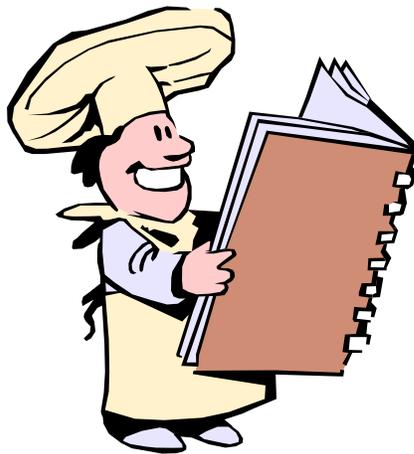


St George Greek Orthodox Church



Community Lenten Cookbook



Sponsored by the
St George Philoptochos

Table of Contents

Starters.....Pg 2 - 4

Soups and
Salads.....Pg 5 - 11

Side and Main Dishes.....Pg 12 - 24

Desserts.....Pg 25 - 28

The Philoptochos of Saint George would like to thank the entire Church Community for sharing some of their favorite Lenten recipes.



Hummus

Courtesy of Mary Andrews

Ingredients:

1 cup chickpeas (soaked overnight)
1/4 cup lemon juice
2 cloves garlic
1 tsp salt
1/2 cup tahini

Preparation:

1. Boil the soaked chickpeas in fresh water for about 1 hour or until soft
2. Drain and save a few whole chickpeas for garnish.
3. Puree the drained chickpeas in a food processor.
4. Add the lemon juice, garlic, salt and tahini gradually and blend well.
5. Add water if the paste is too thick.
6. Adjust seasoning if needed.
7. Sprinkle paprika, parsley and/or olive oil over the dish.
8. Serve with pita bread

Chunky Artichoke Salsa

Courtesy of Erin Strategos

Ingredients:

1 jar (6 oz/170 ml) marinated artichoke hearts
1/3 cup slice ripe olives (85 ml)
2 tbsp coarsely chopped red onion (30 ml)
3 medium plum tomatoes, coarsely chopped
1 clove garlic, crushed
3 tbsp snipped fresh basil leaves or 2 tsp dried basil (45 ml)
Salt and ground pepper to taste
Tortilla Chips

Preparation:

1. Drain marinade from artichokes into small bowl. Chop artichokes, olives and onion; add to the marinade in the bowl.
2. Add tomatoes, garlic and basil, mix gently.
3. Season with salt and pepper.
4. Serve with tortilla chips

Black Bean Salsa Dip

Courtesy of Erin Strategos



Ingredients:

4 cans black beans (drained)
3 avocados, small cubes
1 jar Pace Picante Sauce (or salsa of your choice)
Lime juice to taste
1/2 onion diced
Optional: jalapeno peppers, chopped
Tortilla chips

Preparation:

1. Mix all ingredients together and serve with Tortilla chips

Peanut Sauce

Courtesy of Genevieve Christensen

Ingredients:

(makes 1/4 cup sauce)

2 cloves garlic, crushed
2 tbsp dark soy sauce
1/4 cup smooth peanut butter
1 tbsp sugar
1 cup water
2 small fresh red hot chilies' seeded
(can substitute 1/4 tsp ground ginger for a zesty yet milder sauce)
Crisp raw vegetables
(carrots, cucumbers, green beans, radishes, pea pods, blanched cauliflower, etc)

Preparation:

1. Put garlic into a small sauce pan with soy sauce, peanut butter, sugar and water
2. Cut the chilies' into small slivers and add to the sauce pan.
3. Bring to a simmer for 5 minutes, stirring constantly. If sauce is thin, simmer until slightly thickened.
4. Remove from heat and cool to room temperature before serving.
5. If sauce solidifies upon cooling, thin with hot water.
6. Serve with raw vegetables

Laganes (Flat Bread)

Courtesy of Kathy Exarchoulakos

Ingredients:

2 packages active dry yeast
2 cups warm water
2 tbsp sugar
1 tbsp salt
3 tbsp oil (optional)
5 – 6 cups all purpose flour
Egg white, beaten with 1 tbsp water
Sesame seeds

Preparation:

1. In a large bowl, dissolve yeast in water
2. Stir in sugar and let stand until mixture is foamy; 5 – 8 minutes
3. Add salt, oil and 2 cups of flour to the mix and beat about 5 minutes.
4. Site in 2 more cups of flour to make stiff dough.
5. Measure the fifth cup of flour; sprinkle about half of it on a board.
6. Turn dough onto floured area and knead until smooth and satiny, about 15 – 20 minutes – add flour as needed to prevent sticking.
7. Place dough in a greased bowl; turn dough over to grease top.
8. Cover and let rise in a warm place until doubled – about 1 hour.
9. Lightly grease 2 large baking sheets; dust with flour
10. Punch down dough, divide into 2 equal parts and shape each into a smooth ball.
11. Set each ball on a baking sheet, cover loosely and let rest 30 minutes.
12. Flatten with palm of hand and shape each loaf into an oval about 14 x 11 x 1/3 inches.
13. Allow to rise again for 20 – 30 minutes.
14. With a fork prick the entire surface of loaves. Brush with egg white, sprinkle with sesame seeds. Bake one loaf at a time at 425 degrees 10 – 12 minutes or until golden brown, cool on wire racks.

Fasting is wonderful, because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower.

Holy Hierarch John Chryssostom

Curry Squash Soup

Courtesy of Dawn Truelove

Ingredients:

1 cup squash, chopped (butternut or acorn)
3 cups cauliflower, chopped
2 cups yams, chopped
1 onion, chopped
1 leek, sliced
4 cups vegetable stock
1 can coconut milk
2 tbsp mild curry powder (or more to taste)
1 tsp turmeric
Salt and pepper to taste

Preparation:

1. Put everything in a large pot, stir and bring to a boil.
2. Turn heat to low and simmer until vegetables are cooked.
3. Use a hand blender or food processor to blend half or all of the soup.
4. Return to the pot and re-heat.



Split Pea Soup

Courtesy of James and Jenny Saunders

Ingredients:

1 cup Dry Peas
3 Cups Water
1 medium onion, chopped
3 carrots, chopped

Preparation:

1. Wash, rinse and drain peas
2. Cover pan with water (3 cups of water to 1 cup of dry peas) and bring to a boil.
3. Add the onion and carrots.
4. Cover and simmer, 30 – 45 minutes or until peas are tender.
5. Salt and Pepper to taste.

Grilled Vegetable Kabob Salad

Courtesy of Erin Strategos

Ingredients:

1 each small green and red pepper – cut into 1 inch chunks
1 package mushrooms
1 small yellow summer squash, thickly sliced
1 small onion, cut into 1/4 inch wedges
3/4 cup Kraft Special Collection Green Vinaigrette Dressing or Italian Dressing
8 cups torn assorted greens or 1 package salad greens

Preparation:

1. Arrange vegetables alternately on 12 small skewers.
2. Place in a large pan and brush with dressing. Let stand 15 minutes to marinate.
3. Place skewers on grill over medium hot coals. Grill 6 to 8 minutes or until tender, brushing with dressing and turning occasionally.

Place greens on individual plates. Top each with 2 kabobs. Drizzle with additional dressing if desired.

Yummy Monastery Soup

Courtesy of the Zervis Family

Ingredients:

8 cups water
1 cup raw Tahini
1 large can stewed tomatoes, broken & most liquid drained
1 head garlic, peeled & sliced
1 box Barilla Orzo pasta
salt to taste

Preparation:

1. In a medium pot boil water and Tahini for 15-20 minutes.
2. Strain into a large soup pot, discard Tahini.
3. Add tomatoes, garlic, and lemon juice and bring to a boil.
4. Simmer until garlic is soft - about 1 hour.
5. Add orzo and cook until done - about 10 minutes.
6. Remove from heat. Serve.



This recipe is from Gerondisa at the Monastery of the Life Giving Spring, Dunlap, CA

Lentil Soup

Courtesy of Mary Jennings

Ingredients:

1 lb lentils
8 1/2 cups water
1 tbsp oil (optional)
1 medium onion, chopped
1 can (6 oz) tomato paste
1 tbsp parsley, chopped
1 tsp salt
Pepper to taste

Preparation:

1. Place lentils in large pot, add water and bring to a boil.
2. Skim off foam.
3. Cover and simmer for 20 – 30 minutes until lentils are tender.
4. In a separate pan, sauté the onions in oil.
5. Add this to the lentils.
6. Mix in tomato paste, parsley, salt and pepper and bring to a boil.
7. Cover and simmer for 10 minutes more.
8. Adjust salt.

This dish freezes well.



Let thy mind fast from vain thoughts; let thy memory fast from remembering evil; let thy will fast from evil desire; let thine eyes fast from bad sights: turn away thine eyes that thou mayest not see vanity; let thine ears fast from vile songs and slanderous whispers; let thy tongue fast from slander, condemnation, blasphemy, falsehood, deception, foul language and every idle and rotten word; let thy hands fast from killing and from stealing another's goods; let thy legs fast from going to evil deeds: Turn away from evil, and do good.

Saint Tikhon of Zadonsk

Crock Pot Minestrone

Courtesy of Erin Strategos

Ingredients:

1 medium onion, chopped
2 medium carrots, thinly sliced
2 stalks celery, cut into 1/2 inch pieces
1 red bell pepper, seeded, cut into 1/2 inch pieces
1 zucchini, cut into 1/2 inch rounds
2 cloves garlic, minced
2 – 14 1/2 oz cans vegetable broth
1 – 28 oz can crushed tomatoes
2 – 15 oz cans kidney beans, drained
2 tsp dried marjoram
1/4 tsp black pepper
1 1/2 cups cooked rice



Preparation:

1. Add all ingredients except rice to crock-pot.
2. Cover and cook (Low 8 – 10 hours or High 4 – 5 hours)
3. When finished, add cooked rice, stir to combine and serve.

Crock Pot Mixed Bean Soup

Courtesy of Erin Strategos

Ingredients:

1 – 15 1/2 oz can black beans, rinsed and drained
1 – 15 1/2 oz can red kidney beans, rinsed and drained
1 – 15 1/2 oz can garbanzo beans, rinsed and drained
1 – 14 1/2 oz can crushed tomatoes
1 medium onion, chopped
1 – 16 oz package frozen mixed vegetables
4 cloves garlic, mined
1 – 14 oz can vegetable broth
1/4 tsp salt
1 tsp pepper
1 tbsp dried parsley

Preparation:

1. Combine all ingredients in crock pot.
2. Cover; cook (low 8 – 10 hours or high 4 – 5 hours)

Low Fat Manhattan Clam Chowder

Courtesy of Elijah Partain



Ingredients:

2 large onions, chopped
1 large carrot, diced
1 cup chopped celery
1 green pepper, chopped
1 cup clam juice
16 ounces can stewed tomatoes
4 cups water
1/8 teaspoon thyme
pepper to taste
2 cans cooked clams
fat free crackers crushed

Preparation:

1. In large nonstick saucepan over high heat, sauté onions, carrot, celery and green peppers in clam juice until tender.
2. Add stewed tomatoes, water and seasoning to soup mixture.
3. Cook for 10 minutes. Stir occasionally.
4. Add clams to soup and simmer for 10 minutes longer. Stir occasionally.
5. Thicken with crushed crackers just before serving. Serve hot.

Crock Pot Vegetable Split Pea Soup

Courtesy of Erin Strategos

Ingredients:

2 cup dry split peas, washed and remove any stones.
4 cups water
1 stalk celery, chopped
1 cup diced potatoes
1 large carrot, chopped
1 medium onion, chopped
1/4 tsp dried marjoram or thyme
1 bay leaf
1/2 tsp salt
1 clove garlic
1/2 tsp dried basil

Preparation:

1. Place all ingredients into crock pot.
2. Cover and cook for 10 – 12 hours on low or until peas are tender.
3. Remove bay leaf and garlic before serving.

Crock Pot Veggie Potato Soup

Courtesy of Erin Strategos

Preparation Time: 15 minutes
Cook Time: 12 hours
Servings: 6 – 8 hours

Ingredients:

2 – 15 oz can diced tomatoes, drained
3 cups pre-cooked dried beans or lentils
2 carrots, sliced
2 onions, sliced
2 potatoes, diced
1 – 2 cloves garlic, minced
1 – 12 oz can V-8 vegetable juice
1 1/2 cups to 2 cups sliced celery
2 vegetable bouillon cubes
2 – 3 cubes various frozen vegetables

Preparation:

1. Place all ingredients into crock pot.
2. Cover and cook on low for 12 hours.



Crock Pot Lentil Soup

Courtesy of Erin Strategos

Ingredients:

2 – 16 oz bags lentils, soaked in water overnight
3 quarts water
1 envelope dry vegetable soup mix
2 – 15 oz cans stewed tomatoes in juice
1 cup onion, chopped
1 tsp salt
1 tsp minced garlic
2 tbsp Worcestershire Sauce

Preparation:

1. Drain lentils discarding water from soaking.
2. Add lentils and all other ingredients into crock pot.
3. Mix until well combined.
4. Cook on low, 10 – 12 hours.

Bok Choy Salad

Courtesy of Lucas Jennings

Ingredients:

2 Bok Choy, chopped
5 green onions, chopped

Crunchies:

2 pkg ramen, crushed (noodles only)
1/2 cup sliced almonds
2 tbsp sesame seeds
6 tbsp butter (3/4 cube)
2 tbsp sugar

Dressing:

1/2 cup sugar
1/4 cup red wine vinegar
3/4 cup oil (vegetable or corn)
1 tbsp soy sauce

Preparation:

1. Take all the ingredients for the crunchies and sauté lightly brown.
2. Mix the dressing well or shake in a jar.
3. Toss the greens with the crunchies and the dressing just before serving.

“Moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you that they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Matthew 6: 16 - 18



Shrimp and Scallop Posole

Courtesy of Elijah Partain

Ingredients:

1 tablespoon olive oil
1 cup chopped onion
3 garlic cloves, minced
3 cups (or more) bottled clam juice
1 (15-ounce) can white hominy, drained, rinsed
1 cup salsa verde (tomatillo salsa), medium or mild
2 tablespoons finely chopped sun-dried tomatoes in oil
1 tablespoon finely grated lime peel
1 pound uncooked jumbo shrimp, peeled, deveined
1 pound large sea scallops, halved horizontally
4 tablespoons chopped cilantro, divided



Preparation

1. Heat oil in large deep skillet over medium-high heat.
2. Add onion; sauté until tender, about 5 minutes.
3. Add garlic; stir about 30 seconds.
4. Add 3 cups clam juice and next 4 ingredients to skillet; simmer 5 minutes. *DO AHEAD Can be made 4 hours ahead. Cool slightly. Refrigerate uncovered until cold, then cover and chill. Bring to simmer before continuing.*
5. Add shrimp, scallops, and 3 tablespoons cilantro to simmering broth, adding more clam juice to thin if necessary.
6. Simmer until seafood is just opaque in center, about 3 minutes.
7. Season with salt and pepper. Divide among bowls; sprinkle with remaining cilantro.

Moujadara (Lentils and Rice)

Courtesy of Mary Andrews

Ingredients:

1 cup brown lentils, washed and drained
1 cup long grain rice, washed and drained
1/4 cup oil
3 large onions, diced
Salt to taste
4 cups water

Preparation:

1. In a pan, over medium heat, add oil and sauté onions until brown.
2. Remove half of the onions for garnish and set aside.
3. In the same pan, add lentils and 1 1/2 cups of water and boil for 6 minutes.
4. Add rice and salt and 2 1/2 cups of water and simmer until all liquid is absorbed.
5. Transfer to a serving dish and scatter remaining onions on top.

String Beans Athenian Style

Courtesy of Georgia Drulias

Ingredients:

2 lbs string beans
2 tbsp oil
1 medium onion, thinly sliced
1 can (14 oz) Italian tomatoes
2 cups water, boiling
1/4 tsp oregano
1 1/2 tbsp parsley, chopped
2 cloves garlic, crushed
Salt and pepper to taste



Preparation:

1. Wash and snip green beans. Set aside.
2. At this point, beans may be cut in half if desired.
3. In a big pan – heat oil.
4. Sauté onions, garlic and tomatoes.
5. Add green beans, parsley and salt and pepper to taste.
6. Add oregano, cover and simmer slowly 1 hour/

May be served as a side vegetable dish or as a luncheon dish with Greek feta cheese, olives and a good crusty bread.

Spinach and Rice

Courtesy of Mary Chicklenis

Makes 4 servings

Ingredients:

1 tbsp oil
1 medium onion, chopped
1 can (15 oz) stew tomatoes
2 cups water
2 pkgs (10 oz) frozen spinach
1/2 cup long grain rice
Salt and pepper to taste

Preparation:

1. Sauté onions in oil until limp.
2. Add all the other ingredients and simmer covered until rice is done (about 20 minutes)

Good accompaniments to this dish are feta cheese and a loaf of crusty bread.



Tacos Updated

Courtesy of Erin Strategos

Ingredients:

1 tsp vegetable oil
1 small onion, finely chopped
3/4 tablespoon curry powder
1 clove garlic, minced
2 tsp dry mustard
1 – 28 ounce can tomatoes, chopped (include tomato liquid)
6 tbsp salsa
3 tbsp prepared horseradish
1 tbsp apple cider vinegar
12 oz firm tofu, frozen and thawed
1/8 tsp salt or to taste
12 soft corn or wheat tortillas or taco shells

Preparation:

1. Heat oil in large saucepan or skillet
2. Add onion and sauté several minutes, until translucent
3. Stir in curry powder, garlic and mustard. Sauté briefly.
4. Add tomatoes, salsa, horseradish and vinegar. Bring to a simmer. Cover partially and cook about 1 hour until sauce thickens
5. When sauce has thickened, thoroughly squeeze moisture out of tofu and crumble into sauce. Simmer 30 minutes more to allow tofu to absorb the flavor of the sauce, and to bring sauce to desired consistency. Season with salt and additional vinegar if desired.
6. Heat tortillas or taco shells. Fill with sauce and serve immediately.



Shrimp Etouffee
From the Dorlis Family



Ingredients:

¼ cup onions, chopped
¼ cup celery, chopped
¼ cup green bell peppers, chopped
7 tbsp vegetable oil
¾ cup flour
3 cups seafood stock
2 sticks (1/2 pound) margarine
2 lbs shrimp
1 cup green onions, chopped
4 cups rice, cooked

Seasoning Mix:

2 tsp salt
2 tsp cayenne pepper
1 tsp white pepper
1 tsp black pepper
1 tsp basil
½ tsp thyme

Preparation:

1. Combine seasoning mix and set aside.
2. Combine onions, celery and bell peppers and set aside.
3. In a large heavy skillet, heat oil until smokes (about 4 minutes). Mix in flour with a wire whisk until smooth, Continue cooking and whisking until roux is dark red brown (3-5 minutes). Remove from heat and stir in vegetables and 1 tablespoon of seasoning mix with a wooden spoon. Continue stirring until cooled (about 5 minutes) then set aside.
4. Bring 2 cups of stock to a boil over high heat.
5. Gradually add the roux and vegetable mix, and whisk until thoroughly dissolved. Reduce heat to low and cook about 2 minutes whisking constantly. Remove from heat and set aside.
6. Melt 1 stick of margarine over medium heat and stir in shrimp and green onions. Sauté for 1 minute.
7. Add the remaining stick of margarine, the vegetable stock mixture and the remaining 1 cup of stock. Cook until margarine melts (4-6 minutes). Shake the pan at this point to mix (do not stir – shake!).
8. Add the remaining seasoning mix, stir well and remove from heat.
9. Serve immediately over rice.



Crock Pot Vegetarian Dinner
Courtesy of Erin Strategos

Preparation Time: 10 minutes
Cook Time: 10 – 12 hours
Servings: 6 – 8 hours

Ingredients:

6 potatoes, diced
1 large onion, sliced
2 carrots, sliced
1 green pepper, sliced
1 zucchini, sliced
1 cup fresh or frozen corn
1 cup fresh or frozen peas
2 1/2 cup tomato sauce
1/4 cup soy sauce
1 tsp dried thyme
1 tsp dried mustard
1 tsp dried basil
2 tsp chili powder
1/2 tsp cinnamon
1/8 tsp sage
2 tbsp parsley flakes

Preparation:

1. Layer sliced potatoes across bottom of crock pot.
2. Place onions over potatoes, then carrots, then sliced green pepper and finally sliced zucchini.
3. Top with corn and peas.
4. In a medium bowl, combine all other ingredients.
5. Mix well and put over vegetables in crock pot.
6. Cook low 10 – 12 hours.



Taraneokeftaides
(Potato/Tarama “meatless” balls)
Courtesy of Soula Schoell

Ingredients:

2 pounds potatoes
1 – 10 oz jar Tarama
1 medium onion, chopped
1 clove garlic, chopped
Parsley, chopped
Flour
Frying oil

Preparation:

1. Boil potatoes, peel and mash.
2. Add Tarama, onion, garlic and parsley and mix VERY well
3. Shape into balls, roll in flour and fry in hot oil.

Makes approximately 20 balls.



Potatoes with Oregano in the Oven
Courtesy of Jim Southerd

Ingredients:

About 3 lbs. of potatoes
3/4 cup oil
2 lemons squeezed into juice
2 tbsp oregano
2 tbsp salt
2 tbsp pepper

Preparation:

1. Wash and peel potatoes, then cut into wedges
2. Place potatoes on a backing pan.
3. Mix the oil, the lemon juice, salt, pepper, and oregano and pour over the potatoes.
4. Preheat Oven to 300 and bake for about an hour or until the potatoes turn golden brown.

Melitzanes Papoutsakia
(shoe-shaped eggplant)
Courtesy of Presbytera Despina Chaffee

It makes four servings.

Ingredients:

4 Japanese eggplants
2 onions small - finely chopped
4 tomatoes crushed
3 garlic gloves - finely chopped
3 slices of bread (dipped in water and strain very well)
finely chopped parsley
salt and pepper
1 1/2 cup of oil

Preparation:

1. Cut the eggplant in half lengthwise.
2. Make a cut on the inside side of them in the shape of cross and fry them.
3. Take out most of their inside and lay them in a tray, with their skin underneath and the opening on the top.
4. In another pan sauté the onions and add the tomatoes, garlic, parsley, bread, and the inside of the eggplants (that you took out before).
5. Fill the empty eggplants in the tray with the onion mix that you just made, and bake them for 25 minutes in an oven set at 350 degrees
6. If you want you can lay on top of them tomato slices before you put them in the oven for decoration and extra flavor.

If thou, O man, dost not forgive everyone who has sinned against thee, then do not trouble thyself with fasting. If thou dost not forgive the debt of thy brother, with whom thou art angry for some reason, then thou dost fast in vain God will not accept thee. Fasting will not help thee, until thou wilt become accomplished in love and in the hope of faith. Whoever fasts and becomes angry, and harbors enmity in his heart, such a one hates God and salvation is far from him.

Venerable Ephraim the Syrian

Spinach Rice
Courtesy of Katerina Haynes



Ingredients:

1 pound spinach
1 tbsp dill, chopped
1/4 cup olive or vegetable oil
Salt and pepper to taste
1 medium onion, chopped
2/3 cup rice
1 1/2 cups water
Lemon juice (1/2 of a lemon)

Preparation:

1. Wash the spinach several times, drain well and chop
2. Sauté onions in oil until brown.
3. Add spinach to the onions and simmer slowly until almost cooked
4. Add water and bring to a boil.
5. Stir in rice and seasonings.
6. Cover and simmer for 15 minutes, or until rice is soft and liquid is absorbed.
7. Add lemon juice before removing from heat.

Variation: for tomato lovers, omit lemon juice and add 1/2 cup tomato sauce to the sautéed onions.

Chili Beans
Courtesy of Erin Strategos

Ingredients:

1 onion, chopped	1 – 30 Oz can chili beans
1 – 29 oz can pinto beans	1 can diced tomatoes
1 – 29 oz can red kidney beans	1 pkg chili seasonings mix (Chili-O)

Preparation:

2 methods to make this dish:

Method 1:

1. Brown onion, add seasoning and water as per direction on seasoning mix package.
2. Put all other ingredients in the pan and heat thoroughly.

Method 2:

1. Add all ingredients to the pan with seasoning mix and water as per direction on seasoning mix package.
2. Heat thoroughly.
3. Top servings with chopped onions.

Stuffed Tomatoes

Courtesy of Nahla Demestihias

Ingredients:

10 large tomatoes
1 cup rice
1 medium onion, chopped
5 cloves garlic, minced
Salt and pepper
1/4 cup parsley, chopped
1/4 cup tomato paste
1/4 cup water
1/2 cup oil
1 tbsp sugar

Preparation:

1. Slice tops from tomatoes and scoop out centers. Discard the “hard” center and place tomatoes in a baking pan.
2. Mix all ingredients together and spoon into tomato cups
3. Replace tops and pour enough boiling water to cover the bottom of the pan.
4. Cover and bake at 350 degrees for about 45 minutes.
5. Uncover and bake until brown and done.



Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

Ephesians 6: 10 - 12



Stuffed Green Peppers
Courtesy of Erin Strategos

Ingredients:

6 green peppers – medium sized
2 large onions – chopped fine
1/4 cup chopped dill
1/2 cup chopped parsley
1/4 tsp pepper
1/2 cup chopped celery
1/2 cup vegetable oil
1 1/2 teaspoon salt
1 1/2 cups rice
Fresh diced tomatoes

Preparation:

1. Sauté onions, celery, and seasonings in vegetable oil until soft and translucent.
2. Add 2 cups of fresh diced tomatoes to mixture.
3. Let tomatoes soften and simmer until sauce comes together.
4. Add rice.
5. Stir lightly until slightly brown.
6. Add ½ cup of water. Cover, lower heat, and cook until liquid is absorbed (rice will be partially cooked).
7. Cut a slice from stem end of the pepper and carefully remove the seeds. Rinse in cold water.
8. Fill with rice mixture, and replace top slice.
9. Place in baking pan with 1 cup water, 1 tablespoon oil, and 3 tablespoons of tomato sauce.
10. Bake in oven at 375 degrees for about 1 hour, basting occasionally.



Chrissy's Totally Fasting Lasagna

Courtesy of Christine Jennings

This recipe is for a large (deep dish) lasagna pan – it's good to read through this recipe before you begin. You can also prepare most of these ingredients a day ahead to really speed things up. You can make this dish any size you want really! Just add more layers for a larger meal or use less for smaller dish (you have only 2 layers as well – totally up to you).

Ingredients:

1 pkg Lasagna noodles (these need to be boiled and patted dry)
1 – 2 jars pasta sauce
1 – 2 bags spinach, washed and dried (stems cut off if desired)
2 blocks Trader Joes Soy Mozzarella cheese (shredded)
Handful or so mushrooms, washed, de-stemmed, sliced to desired thickness
2 – 3 cloves garlic, chopped (garlic powder may be substituted)
1/4 cup parsley, finely chopped
Basil and oregano, finely chopped – to taste
1 – 3 tbsp fasting butter (for sautéing – if desired)
Garlic Powder/Salt (optional)

Extra ingredients you could include: tomatoes, zucchini, squash, corn (any tender favorite vegetable!)

Preparation:

1. Preheat oven to 375 degrees
2. Follow package directions for preparation of lasagna noodles
3. While noodles are boiling, wash, prepare and chop all other ingredients.
4. Shred the cheese, keeping 1 block for filling and 1 for topping
5. Sauté in fasting butter, the garlic and mushrooms until golden brown and tender. Set aside.
6. Once noodles are boiled enough, drain them and pat them dry with a towel. Let them cool slightly before using.
7. Assembly of Lasagna:
 - a. Cover bottom of lasagna pan with a little sauce (to prevent sticking)
 - b. Layer a base of noodles over-lapping them slightly
 - c. Put more sauce and then a layer of spinach all the way across
 - d. Next add your filling ingredients, some cheese, mushrooms, garlic and so on, making sure to leave enough ingredients for each of your layers. (note - the cheese is very mild/bland – so if you desire, you can add just a dash of garlic salt to each layer)
 - e. Repeat the above – you should try to get at least 3 layers of noodles in the pan.
8. When the last layer of cheese is applied (that is that one block that was set aside) – sprinkle some herbs on top of the soy cheese for more flavor. Add a dash or two of the garlic powder/salt to taste.

9. Once fully assembled in your pan (soy cheese on top), cover with foil (do not let the foil touch the top of the lasagna – tent the foil if necessary)
10. Bake for 50 minutes or until the lasagna is bubbling.
11. You can take the foil off the last 10 minutes to brown the top a little.
12. Cool your lasagna before you serve it – this will allow it to thicken up (otherwise it will be like a soup!)

Make some toasted garlic bread and a green salad to go with! Enjoy!



Veggie Stuffed Peppers

Courtesy of Kelly Demestihias

Ingredients:

- 4 red bell peppers tops cut off and saved. Seed the pepper
- 1 onion, chopped
- 2 garlic cloves minced
- 1 - 14 ½ -ounce can diced tomatoes
- 1/2 bag - 10 ounce bag frozen corn kernels thawed
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 cup cooked brown rice

Preparation:

1. Preheat oven to 375. In a large pot of boiling water, cook the bell peppers until tender, about 4 minutes.
2. To prepare the filling, spray a large non-stick skillet with olive oil spray and set over medium heat. Add the onion and garlic; cook until softened, about 5 minutes. Stir in tomatoes, corn, chili powder, salt, and pepper; bring to a boil. Reduce heat and simmer for 10 minutes so that the flavors blend. Stir in the rice.
3. Stuff the filling into each pepper. Place the stuffed peppers in a 2-quart casserole. Cover with foil and bake until heated through, 20-25 minutes.

Crock Pot Shrimp Creole

Courtesy of Erin Strategos

Ingredients:

1 1/2 cup chopped onion
3/4 cups chopped celery
1 glove garlic, minced
3/4 cup diced green pepper
1 – 28 oz can whole tomatoes
2 – 8 oz can tomato sauce
1/2 tsp salt
1/2 tsp pepper
1 tsp sugar
1 tsp paprika
1 bay leaf
3 – 6 drops Tabasco sauce
1 pound fresh shrimp, shelled and de-veined (or 1 – 16 oz package frozen shelled shrimp, rinsed and drained)

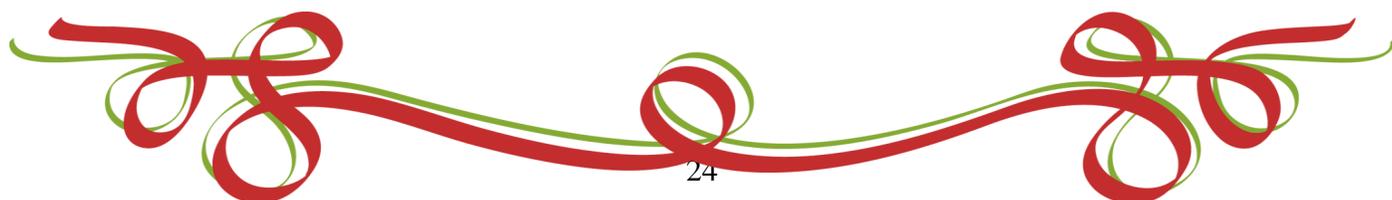
Preparation:

1. Combine all ingredients except shrimp in crock pot. Stir to blend well.
2. Cover; cook (low 7 – 9 hours or high 3 – 4 hours).
3. During last hour turn crock pot on high and add shrimp.
4. Cook 1 hour or until shrimp turn pink.



To the extent that the flesh of the faster becomes thin and light, spiritual life arrives at perfection and reveals itself through wondrous manifestations, and the spirit performs its actions as if in a bodiless body. External feelings are shut off, and the mind that renounces the earth is raised up to heaven and is wholly immersed in the contemplation of the spiritual world.

Venerable Seraphim of Sarov



Lemonade Stand Pie

Courtesy of Erin Strategos

Ingredients:

1/3 cup Country Time Lemonade (Strawberry and Raspberry flavored)
1/2 cup water
1 pint (2 cups) vanilla ice cream, softened (fasting ice cream can be found in the freezer section of most stores)
1 tub cool whip whipped topping, thawed
1 Graham Cracker Pie Crust

Preparation:

1. Stir in drink mix and water until dissolved.
2. Beat lemonade mixture and ice cream in large bowl with electric mixture on low speed until blended.
3. Gently stir in whipped topping until smooth.
4. Freeze until mixture mounds.
5. Spoon in to crust.
6. Freeze 4 hours or overnight until firm.
7. Let stand at room temperature 15 minutes or until pie can be easily cut.
8. Garnish with lemon slices. Store leftover pie in freezer

Lenten Cake

Courtesy of Nicole Strategos

Dry Ingredients:

3 cups flour
2 tsp baking soda
1 tsp salt
2 cups sugar

Wet Ingredients:

3/4 cup oil
2 cups cold water
2 tsp vanilla
3 tbsp vinegar

Preparation:

1. Mix dry ingredients separately from the wet ingredients.
2. Mix the two sets of ingredients together.
3. Bake at 350 degrees for 45 minutes



Totally Fasting Oatmeal Cookies

Courtesy of Christine Jennings

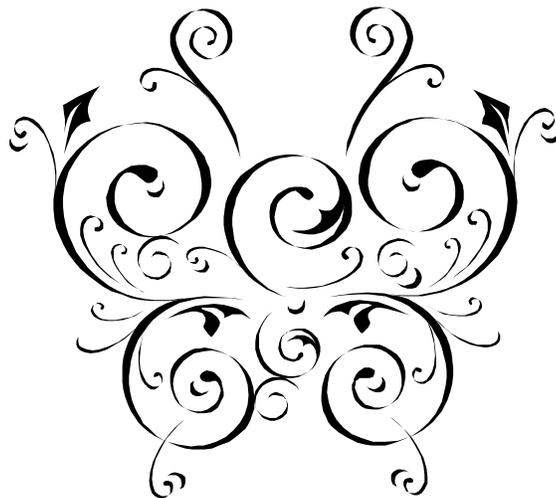
Yields 4 dozen cookies

Ingredients:

3/4 cup fasting butter, softened
1 cup packed brown sugar
1/2 cup sugar
2 tbsp water
1 tsp vanilla extract
3 cups quick-cooking oats
2/3 cup all purpose flour
2 tbsp grated orange peel (if desired)
1 tsp ground cinnamon
1/2 tsp baking soda
2 tbsp cornstarch (egg substitute)
2/3 cup raisins (if desired)

Preparation:

1. In a large mixing bowl, cream the fasting butter and sugars until light fluffy, blend in the water and vanilla.
2. Combine oats, flour, orange peel, cinnamon, baking soda and cornstarch; gradually add to the creamed mixture. Stir in raisins (dough will be stiff).
3. Drop by level tablespoons 2 inches apart onto the greased baking sheets.
4. Bake at 350 degrees for 12 – 15 minutes or until the edges are lightly browned. Remove to wire racks to cool.



Lenten Cake

Courtesy of Erin Strategos

Ingredients:

3 cups flour (Swans Down works best)
2 tsp baking soda
1 tsp salt
2 cups sugar
3/4 cup oil (or applesauce)
2 cups cold water
2 tsp vanilla
3 tbsp vinegar

Special Notes:

May substitute 1/2 cup of water with Orange Juice and Orange Zest
May add pureed banana, walnuts, oatmeal, chocolate chips, etc

Preparation:

1. Pre-heat oven at 350 degrees.
2. Whisk together first four ingredients in one bowl.
3. Whisk together second four ingredients in another bowl.
4. Combine ingredients, place in pan, and bake for 45 minutes

Carrot Bread

Courtesy of Erin Strategos

Ingredients:

First set:

1 1/3 cup sugar
1 1/2 cup water
1 cup raisins
1 tbsp margarine
3 large finely grated carrots
1 tsp cloves
1 tsp cinnamon
1 tsp nutmeg

Second set:

1 cup chopped walnuts
2 1/2 cups flour
1/2 tsp salt
1 tsp baking soda
1 tsp baking powder

Preparation:

1. Bring ingredients from first set to a boil, and then simmer for 5 minutes.
2. Cover and let sit for 12 hours or overnight.
3. When ready, add second set of ingredients to the mix.
4. Place in 2 loaf pans or 1 tube pan
5. Bake at 275 degrees for 2 hours

Pear Crisp

Courtesy of Erin Strategos

Ingredients:

9 cups peeled, sliced pears (about 12 medium pears)
3/4 cup raisins or currants
4 tbsp brown sugar
3/4 tsp cinnamon
3/4 tsp vanilla extract
2 cups rolled oats
1/4 cup whole-wheat pastry flour
5 tbsp margarine
3 tbsp honey

Preparation:

1. Preheat oven to 325 degrees.
2. Combine pears, raisins or currants, 3 tablespoons brown sugar, cinnamon and vanilla in a medium bowl.
3. Mix gently. Transfer to a 9 x 12 baking pan.
4. Combine oats, remaining brown sugar, flour, margarine and honey in bowl.
5. Mix with fork until margarine is evenly distributed (mixture will be crumbly)
6. Spoon on top of pear mixture.
7. Bake for 45 minutes or until browned.
8. Allow to cool slightly before serving.
9. Serve warm or chilled.

