

Liturgical Recipes: Banana Nut Bread

Ingredients

- 1³/₄ cup flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 tablespoons margarine
- 1/3 cup sugar
- 2 tablespoons ground flaxseed dissolved in 6 tablespoons of hot water (then let cool 5 minutes, so that it gets thick)
- 3 ripe bananas
- 1/2 cup chopped walnuts
- sea salt

Baking

1. Heat oven to 350° fahrenheit
2. Grease a loaf pan. Mash bananas.
3. In a separate bowl, mix the flour together with the baking soda, baking powder and a little salt.
4. In another bowl, cream the margarine with the sugar and then add the prepared ground flaxseed (should be cooled before adding).
5. The mashed bananas and the flour mixture can go in now; stir well.
6. Stir in the walnuts
7. Spoon the mixture into greased loaf pan. Bake for 50 minutes or until done – test by piercing with a kebab skewer or chopstick. It should come out clean.
8. Remove the bread from the oven. Turn it out to cool. If possible leave until the next day before serving.

Submitted by: Katherine M.

Lenten Recipes: Breakfast Burritos

Ingredients

- Fresh or frozen fruit chopped or sliced
- Granola
- Cinnamon and sugar
- Nuts
- Preserves
- Apple Butter
- Syrup
- Powdered sugar

Gather together as many of the following ingredients as you'd like.

Baking

Each family member creates his or her own personal burrito. Then microwave it about 30 seconds to heat it up. Top with powdered sugar or pancake syrup or honey or preserves or leave plain on top.

Submitted by: Debra Mattingly

Lenten Recipes: Chocolate Chip Oatmeal Bars

Ingredients

- cup flour,
- 1/2 teaspoon sea salt,
- 1/2 baking soda,
- 1 teaspoon cinnamon,
- 1/2 teaspoon allspice (or ground cardamom),
- 1/2 cup brown sugar,
- 1/2 cup chocolate chips,

- 1 teaspoon vanilla,
- 1 cup uncooked oats,
- 1/2 cup oil (or 1/2 cup tahini),
- 1/4 cup water,
- [optional] 1/4 cup sesame seeds or coconut

Baking

Mix together all ingredients. Pour into greased 7 by 11 inch (or 9 by 9 inch) pan. Bake in pre-heated 350 degrees oven for 30 mins. Cut into bars.

Adapted from 'Food for Parsdise, Revised and Expanded', a meatless cook book compiled by the Orthodox Church of Saint John the Russian, Ipswich Mass

Lenten Recipes: Gingerbread Muffins with Lemon Sauce

Makes 24 small muffins

Ingredients

- 2 cups flour
- 1 Tbsp pumpkin pie spice or mixture of cinnamon, ginger, nutmeg, allspice, cloves
- 1 tsp baking soda
- ½ tsp salt
- 1 cup light molasses
- ¼ cup brown sugar
- 1/3 cup safflower or corn oil
- 1 cup boiling water

Baking

Stir flour, spices, baking soda, and salt together. In another bowl, mix molasses, brown sugar and oil. Pour boiling water into molasses mixture and beat with

mixer or whisk just until sugar is dissolved. Add flour mixture and mix just till all lumps of flour are dissolved, about 20 strokes. Spoon batter into greased muffin cups. Bake for 20 minutes at 400' F. Serve with 2 Tbsp lemon sauce spooned over each muffin.

While muffins are baking prepare lemon sauce:

In saucepan combine ½ cup sugar, 1 Tbsp cornstarch, and 1/8 tsp salt. Slowly stir in 1 cup boiling water. Cook for 5 minutes on medium heat, stirring until thickened. Remove from heat and stir in 1 Tbsp vegan margarine, 1 tsp grated lemon zest, and 3 Tbsp lemon juice.

Nutrients per serving: 123 calories, 3.5 gm fat

Submitted by: Janet Roseland

Lenten Recipes: Khouria's Snack Mix

As we know, the four main taste receptors are for sweet, salty, bitter, and sour, but there is a lesser-known fifth: “umame”, the savory quality in meats. That is what I really get to miss as Great Lent goes on, and this snack mix is a help.

Ingredients

About ingredients: Chex are easy to find, but other ingredients can be harder! I find them sometimes at the Giant in the produce section (a brand called Ann's) and at Food Lion in the organic aisles near produce (Woodstock brand).

- 8 cups Chex cereal (I use corn and rice)
- 2 cups rice crackers (1 Ann's 6 oz bag, or measure from Woodstock 10 oz bag)
- 2 ½ cups sesame sticks (1 Ann's 9 oz bag, or measure from Woodstock 12 oz bag)

- 2 cups pumpkin seeds/pepitas, salted (1 Ann's 7 oz, or measure from Woodstock 12 oz bag)
- 14 oz generic mixed nuts, unsalted (there is plenty of salt in the other ingredients)
- ½ c oil
- ¼ c Worcestershire sauce
- 1 t onion powder
- 1 t garlic powder
- 1 t salt

Gather together as many of the following ingredients as you'd like.

Baking

Preheat oven to 250.

Use a very large pan; this recipe fills my 12 x 18 cake pan that is 2" deep. Adjust recipe for smaller pans, or do two batches.

Layer these ingredients into the pan:

- 8 cups Chex cereal,
- 2 cups rice crackers
- 2 ½ cups sesam sticks
- 2 cups pumpkin seeds/pepitas, salted
- 14 oz generic mixed nuts, unsalted

You can also add sunflower seeds, bagel chips, chow mein noodles, anything you like.

In a small bowl, whisk:

- ½ c oil
- ¼ c Worcestershire sauce
- 1 t onion powder
- 1 t garlic powder

- 1 t salt

Pour the liquid over the dry material and mix gently, by hand.

Spread in pan and cook 15 minutes. Remove from oven, and lift with a spatula to stir it, so that it doesn't burn on the bottom. Do this 4 times (that is, cook one hour total). Spread on newspapers to cool.

You can store it in any container, but I like to fold paper towels in the bottom of a paper grocery bag and pour it in. I keep it that way, changing the paper towels, so that the oil is continually being absorbed away.

A good idea to use a ½ c measuring cup as a scoop, so you can put it in a bowl and walk away, and are not tempted to go on eating and eating and eating...

Submitted by: Khouria Frederica

Liturgical Recipes: Lenten Chili

Ingredients

- 2 32oz cans of tomato sauce
- 1 can of black beans
- 1 can of navy beans
- 1 can of kidney beans
- 1 decent sized onion
- 1 clove of garlic
- 1 green bell pepper
- Cumin
- Red Pepper
- Cacao Powder
- optional: pickled jalepeno peppers

Baking

Dice the garlic, onion and pepper. Heat the both cans of tomato sauce on medium. Stir and add cacao powder until it gets a nice brown color. Then add cumin and red pepper to the mixture until the taste is right — less red pepper if you don't want as much hot. Add a few pickled jalepenos as well if you wish.

Once it is thoroughly mixed, add the other ingredients in the order you want them cooked; i.e. Garlic, pepper, onion, beans. If you like the texture of crunchy pepper then you can add it last. Continue stirring (a must!) until the mixture is just so. Add salt if you wish.

Submitted by: Garth Ogle

Lenten Recipes: Lenten Chocolate Tofu Pie

Ingredients

- 1 graham cracker crumb crust (will fill a 9" crust)
- 12 oz Semi-sweet chocolate chips (2 cups)
- 8 oz. non-dairy whipped topping
- 1 box silken tofu

Mori Nu extra firm is best. Firm also works or if you want pudding consistency, use soft.

[Mori Nu is found with the organic products, not in the refrigerated area. It is in a box about the size of a juice box.]

Baking

I use a food processor, but a blender or mixer will also work.

- Mix tofu and whipped topping.
- Melt the chocolate. (I use the microwave.)
- Blend the chocolate into the tofu mixture.
- Pour into graham cracker crumb crust.
- Refrigerate.

Submitted by: Debra Mattingly

Lenten Recipes: Ortho Fritters

Ingredients

- 1 ½ cup corn meal
- ½ cup flour
- 1 teaspoon salt
- ½ teaspoon soda
- 3 teaspoons baking powder
- 5 teaspoons garlic pepper
- 2 teaspoons garlic powder
- 1 cup corn
- 2 6 oz. cans crab meat with liquid drained
- ¾ cup soy milk
- Oil for frying

Baking

Mix all dry ingredients. Add corn and crab meat and mix well. Add soy milk. The batter should be thick enough to drop from a spoon into hot oil. Heat about ½ inch of oil in frying pan. Fry to a golden brown and drain on paper towel. Or Bake until done in a medium oven -- 350 F

Submitted by: Debra Mattingly

Lenten Recipes: Peachy Corn Muffins

Ingredients

- 1 Cup Yellow Corn Meal
- 1 Cup sifted flour
- ¼ Cup Sugar

- 3 teaspoons baking powder
- 1 teaspoon salt
- ¼ C soft shortening
- 1 Can of canned peaches, pureed in food processor, with juice

Baking

Preheat oven to 425 degrees F.

Combine corn meal, flour, sugar, baking powder and salt in a bowl. Cut in shortening. Mix peach puree into dry ingredients with a few swift strokes (note: if you need more liquid, you can add more peach puree or orange juice). Bake in greased muffin pan for 20 minutes.

Makes 12 muffins.

Submitted by: Roxann Ashworth

Lenten Recipes: Spicy Garbanzos

Makes 4 servings, ½ cup each

Ingredients

- 2 cups pre-cooked, drained garbanzo beans
(Don't drain too well. They need to be moist so spices will stick to them)
- ½ tsp garlic powder
- 2 tsp chili powder

Baking

Mix ingredients well on ungreased non stick baking sheet. Bake at 350' for 45 minutes, or longer if you want a drier snack. Remove from baking sheet to cool.

Use your favorite spices! Add more spices than the amounts listed, if you like spicier snacks.

Nutrients per serving: 184 calories, 3 gm fat, 10 gm protein, 31 gm carbohydrates, 78 mg calcium, 4 mg iron, 26 mg sodium, 6 gm dietary fiber

Submitted by: Janet Roseland

Marias Spicy Bean soup

4 carrots, chopped 1/2 cup sherry

2 onions chopped 1/2 cup rice or orzo

1-2 clove garlic mashed --

2T olive oil

1Tground cumin

1/4 t cayenne pepper (or to taste) try 1/8 tsp first

1 1/2 t ground corriander

4 cups vegetable broth

2-16 oz cans of black bean (including liquid in can)

In a kettle, cook the carrots, onions, and garlic in the oil over moderate heat, stirring until the vegetables are soft. Stir in cumin, cayenne, and coriander and cook mixture stirring for one minute. Add broth and beans with the liquid. Bring all of this to a boil and simmer for about 15 min. Add rice and simmer for 15-20 min or until rice in tender. Stir in sherry & salt & ground pepper. Add garnish if you like.

A favorite in my family during any fast!

Katherine Joyce

Houghton, MI

Vegetarian Four-Bean Chili

Makes 8 servings at \$1 each

Nutrient value per serving: 286 calories, 14 g protein, 4 g fat, 51 g carbohydrate, 866 mg sodium,

0 mg cholesterol.

1 T vegetable oil

2 large onions, chopped

1 sweet green pepper, chopped

3 cloves garlic, finely chopped
 2 carrots, pared and cut into 1/2 inch dice (we just chop 'em up)
 1 small zucchini, halved lengthwise and thickly sliced crosswise
 1 summer squash cut the same as the zucchini
 2 T chili powder
 1/2 t leaf oregano, crumbled
 1 t ground cumin
 2 cans (28 oz. Each) pureed tomatoes
 1 can (12 oz.) beer - don't skip this!
 1 t salt
 1 can (1 lb.) of each of the following, drained and rinsed:

-black beans
 -black eyed peas
 -kidney beans
 -chick-peas

1. Heat oil in large pot over medium heat. Add onion, green pepper and garlic; sauté 4 minutes until onion is softened. Add carrot; cook, covered, 2 minutes. Add zucchini, summer squash, chili powder, oregano and cumin; sauté 1 minute. Add tomatoes (carefully breaking up with wooden spoon), beer and salt. Bring to boiling. Lower heat; simmer, partially covered, 15 minutes.
 2. Stir in all the beans. Simmer, stirring frequently, 10 minutes to heat through.
 3. Serve over rice or with fresh bread.

VINAIGRETTE SALAD

Submitted by: Anne Joyce

2 large (or more) fresh beets
 1-2 large carrots
 3 large potatoes
 3-4 dill pickles
 1 can sauerkraut
 1 large onion (can substitute green onions)
 2-3 Tablespoons vegetable oil
 salt to taste
 1 can green peas (optional)

· Boil the beets, carrots and potatoes in a large pot. Be aware that the three vegetables cook at different speeds so you will need to remove the carrots first and then the potatoes while the beets still cook.
 · Let vegetables cool.
 · Chop beets, carrots and potatoes into small pieces and put in a large bowl.

- Chop pickles and onion. Add to the vegetables.
 - Drain sauerkraut and add to other ingredients. Mix well.
 - Add vegetable oil. Mix well.
 - Add salt, if needed.
 - Add green peas for decoration before serving.
- * Feel free to adjust the amounts of all ingredients based on your personal preference.
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Lentils with Spinach

1 T olive oil

1.5 C diced onion

6 C vegetable broth

1 lb. dry green or brown lentils, carefully picked over and washed

1 10 oz package frozen, chopped spinach

2 T lemon juice

1.5 t ground black pepper

salt to taste

Sauté onion gently in oil. Add stock and bring to boil. Add lentils. Return pot to boil, reduce

heat and simmer 15 minutes. Add spinach and simmer 15 more minutes.

Remove from heat and

finish with lemon juice and pepper. Serve over brown rice. Fr. Gregory likes this plated with a

few dashes of Tobacco sauce on top. Salsa is also good on top.

Mussels Marinara

Serve this dish as a main course with a green salad a loaf of Italian garlic bread.

3 dozen fresh mussels

1 medium onion, thinly sliced

4 garlic cloves, minced

3 tablespoons olive oil

2 (28-oz) cans Italian peeled tomatoes, drained and chopped

1 C dry red wine

2 bay leaves

1 t dried basil

1/2 t salt

1/2 t crushed hot red pepper

1/4 grated Parmesan cheese (not during lent, though!)

1. Scrub mussels well. Pull or cut off hairy brown beard from each mussel.

2. In a large saucepan, cook onion and garlic in olive oil over medium heat, stirring frequently,

until softened, about 2 minutes. Add tomatoes, wine, bay leaves, basil, salt, and hot pepper.

Stir to mix. Partially cover and cook, stirring occasionally, until sauce thickens, about 20 minutes.

3. Add mussels; raise heat to medium- high, cover, and cook, stirring occasionally, until mussels open, 5 to 10 minutes. Discard any that do not open. Spoon out servings of mussels and sauce into individual bowls and sprinkle cheese on top. Serve immediately.

EGGPLANT CAVIAR

Submitted by: Anne Joyce

1 large (2 small) eggplants

1 green pepper – chopped

1 onion – chopped

1-2 carrots – grated

1 can (4oz) tomato sauce

2 teaspoons fresh dill

1-2 Tablespoons olive oil

salt and pepper to taste

· Poke holes in eggplant with a fork. Cook in microwave approximately 10 minutes or until

soft (can also cook in the oven). Let cool.

· While eggplant is cooking, chop onion and green pepper. Sauté green pepper and onion in a skillet with olive oil. Add grated carrot when pepper and onion mixture is almost soft.

· Chop eggplant, removing seeds. Add to mixture in skillet. Add tomato sauce, dill and salt and pepper. Simmer for 5-10 minutes.

· Remove from heat and let cool. You may put it in the blender for a smoother texture.

· Keep in refrigerator and serve cold on bread or crackers.

· Feel free to adjust the amounts of vegetables based on your personal preference.

The Best (Lenten) Chocolate Cake

Elizabeth Joyce

3 Cups flour

2 tsps. baking soda

6 tbsps. cocoa

1 tsp. salt

2 Cups sugar

3 tbsps. vinegar

2 tsps. vanilla

3/4 cup oil

2 cups cold water

Measure flour, soda, cocoa salt, and sugar into large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9 x 13 inch baking pan. Bake at 350 degrees for 45 minutes.

For icing: buy Duncan Hines or Pillsbury frosting, Classic Chocolate or Vanilla (or whatever you like that fits the fast).

It also good without frosting.

1 pound linguini

Salt

1/4 cup extra-virgin olive oil, 4 turns of the pan

6 fillets flat anchovies, chopped

4 cloves garlic, chopped

1 teaspoon dried thyme leaves

1/2 to 1 teaspoon crushed red pepper flakes

1/2 cup dry white wine, 2 turns of pan

1 (15-ounce) can whole baby clams, with their juice

Handful flat- leaf parsley, chopped

Bring a large pot of water to a boil. Add salt and the linguini and cook to an extra chewy al

dente, 7 minutes or so. The linguini will continue to cook in sauce, later.

To a large skillet heated over medium heat, add oil, anchovies, garlic, thyme and red pepper

flakes. Cook together until anchovies melt into oil and break up completely. Add wine to the pan

and give the pan a shake. Add clams and their juice. Drain pasta and add it to the clam sauce.

Toss and coat the pasta in sauce with clams until the pasta absorbs the flavor and juices, 2 to 3

minutes. Remove from heat and season with salt, add parsley and serve.

Lenten Notes: Anchovies can be eaten on days when fish is allowed. Wine can be used on days

when wine is allowed. The recipe is just fine without the anchovies, not so without the wine – you need it.

REMEMBER – IF IT IS VEGAN IT FITS THE FAST

REMEMBER – YOU CAN HAVE SHELL FISH ANY DAY!