WELL.
4. PREPARE AN OUTSIDE GRILL WITH AN OILED RACK SET 4 INCHES ABOVE THE HEAT SOURCE. PLACE THE SKEWERS ON THE GRILL AND BASTE WITH SOME OF THE SAUCE.
5. GRILL KABOBS FOR ABOUT 5 TO 6 MINUTES TOTAL, TURNING AND BASTING WITH THE SAUCE WHILE GRILLING.
6. HEAT REMAINING BASTING SAUCE UNTIL WARM AND SERVE ON THE SIDE.

FRIED EGGPLANT

INGREDIENTS:

3 MEDIUM EGGPLANTS

4 TABLESPOONS SALT

1/2 CUP FLOUR

VEGETABLE OIL FOR FRYING

DIRECTIONS:

1. SLICE EGGPLANT INTO ROUNDS. SPREAD EGGPLANT SLICES ONTO PAPER TOWELS.
2. GENEROUSLY SPRINKLE WITH SALT; ALLOW TO SIT FOR 20-30 MINUTES. RINSE WELL IN COLD WATER; PAT DRY WITH PAPER TOWELS.
3. DIP SLICES IN FLOUR; SHAKE OFF EXCESS. FRY IN OIL OVER MEDIUM-HIGH HEAT UNTIL GOLDEN BROWN. DRAIN ON PAPER TOWELS.

RED BEANS AND RICE

INGREDIENTS:

2 CUPS DRIED RED KIDNEY BEANS, SOAKED OVERNIGHT
2 BAY LEAVES
1½ CUPS ONION, CHOPPED
1/2 TEASPOON THYME
3 GARLIC CLOVES, MINCED
3/4 CUP FRESH PARSLEY, MINCED
1 CUP GREEN BELL PEPPER, DICED
1 TEASPOON SALT
2 TABLESPOONS RED MISO
4 CUPS COOKED BROWN RICE
CHOPPED SCALLIONS (TO GARNISH)

DIRECTIONS:

1. RINSE BEANS AND DRAIN WELL.
2. COOK BEANS (WITH BAY LEAVES) IN 5 CUPS OF WATER FOR 50 MINUTES OR UNTIL TENDER.
3. ADD ONION, THYME, GARLIC, PARSLEY, GREEN PEPPER, AND SALT TO POT.
4. SIMMER OVER MEDIUM-LOW HEAT FOR 15 TO 20 MINUTES.
5. ADD MISO AND SIMMER FOR ANOTHER 5 MINUTES. REMOVE BAY LEAVES.
6. SERVE OVER HOT RICE, GARNISHED WITH SCALLIONS.

SPINACH TOFU MANICOTTI WITH OIL

TAKEN FROM: WHEN YOU FAST...RECIPES FOR LENTEN SEASONS

INGREDIENTS:

1 (10 OUNCE) PACKAGE FROZEN SPINACH
 12 MANICOTTI, UNCOOKED
 6 TABLESPOONS OIL (IF YOU ARE NOT FASTING, USE OLIVE OIL)
 2 LARGE GARLIC CLOVES, MINCED
 2 PACKAGES OF FIRM TOFU CRUMBLED (12 OUNCE PACKAGES)
 2 CUPS FRESH BREADCRUMBS
 2 TEASPOONS OREGANO
 1 TEASPOON SALT
 1/8 TEASPOON PEPPER
 1/4 TEASPOON ONION POWDER
 1/4 TEASPOON GARLIC POWDER
 4-5 CUPS TOMATO SAUCE (ADJUST THIS TO YOUR TASTE – YOU COULD USE THE FLAVORED TOMATO SAUCES)
 IF YOU ARE NOT FASTING, USE PARMESAN CHEESE – ADD TO THE TOFU

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. DEFROST SPINACH; DRAIN SQUEEZING OUT AS MUCH EXCESS LIQUID AS POSSIBLE. PLACE IN A BOWL AND SET ASIDE.
3. BRING A LARGE POT OF WATER TO A BOIL. ADD SALT. BOIL MANICOTTI AS DIRECTED ON PACKAGE. DRAIN AND RINSE IN COLD WATER. SET ASIDE.
4. HEAT OIL OVER MEDIUM HEAT. ADD ONIONS AND GARLIC AND COVER. COOK FOR ABOUT 8 MINUTES STIRRING OFTEN.
5. ADD CRUMBLED TOFU, COOK FOR ANOTHER 5 MINUTES. ADD THE BREADCRUMBS AND STIR WELL.
6. INCREASE HEAT TO HIGH AND COOK STIRRING CONSTANTLY, FOR ABOUT 1 MINUTE. REMOVE FROM HEAT. TRANSFER TO A LARGE BOWL. COOL FOR ABOUT 20 MINUTES.
7. WHILE COOLING, STIR THE MIXTURE THREE OR FOUR TIMES. ADD THE SPINACH AND THE REST OF THE INGREDIENTS AND MIX TOGETHER. ADJUST SEASONING TO TASTE.
8. FILL THE MANICOTTI TUBE WITH THE TOFU-SPINACH MIXTURE. SPREAD ABOUT 1 CUP OF TOMATO SAUCE ON BOTTOM OF A LARGE 11X15 BAKING DISH. ARRANGE THE MANICOTTI IN A SINGLE LAYER IN THE DISH SPACING EVENLY. SPREAD THE REST OF THE TOMATO SAUCE ON THE TOP AND AROUND THE FILLED MANICOTTI.
9. COVER WITH FOIL AND BAKE ABOUT 35 TO 40 MINUTES.

GREEK PASTA SALAD

INGREDIENTS:

1 (12 OZ.) PACKAGE OF PASTA TWIRLS
1/2 CUP COARSELY CHOPPED BLACK OLIVES
3/4 CUP SLICED RADISHES
1/4 CUP SLICED GREEN ONIONS
1 SMALL CUCUMBER, THINLY SLICED
1/2 CUP OLIVE OIL
2 TABLESPOONS LEMON JUICE
2 TEASPOONS CHOPPED FRESH PARSLEY
1 CLOVE GARLIC, MINCED
1 TEASPOON OREGANO
SALT & PEPPER TO TASTE

DIRECTIONS:

1. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS AND DRAIN.
2. IN A LARGE BOWL, TOSS HOT COOKED PASTA WITH OLIVES, RADISHES, ONIONS, AND CUCUMBER UNTIL WELL BLENDED.
3. IN A SMALL BOWL, COMBINE REMAINING INGREDIENTS AND TOSS WITH PASTA MIXTURE UNTIL EVENLY COATED.
4. SALT, PEPPER, AND OREGANO TO TASTE.
5. REFRIGERATE 1 TO 2 HOURS.

BLACK BEAN QUESADILLAS

INGREDIENTS:

- 1 CAN (15 OZ.) BLACK BEANS, DRAINED AND RINSED
- 1/4 CUP CHOPPED TOMATO
- 3 TABLESPOONS CHOPPED CILANTRO
- 1 SMALL CAN SLICED BLACK OLIVES
- 8 WHOLE WHEAT TORTILLAS
- 4 OZ. JALAPENO JACK SOY CHEESE, SHREDDED
- 1 BUNCH SPINACH LEAVES, SHREDDED
- 4 TABLESPOONS HOT SALSA

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. SMASH BEANS. MIX TOMATO, CILANTRO, AND BLACK OLIVES.
3. SPREAD EVENLY OVER 4 TORTILLAS. SPRINKLE WITH SOY CHEESE, SPINACH, AND SALSA.
4. TOP WITH REMAINING TORTILLAS.
5. BAKE TORTILLAS ON UNGREASED COOKIE SHEET FOR 10-12 MINUTES. CUT INTO SMALL WEDGES FOR HORS D'OEUVRES OR LARGER WEDGES AS AN ENTRÉE.

LENTIL LOAF

INGREDIENTS:

2/3 CUP LENTILS
1/3 CUP BROWN RICE
3 CUPS WATER
1 CUP CHOPPED ONION
1/2 CUP CHOPPED CELERY
3/4 CUP OATS
1 TABLESPOON BREWER'S YEAST
1/8-1/2 TEASPOON CAYENNE PEPPER
EGG REPLACEMENT FOR 1 EGG (OR OMIT)
1/2 CUP WATER OR SOY MILK

TOPPING:

1/3 CUP KETCHUP
1 TABLESPOON BROWN SUGAR
1 TABLESPOON MOLASSES
1 TABLESPOON MUSTARD

DIRECTIONS:

1. COOK LENTILS AND RICE TOGETHER IN 3 CUPS WATER, THEN MASH.
2. MIX TOGETHER ONION, CELERY, OATS, BREWER'S YEAST, CAYENNE, EGG REPLACER, AND WATER. BLEND WITH MASHED LENTILS AND RICE.
3. SPREAD IN 8X8 (DOUBLE RECIPE IN 9X13). MIX TOGETHER TOPPING INGREDIENTS AND SPREAD ON TOP OF LENTIL MIXTURE IN PAN.
4. BAKE AT 350 DEGREES FOR ABOUT 1 HOUR.

GREEN BEAN STEW

INGREDIENTS:

1-2 POUNDS FRESH GREEN BEANS, CLEANED
1-2 CANS DICED TOMATOES
1-2 ONIONS SLICED
2 TABLESPOONS VEGETABLE OIL
3-4 POTATOES, CUBED
1 CUP WATER
GARLIC SALT
CINNAMON
SUGAR

DIRECTIONS:

1. IN A LARGE PAN, LIGHTLY SAUTÉ ONION SLICES IN OIL.
2. ADD CLEANED GREEN BEANS, DICED TOMATOES, AND WATER (YOU CAN USE A CROCK POT AT THIS POINT IF YOU PREFER-TRANSFER ONIONS).
3. SEASON WITH GARLIC SALT, DASH OF CINNAMON, AND SUGAR TO YOUR TASTE.
4. COOK ON LOW HEAT UNTIL THE BEANS GET SLIGHTLY TENDER.
5. ADD THE POTATOES AND INCREASE THE HEAT TO MEDIUM FOR 30-60 MINUTES, OR UNTIL THE POTATOES ARE COOKED.

SHRIMP AND VEGETABLE FETTUCCINE

TAKEN FROM: WWW.BARILLA.COM

INGREDIENTS:

1/4 CUP CANOLA OR VEGETABLE OIL
1 GARLIC CLOVE, MINCED
2-3 MEDIUM LEEKS, CUT IN THIN SLICES
1/2 LB. MEDIUM SHRIMP, CLEANED AND DEVEINED
1 CUP DRY WHITE WINE (OPTIONAL, DEPENDING ON IF IT IS A DAY WHEN WINE IS ALLOWED)
1 TEASPOON SALT
1/8 TEASPOON GROUND BLACK PEPPER
1 BOX (16 OZ.) BARILLA FETTUCCINE
1/2 LB. GREEN BEANS TRIMMED, CUT IN 1" PIECES (APPROXIMATELY 2 CUPS) (YOU CAN USE BROCCOLI INSTEAD)
2 TABLESPOONS CHOPPED PARSLEY

DIRECTIONS:

1. HEAT OIL IN LARGE SKILLET OVER MEDIUM HEAT.
2. ADD GARLIC; SAUTÉ 1-2 MINUTES UNTIL TENDER. STIR IN LEEKS; COOK 10 MINUTES, STIRRING OCCASIONALLY AND ADDING SMALL AMOUNTS OF PASTA COOKING WATER.
3. STIR IN SHRIMP (AND WINE, IF USING); BRING TO A SIMMER. COOK 5-6 MINUTES, STIRRING OCCASIONALLY, UNTIL REDUCED SLIGHTLY. SEASON WITH SALT & PEPPER.
4. MEANWHILE, COOK FETTUCCINE ACCORDING TO PACKAGE DIRECTIONS, ADDING GREEN BEANS DURING LAST 5 MINUTES OF COOK TIME. DRAIN AND RETURN TO POT.
5. ADD SHRIMP MIXTURE TO HOT FETTUCCINE; TOSS. TRANSFER TO SERVING PLATTER; SPRINKLE WITH PARSLEY.

VEGETABLE CHILI

TAKEN FROM: VEGETARIAN COOKBOOK BY LINDA FRASER

INGREDIENTS:

2 ONIONS, CHOPPED
1 GARLIC CLOVE, CRUSHED
3 CELERY RIBS, CHOPPED
1 GREEN BELL PEPPER, SEEDED AND DICED
8 OUNCES MUSHROOMS, SLICED
2 ZUCCHINI, SLICED
14 OUNCE CAN RED KIDNEY BEANS, RINSED AND DRAINED
14 OUNCE CAN CHOPPED TOMATOES
2/3 CUP TOMATO SAUCE
2 TABLESPOONS TOMATO SAUCE
1 TABLESPOON KETCHUP
1 TEASPOON EACH HOT CHILI POWDER, GROUND CUMIN, AND GROUND CORIANDER
SALT & FRESHLY GROUND BLACK PEPPER
CAYENNE PEPPER TO SERVE
SPRIGS OF CILANTRO TO GARNISH

DIRECTIONS:

1. PUT THE ONIONS, GARLIC, CELERY, PEPPER, MUSHROOMS, AND ZUCCHINI IN A LARGE SAUCEPAN AND MIX TOGETHER.
2. ADD THE KIDNEY BEANS, TOMATOES, TOMATO SAUCE, TOMATO PASTE, AND KETCHUP.
3. ADD THE SPICES, SEASON WITH SALT & PEPPER AND MIX WELL.
4. COVER, BRING TO A BOIL AND SIMMER FOR 20-30 MINUTES, STIRRING OCCASIONALLY, UNTIL THE VEGETABLES ARE TENDER. SERVE SPRINKLED WITH CAYENNE PEPPER.
5. GARNISH WITH CILANTRO SPRIGS.

SUGGESTION: MAKES A NICE MEAL SERVED OVER COOKED BROWN RICE.

HOMEMADE PANCAKES/WAFFLES

BY: CHRISTIANNA POLITIS

INGREDIENTS:

2 CUPS FLOUR
2 TABLESPOONS SUGAR
2 TEASPOONS BAKING POWDER
1/2 TEASPOON BAKING SODA
1/2 TEASPOON SALT
1/4 CUP APPLESAUCE
2 TABLESPOONS VEGETABLE OIL
2 CUPS MILK (SUBSTITUTE: ALMOND/SOY MILK)
2 TEASPOONS VANILLA

DIRECTIONS:

1. MIX ALL INGREDIENTS TOGETHER. COOK AND SERVE.

SUGGESTIONS: PUT FRESH BLUEBERRIES IN THE BATTER BEFORE COOKING.

FRIED POLENTA FOR BREAKFAST

INGREDIENTS:

POLENTA (FOUND IN PLASTIC TUBES AT THE GROCERY STORE)

FRYING OIL

DIRECTIONS:

1. SLICE PRE-MADE POLENTA.
2. FRY IN OIL OVER MEDIUM-HIGH HEAT IN COVERED FRYING PAN UNTIL A BIT CRISPY ON BOTH SIDES.
3. SERVE WITH MARGARINE AND MAPLE SYRUP.

GRANOLA

BY: DIANA FAABORG

INGREDIENTS:

3 CUPS OLD FASHIONED OATS
1/2 CUP WHEAT GERM
1/2 CUP COARSELY CHOPPED WALNUTS
1/2 CUP SLIVERED OR SLICED ALMONDS
1/3 CUP SUNFLOWER SEEDS (OPTIONAL)
1/8 CUP SESAME SEEDS (OPTIONAL)
1/2 CUP RAISINS (OPTIONAL)
1/4 CUP VEGETABLE OIL
1/4 CUP HONEY
1/2 TEASPOON VANILLA

DIRECTIONS:

1. MIX OLD FASHIONED OATS, WHEAT GERM, WALNUTS, AND ALMONDS TOGETHER IN A LARGE BOWL. (ADD SUNFLOWER SEEDS, SESAME SEEDS, AND RAISINS – OPTIONAL).
2. POUR THE VEGETABLE OIL, HONEY, AND VANILLA INTO A GLASS MEASURING CUP AND MICROWAVE FOR 30 SECONDS.
3. ADD WARMED LIQUIDS TO DRY MIXTURE. MIX TOGETHER WELL WITH A WOODEN SPOON.
4. POUR AND SPREAD ONTO A 10 X 15” PAN.
5. BAKE AT 325 DEGREES FOR 8 MINUTES.
6. STIR AND BAKE 8 MINUTES MORE.
7. COOL AND STORE IN AN AIR-TIGHT CONTAINER.

DARRELL'S HOMEMADE GRANOLA

INGREDIENTS:

1 POUND ROLLED OATS
1/4 CUP OIL (COCONUT IS MY FAVORITE)
1/4 CUP HONEY
1/4 CUP BROWN SUGAR

DIRECTIONS:

1. HEAT OVEN TO 300 DEGREES.
2. PUT OATS IN LARGE OVEN SAFE BOWL.
3. PUT OTHER INGREDIENTS IN MICROWAVE SAFE BOWL, MICROWAVE JUST ENOUGH TO WARM INGREDIENTS TO MIX, THEN POUR ON OATS.
4. MIX ALL INGREDIENTS AS BEST AS YOU CAN.
5. PUT BOWL IN OVEN 10 MINUTES, TAKE OUT AND STIR.
6. PUT BOWL IN OVEN 10 MORE MINUTES, TAKE OUT AND STIR, THEN PLACE ON BAKING SHEET, SPREADING OUT THE MIXTURE.
7. PUT BAKING SHEET IN OVEN 10 MINUTES, TAKE OUT AND STIR.
8. PUT BACK IN OVEN FOR 10 MORE MINUTES.
9. COOL GRANOLA AND PUT IN AIR TIGHT CONTAINER.

SUGGESTION: SERVE THE GRANOLA WITH ALMOND MILK, SLICED ALMONDS, AND BLUEBERRIES.

VEGAN CHOCOLATE CAKE (OR CUPCAKES)

TAKEN FROM: THE LENTEN SEASON (ORTHODOX CHRISTIAN RESOURCES FOR THE LENTEN FAST)

INGREDIENTS:

1 1/2 CUPS ALL-PURPOSE FLOUR
1 CUP WHITE SUGAR
1/4 CUP COCOA POWDER
1 TEASPOON BAKING SODA
1/2 TEASPOON SALT
1/3 CUP VEGETABLE OIL
1 TEASPOON VANILLA EXTRACT
1 TEASPOON DISTILLED WHITE VINEGAR
1 CUP WATER

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES. LIGHTLY GREASE ONE 9 X 5 INCH LOAF PAN (OR 9-INCH CIRCLE CAKE PAN).
2. SIFT TOGETHER THE FLOUR, SUGAR, COCOA, BAKING SODA, AND SALT. ADD THE OIL, VANILLA, VINEGAR, AND WATER. MIX TOGETHER UNTIL SMOOTH.
3. POUR INTO PREPARED PAN AND BAKE AT 350 DEGREES FOR 45 MINUTES.
4. REMOVE FROM OVEN AND ALLOW TO COOL.

"THIS IS A REALLY SIMPLE, YET VERY TASTY CAKE. YOU CAN USE RICE FLOUR OR SOMETHING OTHER THAN WHEAT. YOU CAN ALSO ADD CHOCOLATE CHIPS AND, OR NUTS."

LENTEN APPLESAUCE CAKE

TAKEN FROM: THE FESTIVAL OF GREEK FLAVORS COOKBOOK

INGREDIENTS:

2 1/2 CUPS FLOUR
2 TEASPOONS BAKING SODA
PINCH OF SALT
1 TEASPOON CINNAMON
1/2 TEASPOON NUTMEG
1/4 TEASPOON GROUND CLOVES
1 CUP SUGAR
1 CUP VEGETABLE OIL
2 CUPS APPLESAUCE
1 CUP CHOPPED WALNUTS

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. GREASE AND FLOUR A 9X13 INCH BAKING PAN.
3. COMBINE FLOUR, BAKING SODA, AND SALT WITH CINNAMON, NUTMEG AND CLOVES; SET ASIDE.
4. IN A MIXING BOWL, WHISK SUGAR AND OIL UNTIL CREAMY. ADD APPLESAUCE AND WALNUTS TO SUGAR AND OIL MIXTURE.
5. SLOWLY ADD DRY INGREDIENTS TO APPLESAUCE MIXTURE AND MIX WELL.
6. BAKE 40-45 MINUTES.

LENTEN BROWNIES

BY: SHARON COCHENET

INGREDIENTS:

- 1 BOXED BROWNIE MIX
- 1 15 OZ. CAN BLACK BEANS

DIRECTIONS:

1. DRAIN THE CAN OF BEANS AND THEN ADD WATER TO FILL THE CAN.
2. PUT BEANS AND WATER IN THE BLENDER. BLEND UNTIL A SMOOTH CONSISTENCY.
3. ADD BEANS TO THE BROWNIE MIX.
4. STIR WELL AND THEN PLACE IN A PAN AND BAKE AS INSTRUCTED ON THE BROWNIE BOX.

ORANGE LENTEN CAKE

BY: CHRISTIANNA POLITIS

INGREDIENTS:

1 1/2 CUPS FLOUR
1 CUP SUGAR
1 TEASPOON BAKING SODA
1/2 TEASPOON SALT
1 CUP ORANGE JUICE
1/2 CUP VEGETABLE OIL
1 TABLESPOON GRATED ORANGE ZEST
1 TABLESPOON WHITE VINEGAR OR CIDER VINEGAR
1 TEASPOON VANILLA

ORANGE GLAZE:

1/2 CUP POWDERED SUGAR
1 1/2 TABLESPOON ORANGE JUICE

DIRECTIONS:

1. PREHEAT THE OVEN TO 350 DEGREES.
2. SPRAY AN 8X8 PAN.
3. COMBINE ALL DRY INGREDIENTS AND WHISK THEM TOGETHER.
4. ADD AND STIR ALL INGREDIENTS TOGETHER UNTIL SMOOTH.
5. BAKE 30-35 MINUTES AND LET IT COOL ON A COOLING RACK.
6. MIX THE ORANGE GLAZE TOGETHER AND DRIZZLE ON TOP.

CHOCOLATE-COCONUT BALLS

INGREDIENTS:

- 1 CUP PEANUT BUTTER
- 1/3 CUP HONEY
- 2 TEASPOONS UNSWEETENED COCOA POWDER
- 1/2 CUP RAISINS
- 3/4 CUP UNSWEETENED COCONUT
- 1/2 CUP CHOCOLATE CHIPS

DIRECTIONS:

1. STIR TOGETHER PEANUT BUTTER, HONEY, AND COCOA POWDER UNTIL WELL COMBINED.
2. STIR IN RAISINS AND 2 TABLESPOONS COCONUT, THEN CHOCOLATE CHIPS.
3. YOU CAN REFRIGERATE THEM FOR A WHILE OR JUST ROLL INTO BALLS IMMEDIATELY.
4. PLACE REMAINING COCONUT IN A SHALLOW BOWL. SCOOP UP SMALL SPOONFULS OF PEANUT BUTTER MIXTURE AND FORM INTO 1¼ INCH BALLS.
5. ROLL IN COCONUT AND PLACE ON PLATE. COVER WITH PLASTIC WRAP AND REFRIGERATE FOR AT LEAST 30 MINUTES.

MANGO-COCONUT MOUSSE

INGREDIENTS:

3-4 LARGE RIPE MANGOES

13-OZ. COCONUT MILK

DIRECTIONS:

1. PEEL AND SLICE MANGOES. PUT IN FOOD PROCESSOR TOGETHER WITH COCONUT MILK.
2. PROCESS UNTIL WELL BLENDED AND SLIGHTLY FROTHY.
3. POUR INTO INDIVIDUAL SERVING BOWLS.
4. CHILL ABOUT 1 HOUR TO SET.
5. SERVE AS IS OR WITH SLICED STRAWBERRIES, OR GARNISH WITH A DOLLOP OF PEACH SOY YOGURT.

PUMPKIN BREAD (LENTEN)

INGREDIENTS:

3½ CUPS FLOUR
3 CUPS SUGAR
2/3 CUP WATER
2 CUPS PUMPKIN
1 CUP COOKING OIL
2 TEASPOON SODA
1 TEASPOON NUTMEG
1 TEASPOON CINNAMON
NUTMEATS OR RAISINS (IF DESIRED)
1½ TEASPOON SALT

DIRECTIONS:

1. MIX ALL INGREDIENTS AND POUR INTO 3 GREASED AND FLOURED LOAF PANS.
2. BAKE AT 350 DEGREES FOR 1 HOUR.

BAKED APPLES

INGREDIENTS:

APPLES

MARGARINE

BROWN SUGAR

DIRECTIONS:

1. SLICE APPLES AND PLACE IN A BAKING DISH.
2. SPRINKLE WITH MARGARINE AND BROWN SUGAR.
3. COVER, PLACE IN 375 DEGREE OVEN FOR 30 MINUTES.

CHOCOLATE CARROT CAKE

INGREDIENTS:

1½ CUP FINELY GRATED CARROTS
¾ CUP GRANULATED SUGAR
½ CUP VEGETABLE OIL
1 CUP BOILING WATER
1½ CUP WHOLE WHEAT FLOWER
½ CUP UNSWEETENED COCOA POWDER
1 TEASPOON CINNAMON
1½ TEASPOONS BAKING POWDER
½ TEASPOON SALT

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. IN A LARGE BOWL, COMBINE CARROTS, SUGAR, AND VEGETABLE OIL. POUR BOILING WATER OVER THE MIXTURE.
3. IN A SEPARATE BOWL, COMBINE THE REST OF THE INGREDIENTS. ADD TO THE CARROT MIXTURE AND MIX WELL.
4. POUR INTO A NON-STICK OR LIGHTLY OILED 8" SQUARE PAN. BAKE FOR 35 MINUTES.

ORTHODOX LENTEN RECIPE WEBSITES

*“FASTING = LESS FOR ME,
MORE FOR THE HUNGRY AND POOR”*

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FEEDING OUR PICKY EATERS DURING LENT

WRITTEN BY: JENNIFER HOCK

MANY OF US HAVE AT LEAST ONE PERSON IN OUR FAMILY WHO IS A PICKY EATER – GENERALLY, ONE OF OUR KIDS. SO HOW DO YOU AVOID FEEDING THEM NOTHING BUT PEANUT BUTTER AND JELLY SANDWICHES FOR THE ENTIRE DURATION OF LENT WHEN LENTILS AND QUINOA ARE NOT EVEN AN OPTION? I TRIED AN EXPERIMENT WITH MY KIDS, NIECES, AND NEPHEW LAST YEAR, AND IT WORKED PRETTY WELL. LET ME EXPLAIN.

I AM FULLY ACQUAINTED WITH THE PICKY EATER. MY PARENTS WOULD PROBABLY SAY I WAS THE PICKY EATER OF THE FAMILY WHEN I WAS LITTLE, BUT I’VE GROWN OUT OF IT SINCE THEN AND DON’T EVEN REMOTELY COMPARE TO THE PICKINESS OF SOME OF MY OWN CHILDREN, NIECES, OR NEPHEW. I ALSO UNDERSTAND TEXTURES CAN BE AN ISSUE FOR SOME KIDS – ESPECIALLY CHILDREN WITH AUTISM. TWO OF MY OWN CHILDREN ARE SO SENSITIVE TO TEXTURES IN THEIR MOUTHS THAT THEY HAVE UNCONTROLLABLE GAG REFLEXES. LENTILS ARE JUST NOT GOING TO BE SWALLOWED REGARDLESS OF HOW THEY ARE SERVED, AND I’VE LEARNED TO ACCEPT THIS. I UNDERSTAND.

OUR BOYS MOVED IN WITH US FROM FOSTER CARE WHEN THEY WERE 3, 2, AND 1 YEARS OLD. MY MIDDLE SON IS THE PICKIEST OUT OF THE THREE OF MY BOYS. WHEN HE MOVED IN WITH US, HIS ENTIRE MENU OF FOOD ITEMS HE WOULD EAT WERE: PEANUT BUTTER ON A SPOON, CHICKEN NUGGETS, AND KETCHUP. (YES, KETCHUP WAS A FOOD GROUP UNTO ITSELF FOR HIM.) MY HUSBAND AND I ENDURED THE VEGETABLE STANDOFF OF 2007 WITH HIM. WE SPENT 6 WEEKS (LITERALLY) OFFERING HIM ONE SPOONFUL OF VARIED VEGETABLES IN EXCHANGE FOR A COOKIE AT EACH NIGHT’S DINNER. FOR SIX WEEKS, HE REFUSED TO TRY EVEN ONE BITE OF VEGETABLES AND WE PAINFULLY WATCHED AS HE THREW A TANTRUM EACH TIME WE PUT THE COOKIE BACK IN THE PACKAGE. THEN ONE NIGHT...HE ATE A BITE OF CORN! VICTORY WAS OURS AND HIS! HE HAS COME A LONG WAY IN THE PAST 6 YEARS. FOR INSTANCE, TODAY FOR LUNCH HE ATE A SANDWICH THAT HAD PUREED BEANS MIXED WITH SPICES TOPPED WITH FETA, SPINACH, AND CUCUMBERS AND ASKED FOR SECONDS. IT’S A LONG ROAD, BUT YOU CAN MAKE IT THROUGH.

BEFORE LENT BEGAN LAST YEAR, I WENT TO THE GROCERY STORE AND BOUGHT A WIDE VARIETY OF FASTING FOODS. I BOUGHT DIFFERENT TYPES OF BEANS, VEGETABLES, FRUITS, BREADS, RICE, LENTILS, QUINOA, ETC. I PLACED

ALL THE FOODS IN VARIOUS CONTAINERS AND COVERED THE COUNTER OF MY MOM'S KITCHEN.

THEN I INVITED ALL THE KIDS IN FOR LUNCH. I TOLD THEM THEY COULD HAVE AS MUCH FOOD AS THEY WANTED, **BUT** THEY HAD TO TRY AT LEAST ONE BITE OF 3 THINGS THEY'VE NEVER HAD BEFORE. IF THEY DID, THEY COULD HAVE A COOKIE FOR DESSERT. OH, YES... I HAVE NO PROBLEM BRIBING WITH A GOOD OLD-FASHIONED COOKIE IN ORDER TO INTRODUCE THEM TO HEALTHIER FOODS. I ALSO HANDED THEM SEVERAL TOOTHPICKS WITH A PAPER LAMB ATTACHED TO IT WITH THEIR INITIAL ON IT. THEY WERE TO PLACE IT IN THE NEW FOODS THEY TRIED...AND LIKED. THIS WAY I COULD REMEMBER WHO LIKED WHAT AFTERWARDS.

IT DIDN'T MATTER TO ME IF THEY CREATED THEIR OWN UNIQUE BURRITO, WRAP, OR SANDWICH FOR LUNCH. IT ALSO DIDN'T MATTER IF THEY CHOSE TO NOT LET ANY FOOD TOUCH EACH OTHER AND JUST PUT A VARIETY OF ITEMS ON THEIR PLATE. THE GOAL WAS TO FIND NEW FOODS THEY WOULD EAT DURING LENT. IT TURNED OUT TO BE A HUGE SUCCESS!

I ALSO LEARNED THAT I COULD GET THEM TO EAT A WIDER VARIETY OF FOODS IF I LET THEM CREATE THEIR OWN MEAL FROM ITEMS I SET OUT ON THE TABLE. I STOPPED TRYING TO FIND COMBINATIONS I THOUGHT THEY MIGHT EAT IN A SANDWICH OR SALAD AND JUST LET THEM CREATE THEIR OWN FROM WHAT I SET OUT FOR EVERYONE.