

# St. John Orthodox Church

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*Lenten Recipes*

*2014*



# FASTING GUIDELINES

The **purpose of fasting** is to focus on the things of God's Kingdom and be freed from dependence on worldly things.

Fasting in itself is **not a means of pleasing God**.

Fasting is **not a punishment** for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.

**We fast to be delivered from carnal passions** so that God's gift of Salvation may bear great fruit in our lives.

We fast and turn our eyes toward God in His Holy Church. **Fasting and Prayer are meant to go together.**

Most of all, it is important that **we do not eat each other**. We ask God to "set a watch and keep the door of our lips."

Fasting is **not irrelevant**, is **not obsolete**, is not something for **someone else**. Fasting is **from God, for us, right here and right now**.

We fast **faithfully and in secret**, not judging others and not holding ourselves up as an example.



The **traditional fasting discipline** is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

**Regarding the Fast** – The Church gives us guidelines. However, for some, the guidelines may be too difficult at times due to various factors. The fast is given to help us draw near to God, not to punish or injure us. It is always good to ask a blessing for your fast, and to get counsel from your confessor or priest.



# SOUPS

## **Broccoli Almond Soup** (Kh. Pamela Mashburn)

Serves 8

2 T. oil  
4 cloves garlic  
1 medium yellow onion, peeled and diced  
2 cups peeled and diced potatoes  
½ cup dry white wine (optional)  
4 cups vegetable stock  
4 cups coarsely chopped broccoli (stems and florets)  
1 cup sliced almonds, toasted  
2 cups unsweetened almond milk  
2/3 cup finely chopped fresh parsley (I didn't use this)  
Salt and pepper

In a large soup pot, sauté the garlic and onion about 5 minutes. Add the potatoes, white wine, and stock. Bring the mixture to a boil over high heat. Once it starts to boil, lower the temperature to medium and simmer for 10 minutes.

Add the broccoli and almonds. Simmer until the broccoli and almonds are very soft, about 20 minutes.

Add the milk and bring the mixture back to a boil. Reduce the heat again to medium and simmer for 10 more minutes.

Puree the soup with an immersion blender or in batches in a food processor or blender. Add the parsley and season with salt and pepper to taste. Heat through over medium-low heat.

## **Black Bean Soup** (Jack Turner)

2 cans of black beans, 1 can of diced tomatoes, 1 cup of frozen diced onions, 1 tablespoon of vegetable oil, 1 tablespoon of chili powder, salt, pepper & turmeric to taste. Sauté the onions over medium high heat until browned, approximately 5 min. Rinse the beans and add both cans and the tomatoes to the skillet with the chili powder and turmeric (a dash or 2 of turmeric should do it.) Stir it in the skillet. Reduce heat to low and simmer for 20 minutes. Add salt and pepper to taste. Good eats.

## **Black Bean Soup** (Laura Graham)

1 16-oz package black beans	2 tablespoons olive oil (or canola)
3 quarts water	1 teaspoon dried oregano
1 generous pinch (1 tsp +) of House Seasonings (recipe below)	1 teaspoon ground cumin
1 box vegetable broth or chicken broth	1-1/2 teaspoon sugar
onion	1 teaspoon Kosher salt
bell pepper	teaspoon freshly ground pepper
6 cloves garlic, minced	1 can tomato paste

Wash beans; soak beans in water to cover in 6 quart stockpot 8 hours. Rinse and drain (or follow quick soak directions on bean package). Bring beans, 3 quarts water and broth to boil. Cover, reduce heat to low and simmer 3 hours. **DO NOT DRAIN.**

Process onion and bell pepper in blender or food processor until smooth, stopping to scrape down sides. Sautee garlic in hot oil in large skillet over medium-high heat for 1 minute. Add onion mixture and cook, stirring constantly, for 4 minutes. Stir onion and garlic mixture into beans. Add oregano, cumin, sugar, salt, pepper, house seasonings and tomato paste. Simmer, uncovered, for 1-1/2 to 2 hours or until beans are tender and soup is thick. This is a labor of love recipe. 1 recipe = 10 servings.

(For a Lenten meal at church multiply recipe by 6 or 7. Add tomato paste and/or tomato sauce to thicken as needed. If too watery, add just a bit of corn starch to thicken.)

### **House Seasoning**

1 cup kosher salt  
cup black pepper  
cup garlic powder

Mix all seasonings well. Store mixture in a shaker for convenience or in a small Ziplock bag or Glad bowl with lid. Use this seasoning everywhere!!

## **Cabbage & Kale Soup - serves 6-8** (Anne Dugan)

1/2 head cabbage, shredded  
1/2 bunch kale, stemmed and chopped  
2 carrots, chopped  
1 onion, chopped  
2-3 cloves garlic, chopped fine  
2 cubes Not-Chick'n Natural Bouillon (Kroger health food section)  
~ 1-1/2 qts water  
1 large can diced tomatoes  
salt/pepper to taste

Saute onions and carrots in oil OR soften in water at medium temperature until onions are translucent. Add cabbage, kale and garlic. Continue to cook on medium until cabbage/kale are about 1/2 cooked (10 min). Add hot water to bouillon cubes and stir until dissolved - add with remaining water and tomatoes to pot. Season to taste and cook until vegetables are tender.

## **White Bean Soup with Peppers – from The Silver Palette Cookbook**

(Anna-Sarah Farha)

4 tbsp margarine  
2 c finely chopped onions  
2 carrots, peeled and chopped  
3 garlic cloves, peeled and minced  
6 parsley sprigs  
1 tsp dried thyme  
1 bay leaf  
4 vegetable stock  
1 ¼ c dried white beans, soaked overnight (I use 2-3 cans of navy beans instead)  
1 red bell pepper  
1 green bell pepper  
2 tbsp olive oil  
Salt and pepper to taste

1. Melt margarine in a large heavy pot over low heat. Add the onions, carrots, and garlic and cook, covered, over low heat until the vegetables are tender and lightly colored, about 25 minutes.
2. Add the parsley, thyme, and bay leaf and pour in the stock. Drain the beans and stir them into the pot. Bring to a boil, reduce the heat, and simmer, partially covered, until the beans are very tender, 45 minutes to 1 hour (less if using canned beans).
3. Pour the soup through a strainer, reserving the stock; discard the bay leaf, and transfer solids to a food processor. Add 1 cup of the cooking stock and process until smooth.
4. Return pureed soup to the pot and stir in additional cooking liquid, 2 to 3 cups, until the soup is of desired consistency.
5. Cut away stems and ribs of bell peppers and dice them. Heat olive oil in a small skillet over medium-low heat, add the peppers, and sauté, stirring occasionally, until tender but still crunchy, about 15 minutes. Transfer to the soup with a slotted spoon. Season soup with salt and pepper, serve immediately.

## **Tomato Dill Soup – from The Silver Palette Cookbook** (Anna-Sarah Farha)

1 stick margarine  
1 ½ c sliced yellow onions  
1 garlic clove, peeled and minced  
1/2 bunch of fresh dill, finely chopped  
salt and pepper, to taste  
1 quart vegetable stock  
1 can (28 ounces) whole tomatoes, drained and seeded  
½ teaspoon ground allspice  
pinch of sugar  
grated zest of ½ small orange

1. Melt the margarine in a soup pot over low heat. Add the onions and cook, covered, until tender, about 20 minutes. Add the garlic and cook for another 5 minutes.
2. Add half of the dill, season with salt and pepper, and cook, uncovered, for another 15 minutes.
3. Add the stock, tomatoes, allspice, and a pinch of sugar. Bring to a boil, reduce heat, cover, and simmer for 45 minutes. Add the orange zest, remove from heat, and cool slightly.
4. Transfer the soup in batches to a food processor. Puree.
5. Return soup to the pot, add the remaining dill, and simmer for 5 minutes. Serve immediately.

## **Orange and Lentil Soup** (Jennifer Stanek)

Adapted from [www.allrecipes.com](http://www.allrecipes.com)

- 2 tablespoons safflower or coconut oil
  - 1 onion, diced
  - 2/3 cup red lentils
  - 1/2 cup orange juice
  - 1 stalk celery, chopped
  - 1/2 carrot, shredded
  - 1 bay leaf
  - 1/2 teaspoon dried thyme
  - ground black pepper to taste
  - 3 cups vegetable broth, divided
1. In a pot over medium heat, cook onions in butter until softened. Stir in lentils, orange juice, celery, carrot, bay leaf, thyme, pepper and half the broth and simmer 40 minutes, until lentils are tender.
  2. Puree in a blender or food processor, or using an immersion blender. Return to the pot, stir in remaining broth and heat through.



## **Coconut Red Lentil Soup** (Jennifer Stanek)

From [www.101cookbooks.com](http://www.101cookbooks.com)

1 cup / 7 oz / 200g yellow split peas  
1 cup 7 oz / 200g red split lentils (masoor dal)  
7 cups / 1.6 liters water  
1 medium carrot, cut into 1/2-inch dice  
2 tablespoons fresh peeled and minced ginger  
2 tablespoons curry powder  
2 tablespoons coconut oil  
8 green onions (scallions), thinly sliced  
1/3 cup / 1.5 oz / 45g golden raisins  
1/3 / 80 ml cup tomato paste  
1 14-ounce can coconut milk  
2 teaspoons fine grain sea salt  
one small handful cilantro, chopped  
cooked brown rice or farro, for serving (optional)

Give the split peas and lentils a good rinse - until they no longer put off murky water. Place them in an extra-large soup pot, cover with the water, and bring to a boil. Reduce heat to a simmer and add the carrot and 1/4 of the ginger. Cover and simmer for about 30 minutes, or until the split peas are soft.

In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside. Place the butter in a pan over medium heat, add half of the green onions, the remaining ginger, and raisins. Saute for two minutes stirring constantly, then add the tomato paste and saute for another minute or two more.

Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up, but you can play around with the consistency if you like by adding more water, a bit at a time, if you like. Or simmer longer for a thicker consistency. Serve over rice or faro. Sprinkle each bowl generously with cilantro and the remaining green onions. Serves 6. Prep time: 10 min - Cook time: 35 min

## **African-Inspired Red Bean Stew** (Jennifer Stanek)

From *1000 Vegan Recipes* by Robin Robertson

Makes 4 servings

1 tablespoon olive oil (or coconut oil, grapeseed or safflower oil)  
1 medium yellow onion, chopped.  
2 medium carrots, cut in 1/4" slices  
3 garlic cloves, minced  
1 teaspoon grated fresh ginger  
1/2 teaspoon ground cumin  
1/8 teaspoon ground cayenne  
2 large Yukon Gold or russet potatoes, peeled and cut into 1/2 dice  
3 cups cooked dark red kidney beans or 2 (15.5 oz) cans, drained and rinsed  
1 (14.5 oz) can crushed tomatoes  
1-4 oz. can diced mild chilies  
1-1/2 cups vegetable broth or water  
Salt and Freshly ground black pepper  
1/4 cup creamy peanut butter  
3 cups fresh baby spinach  
1/3 cup chopped unsalted roasted peanuts

In a large saucepan, heat the oil over medium heat. Add the onion and carrots. Cover and cook until softened, about 10 minutes. Stir in the garlic and ginger. Cook, uncovered, until fragrant, about 1 minute.

Add the cumin, cayenne, potatoes, beans, tomatoes, chilies, and 1 cup of the broth. Season with salt and pepper to taste. Cover and bring to a boil, then reduce heat to low and simmer until the vegetables are soft, about 30 minutes.

In a small bowl, combine the peanut butter and the remaining 1/2 cup of broth, stirring until blended, then add it to the stew. Add the spinach and cook, stirring until wilted, about 3 minutes. Taste, adjust seasonings if necessary. Sprinkle with peanuts and serve immediately. Serve over a bed of rice, quinoa, or couscous.

## **Mung Bean Soup** (Jennifer Stanek)

From [gggiraffe.blogspot.com](http://gggiraffe.blogspot.com)

2 cups whole mung beans, sorted, washed and drained  
7 cups water (more if you want a thinner soup)  
2 tablespoons olive oil  
2 to 3 large cloves garlic, minced  
1 to 2 tablespoons fresh ginger, minced  
1 tablespoon cumin seeds  
1 teaspoon ground coriander  
1 teaspoon ground turmeric  
1/2 teaspoon red pepper flakes or 1/4 teaspoon cayenne (more if you like it really hot)  
1/2 to 1 teaspoon salt  
1/2 teaspoon sugar or honey  
juice of 1 lime  
1 bunch kale, washed, center stem removed, chopped  
1 large carrot, julienned  
*toasted pumpkin seeds or sunflower seeds*  
*fresh coriander*  
*hot sauce*

1. Put the beans in a pressure cooker with the water and bring to pressure. Cook for 25 minutes. (You can also cook the beans in a regular pot but it will take a bit longer.)
2. When the beans are cooked, you can leave them whole, blend them into a smooth purée, or blend about half of the soup with an immersion or regular blender. I chose to partially blend the beans to achieve a soup with a bit of texture.
3. While the beans are cooking, heat the oil in a wok or large skillet. Add the cumin seeds and fry until they turn brown. (Don't let them burn.)
4. Add the garlic, ginger, coriander, turmeric and salt and stir-fry for 1 minute.
5. Add the cayenne, kale and carrot and stir-fry until the kale is tender and bright green. You may need to add a splash of water to the wok if it's too dry.
6. When the vegetables are cooked, add them to the beans along with the sugar and lime juice. Add a tablespoon or two of water to the wok and scrape up any remaining seasonings to add to the soup pot.
7. Serve in bowls garnished with pumpkin seeds, hot sauce and fresh coriander.

## **Vegetarian Quinoa Chili**

Serves 6

1 tablespoon olive oil  
½ cup finely diced yellow onion  
2 cloves garlic, minced  
1 tablespoon minced fresh jalapeno  
½ green bell pepper, finely diced  
½ red bell pepper, finely diced  
2 cans (15-ounce) black beans, drained & rinsed  
1 can (15-ounce) red kidney beans, drained & rinsed  
1 can (28-ounce) fire-roasted diced tomatoes  
½ cup water  
¾ cup quinoa, rinsed and cooked per package directions  
1 tablespoon chili powder  
1 teaspoon ground cumin  
--Kosher salt and freshly ground black pepper

In a large stockpot over medium high heat, warm the oil until a few droplets of water sizzle when carefully sprinkled in the pot. Add the onion, garlic, jalapeno, green bell pepper and red bell pepper, and cook, stirring until the onions are soft, about 5-7 minutes.

Add the black beans, kidney beans, diced tomatoes and water. Stir in the quinoa. Season with the chili powder, cumin, salt and pepper to taste. Over high heat, bring the mixture to a boil. Reduce the heat to medium-low and simmer uncovered, stirring occasionally, until thickened, about 35-40 minutes. Adjust seasonings as needed.

Serve hot. Garnish as desired with sliced jalapenos and cilantro. Note: For a stronger chili flavor, you can add another tablespoon of chili powder. Freezes well.

# DIPS/SPREADS/DRESSINGS

## **Creamy Spinach Dip**

(Claire van Drimmelen)

2 fresh jalapenos, chopped with seeds removed

1 yellow onion, chopped

1 1/2 c. unsweetened almond milk

1/4 c. lemon juice

1/4 nutritional yeast

3 c. cannellini beans (canned)

1 avocado

1 pkg. frozen spinach, prepared and squeezed of liquid

Cook peppers and onion in large, dry skillet over medium until browned and softened. Add almond milk and simmer, scraping pan, for 2 more minutes. Transfer to food processor. Add lemon juice, yeast, beans and avocado and puree until smooth. Stir in spinach and serve warm or at room temp. Serve with bell peppers, carrot sticks, celery for low carb option.

## **Corinne's Dressing:**

2/3 c apple cider vinegar

1/3 c lemon juice

1 T water

Add to taste: salt, pepper, garlic powder, onion salt, chives, dried cilantro, parsley, basil

Stevia or some sort of sweetener

Obviously the above spices can be used as you like...

## **Serve over:**

salad

steamed veggies----green beans/cauliflower/broccoli--whatever

or over the salad below

## **Chop up and mix:**

cabbage--slaw mix works the best

English cucumber--since it has less seeds

celery

sweet onion

chopped pink lady apples

This tastes better if allowed to marinate overnight....

### **Red Bean Sandwich Spread/Dip**

1 can dark red kidney beans  
1 small onion  
3 T. catsup  
1/8 t. cayenne pepper  
herb salt  
freshly ground pepper  
Tabasco sauce to taste  
8 slices whole grain bread

Blend first seven ingredients in a food processor, adding more catsup if needed for desired consistency. Spread on toasted whole grain bread and top with sliced tomato, onion and your favorite vegetables.

### **Nutty Carrot Spread** (Anne Dugan) for stuffing celery or eating on bread/crackers

3 large carrots, peeled and coarsely chopped  
2/3 C pecans  
6-8 green olives, stuffed  
1-2 cloves garlic  
1/3-2/3 C Nayoonnaise (I use the Dijon flavor)

Place first four ingredients in food processor and chop well. Add 1/3 C Nayoonnaise and process - add more if desired.

## MEALS & SIDES

### **Korean-Inspired Sautéed Tofu** (Anna-Sarah Farha)

2 tbsp rice vinegar  
2 tbsp mirin (sweet rice wine) or I use sake  
1 tbsp low-sodium soy sauce  
1 tsp dark sesame oil  
1/8 tsp salt  
1/4 tsp ground red pepper, divided  
1 (14 ounce) package water-packed soft tofu, drained  
2 tbsp canola oil, divided  
1 ounce fresh ginger, peeled and julienne-cut  
3 tbsp sliced green onions  
1 tsp minced garlic  
1/4 tsp salt  
1 tsp sesame seeds

1. Combine vinegar, mirin, soy sauce, sesame oil, 1/8 tsp salt, and 1/8 tsp red pepper in a medium bowl; stir with whisk.

2. Cut tofu crosswise into 8 (1/2 inch thick) slices. Arrange tofu on several layers on paper towels. Top with several more layers of paper towels; top with cast-iron skillet or other heavy pan. Let stand for 30 minutes. Remove tofu from paper towels. Cut tofu into 1-inch cubes. Sprinkle tofu with remaining 1/8 tsp red pepper.

3. Heat 1 tbsp canola oil in a large nonstick skillet over medium-high heat. Add tofu to pan; sauté 8 minutes or until crisp, carefully turning to brown all sides. Remove tofu from pan; keep warm. Heat remaining 1 tbsp canola oil in pan. Add ginger and green onions to pan; sauté 30 seconds. Add garlic to pan; sauté 30 seconds or just until golden. Add ginger mixture to vinegar mixture; stir well. Pour mixture over tofu; sprinkle evenly with 1/4 tsp salt and sesame seeds.

\*\*I like to serve with stir-fried bok choy and brown rice. \*\*

### **Sweet and Sour Tofu with Veggies** (Claire van Drimmelen)

1 TB canola oil  
2 carrots, sliced  
1 crown broccoli, cut into small florets  
8 oz. package Thai or teriyaki baked tofu, cut into 1" cubes (I buy this at Whole Foods, but Kroger may have it)  
1/3 c. "San-J Asian Glaze & Stir-Fry Orange sauce" (Whole Foods, but you can sub any asian sauce that you like)  
1/2 onion, chopped  
1 bell pepper, sliced  
3/4 c. frozen pineapple chunks, thawed

Heat oil in large skillet or wok over medium heat. Add carrots, broccoli and onions- cook about 8 minutes. Add peppers and cook 2 minutes. Stir in pineapple, tofu and sauce and cook until hot- about 2 minutes.

You can sub any veggies in this that you like!

## **Vegan Spinach Balls**

### ***for the spinach balls:***

- 4 slices day old bread
- 16 ounce package fresh spinach, washed
- 1 tablespoon oil
- 1 large or 2 medium onions, chopped
- 2-3 cloves garlic
- 1 teaspoon dried thyme
- 1 teaspoon dill
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 egg replacement equivalents
- 1/4 cup nutritional yeast
- pinch nutmeg
- oil for frying the spinach balls

### ***for the vegan basil walnut pesto:***

- 2 cups tightly packed basil
- 1/2 cup walnuts, chopped
- 2 – 3 cloves garlic, chopped
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- salt and pepper to taste
- splash Tabasco (optional)

### **Directions:**

#### ***to make the spinach balls:***

1. Heat the oil in a large frying pan.
2. Add the minced garlic and lightly sauté.
3. Add the spinach and sauté until wilted.
4. Using a food processor, pulse the bread to be bread crumbs.
5. Add the thyme and black pepper.
6. Add the wilted spinach with its juices and oil and pulse again to mix.
7. Add the nutritional yeast and nutmeg, and season to taste with salt as desired.
8. Mix the egg replacements with water, add to the mixture and pulse well to blend.
9. At the very end, add the chopped onions and pulse again. You don't want the onions minced too small, but well mixed with the other ingredients.
10. Form walnut sized balls from a generous tablespoon of the mixture.
11. Heat the oil in a frying pan and fry the spinach balls evenly.

#### ***to make the pesto:***

1. Place the basil, garlic, lemon juice and oil in a blender and pulse to a smooth consistency.
2. Add the walnut pieces and pulse again until it is smooth.
3. Add the nutritional yeast and pulse.
4. Add the salt and pepper and optional Tabasco, pulse again to mix.

Enjoy over spaghetti.



## **Roasted Artichoke Salad** (Anna-Sarah Farha)

4 boxes (9 ounces each) frozen artichoke hearts, defrosted  
Good olive oil  
Kosher salt and freshly ground black pepper  
1 shallot, minced  
3 tablespoons freshly squeezed lemon juice  
1 teaspoon Dijon mustard  
5 tablespoons white wine vinegar or champagne vinegar, divided  
1/2 cup chopped fresh basil leaves  
6 tablespoons capers, drained  
2 jars roasted red peppers, sliced thin  
1/2 cup minced red onion  
1/2 cup chopped fresh parsley leaves  
2 pinches hot red pepper flakes, optional

Preheat the oven to 350 degrees F.

Place the artichoke hearts in a bowl with 1/4 cup olive oil, 1 teaspoon salt and 1/2 teaspoon pepper and toss until the artichoke hearts are coated. Dump the artichoke hearts onto a sheet pan and spread out into 1 layer; roast in the oven for 20 minutes.

Meanwhile, make the vinaigrette. Place the minced shallot, lemon juice, mustard, 1 tablespoon vinegar, 1 teaspoon salt, and 1/2 teaspoon pepper in the bowl of a food processor fitted with the steel blade. Process for 5 seconds. Add the basil leaves and process into a green puree. With the processor running, slowly pour 1/2 cup olive oil into the bowl through the feed tube until the ingredients are finely pureed. Set aside.

Place the roasted artichoke hearts in a bowl and toss with enough vinaigrette to moisten. Add the capers, red peppers, red onion, parsley, 4 tablespoons vinegar and red pepper flakes, if using, and toss gently. Sprinkle generously with salt and pepper and let stand for 30 minutes for the flavors to blend. Serve at room temperature.

## **Baked Vidalia Onions** (Corinne Elliott)

Remove the outer layers of an onion and then wrap in foil. Bake as many onions as you want in a preheated 350 degree oven. Cook 1 hr. Remove foil and season with sea salt and fresh ground pepper.

## **"Grilled Burger and onions"** (Corinne Elliott)

Using a grill or a George Foreman grill:

Cook veggie burgers--ie Boca or Morning Star, etc. Also slice sweet onions and sprinkle with sea salt and then grill 4-5 minutes also.

1 onion per person is a serving

## **Quick Vegetable Teriyaki & Rice** (Christi Yadron)

1/4 cup bottled Italian dressing  
2 2/3 cup water  
1/2 cup teriyaki sauce  
1 tsp. garlic powder  
salt & pepper to taste

Combine above ingredients in large sauté pan and bring to a boil.

Then stir in:

1 lb. frozen stir-fry vegetable combination (not thawed)  
2 1/2 cup Premium Minute Rice

Cover pan and bring again to a boil. Simmer 6 min. Remove from heat. Let stand 6 min. Fluff & serve.

## **Asparagus & Sun-dried Tomato Frittata** (Jack Turner via “Vegan with a Vengeance”)

1 lb. extra firm tofu  
1 T soy sauce  
1 tsp Dijon (or yellow) mustard  
¼ C nutritional yeast  
2 tsp oil  
½ C onion (1 small), cut into ¼ in. dice  
3 stalks asparagus, rough ends cut off, cut into bite-size pieces  
¼ C sun-dried tomatoes packed in oil, finely chopped  
2 cloves garlic, minced  
1 tsp dried thyme  
¼ tsp ground turmeric  
Juice of ½ lemon  
¼ C fresh basil leaves, torn into pieces

Preheat oven to 400.

In a mixing bowl, crumble the tofu and squeeze through your fingers until it resembles ricotta cheese. This should take about a minute. Mix in the soy sauce and mustard. Add the nutritional yeast and combine well. Set aside.

In a small skillet, sauté the onions in the olive oil for 2 minutes. Add asparagus and sun-dried tomatoes, sauté for about 3 more minutes. Add the garlic and thyme and turmeric, sauté for 1 more minute. Add the lemon juice to deglaze the pan; turn off heat. Transfer the onion mixture to the tofu mixture and combine well. Fold in the basil leaves. Transfer back to the skillet and press the mixture firmly in place. Cook in the oven at 400 for 20 minutes. Transfer to the broiler to brown the top, about 2 minutes (keep a close eye on it so as not to burn it). Let the frittata sit for 10 minutes before serving. Cut into four slices and lift each piece out with a pie server to prevent the frittata from falling apart. If it does crumble a bit, don't fret; just put it back into place.

## Vegetable Enchiladas

- 1 10-oz can mild enchilada sauce
- 3 cups (12 ounces) grated pepper jack cheese, divided (*substitute vegan cheese?*)
- 1 can (15 ounces) black beans, rinsed and drained
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 1 box (10 ounces) frozen corn kernels, thawed or 1 can corn kernels, drained
- 6 scallions, thinly sliced, white and green parts separated
- 1 teaspoon cumin
- 1-2 teaspoons taco seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 16 small corn tortillas (6-inch) or 8-10 (depending on how big you roll them) flour tortillas  
[we used 6-inch tortillas and ended up with 12 enchiladas, and filling to make 2 more if we had room in the pan]

### **Directions:**

1. Make the filling: In a large bowl, combine 2 cups pepper jack cheese, black beans, spinach, corn, scallion whites, taco seasoning, and cumin. Season mixture lightly with salt and pepper.
2. Preheat oven to 400 degrees F. Lightly oil a 9×13 baking dish and set aside. Stack and wrap tortillas in aluminum foil and heat them in the oven for 5 to 10 minutes.
3. Top each tortilla with a heaping 1/3 cup of filling, roll them up tightly and arrange, seam side down, in prepared baking dishes. Sprinkle the enchiladas with remaining 1 cup pepper jack cheese.
4. Top with enchilada sauce. Bake the enchiladas uncovered until hot and bubbly, 15 to 20 minutes. Cool for 5 minutes and serve garnished with scallion greens.

## Ethiopian Lentils

- 1 1/2 cup green lentils
- 3 cups water (more if needed)
- 2 large sweet onions, halved and sliced
- 4 garlic cloves, minced
- 1 fresh green chile or jalapeno, seeded and minced
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cardamom
- 3 tbs red wine vinegar
- salt and pepper to taste

1. Rinse lentils then place in a large saucepan with water, onions, garlic, and chile. Bring to bubbling, then reduce heat to low, cover, and simmer for about 45 mins, until lentils and soft and onions have more or less disintegrated. Stir periodically and add more water if needed.
2. From here, you can add in the remaining ingredients, cook for 10 mins, and serve. However, if you have the time, I like to add in the spices and cook, uncovered, for another 45-60 mins. Green lentils are durable enough to withstand a lot of cooking without falling apart. This way you can cook off some more of the water and slowly make a nice thick stew. Then, stir in vinegar and cook for 10 mins, season to taste, and serve.

## Lentil Sloppy Joes

1 c. brown lentils	1 Tbsp. veggie oil
1 c. yellow onions, chopped	1 Tbsp. garlic, minced
1 c. ketchup	1/4 c. pure maple syrup
1 Tbsp. apple cider vinegar	1 Tbsp. prepared mustard
1/8 tsp. ground ginger	Tabasco to taste
salt and pepper to taste	

Sort through lentils, picking out stones or debris. Cover and cook lentils with 2 1/2 c. water in a medium saucepan over medium heat until tender but not mushy, 30-35 minutes. Drain lentils and set aside.

Sauté onion in oil in a saucepan over medium-high heat until soft, 8 minutes. Add garlic and sauté until fragrant, 1 minute.

Add ketchup, syrup, mustard, vinegar, ginger, Tabasco, salt and pepper. Simmer until thick and darker in color, 8-10 minutes. Stir in lentils and simmer 2-3 minutes to warm through.

Serve Sloppy Joes on buns with pickles, lettuce and onions.

## Kale Chips (Jennifer Stanek)

- 1 tablespoon Braggs apple cider vinegar
  - 1/2-1 teaspoon salt or to taste
  - 2-3 tablespoons olive oil
  - 1 large or 2 small bunches of kale, rinsed with stems removed
1. Tear kale into 2 to 3 inch pieces.
  2. Mix vinegar, oil, and salt in a large bowl, then add kale and mix by hand until thoroughly coated.
  3. Spread out in a single layer on baking sheets and bake at 250 F until they are crispy, about 30 minutes, turning them 2 or 3 times while baking.
  4. Tip: Some may get done sooner. Just remove those chips to avoid them turning brown and becoming overdone as you take out to flip the rest, and let others continue to bake until crispy. Warning! These are addictive, but healthy! You can't eat just one!

## **Greek Green Beans** (Trish Ratliff)

1/2 cup oil (Olive oil when not fasting)  
1 pound onions, sliced  
a few cloves of garlic, sliced or roughly chopped  
6 whole peppercorns  
2 pounds tomatoes, chopped or grated, (about 4 cups) or an equal amount of canned tomato sauce  
1 1/2 tsp salt  
1 tsp ground pepper  
1 pound potatoes, sliced rather thickly  
2 pounds green beans, rinsed  
1 bunch parsley, washed and coarsely chopped

Cover the bottom of the pot with olive oil, about 1/2 cup. Heat the oil on high, add the onions and sauté them for about 5 minutes.

Add the garlic, peppercorns, and half the parsley, and sauté for another 5 minutes. Then add the tomatoes, salt, and pepper, and bring to a boil. (I also add a little bit of brown sugar)

After boiling the tomatoes for 5 minutes or so, add the potatoes and stir them into the sauce.

Put the green beans on top. Do not stir them in! Keep them as a layer on top of the potatoes! Make sure the liquid comes up past the potato layer to approximately the middle of the green bean layer. If not, add water to make it do so. It's okay if the liquid even comes up to the top of the green bean layer, better to have the dish a little soupy than to have it not cook up properly, or even burn. Sprinkle with remaining parsley.

Cover and simmer vigorously for approximately 1 hour.

This recipe also works well in the crock pot.

## **Crawfish Pie** (Mindy Williams)

1/2 cup onion, chopped  
1/2 cup celery, chopped  
1/2 cup cooking oil or margarine  
1 pound of frozen crawfish tails, thawed  
1/2 cup water  
3 Tbsp cornstarch mix into 1/2 cup cold water  
Pepper, Tabasco sauce, Tony Cachere's Creole seasoning (or similar) to taste  
Refrigerated pie shell

Sautee onion and celery in margarine. Add crawfish tails and warm through. Add water and water/cornstarch mixture. Season with pepper, Tabasco, and Creole seasoning to taste. Cook on stove top until thickens. Place in pie shell and cover with 2<sup>nd</sup> shell. Bake at 350 for 15 or 20 minutes. Can add other veggies to sauté mixture if you like: diced tomatoes, bell pepper, mushrooms, etc.)

## **Coconut Tofu Keema** (Jennifer Stanek)

Adapted from *allrecipes.com*

1/4 cup olive oil (or substitute safflower oil or veg. broth)  
4 cloves garlic, pressed  
1 medium onions, minced  
1 (14 ounce) package extra firm tofu, diced  
1 (16 ounce) can coconut milk  
1 tablespoon ground cumin  
1 teaspoon curry powder  
1 1/2 teaspoons ground ginger  
1 teaspoon salt  
1 teas of dried red pepper flakes  
3 cups tomato sauce  
1 1/2 cups frozen peas, thawed  
1 1/2 cups chopped carrot

Heat oil or broth in a large saucepan over medium heat. Stir in garlic, onion, and tofu; cover, and cook, stirring occasionally for 5 to 10 minutes. Stir in coconut milk, cumin, curry powder, ginger, salt, and red pepper paste; bring to a simmer. Stir in tomato sauce, peas, and carrots; simmer, covered, about 30 minutes. Yield : 10 servings

## **Vegan Cornbread (with Spelt Flour)** (Jennifer Stanek)

From *www.food.com*

- 1 cup cornmeal
- 1 cup spelt flour (I use white)
- 5 teaspoons baking powder
- 1/4 teaspoon sea salt
- 2 tablespoons safflower oil (or sunflower oil)
- 1 1/4 cups water
- 1 tablespoon maple syrup

Preheat oven to 350 degrees. Grease a 2 quart casserole dish. Mix wet and dry ingredients separately, then combine until just mixed. Pour into casserole dish, and bake approximately 22 minutes. Best served hot out of the oven!

## **Creamy, Cheezey, Smoky, Spicy Grits with Kale** (Jennifer Stanek)

From *cheaphealthygood.blogspot.com*

1 pound kale, washed, destemmed, and chopped  
1 teaspoon olive oil  
3–6 cloves garlic, crushed and chopped  
2–3 tablespoons water

1 1/3 cups hominy grits  
5 1/3 cups boiling water  
1 tablespoon soy milk (or unsweetened coconut or almond milk)  
2 tablespoons nutritional yeast  
1 tablespoon nonhydrogenated vegan margarine  
1 tablespoon smoked paprika  
1 tablespoon salt  
black pepper to taste  
hot sauce to taste

1) Wash, remove stems from kale, and chop. Heat olive oil in large heavy bottomed skillet. Cook garlic over medium heat for a minute or two, then add kale by the handful, stirring as it wilts. Drizzle in a couple tablespoons of water, cover, and simmer for 5 minutes. (I like my kale on the crunchy side. Cook a little longer if you like yours softer.) Set kale aside.

2) In a large sauce pan, bring 5 1/3 cups water to a rolling boil. Slowly pour in grits while stirring. Mix in soy milk, vegan margarine, nutritional yeast, smoked paprika, salt, and black pepper. Reduce heat to medium-low and continually stir grits for 5 minutes, or until desired consistency is reached

3) Fold in sautéed kale and serve hot with a dash of with hot sauce alongside baked tofu or scrambled eggs. Serves 6

## **Michael's Crockpot Congee (Rice Porridge)** (Jennifer Stanek)

adapted from [www.mealsforyou.com](http://www.mealsforyou.com)

Prep: 5 min, Cook: 8:00.

- 1/2 cup barley
- 1/4 cup wild rice, or brown rice
- 1/4 cup quinoa
- 1-1/2 to 2 quarts water, or divide amount using half water and half soy/almond/coconut milk
- 1/4 tsp. salt
- 2 tsp. lecithin (optional)
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground cardamom
- 1/8 tsp. ground ginger

Combine all ingredients in a crockpot (slow cooker). If desired, add sugar, molasses, honey, maple syrup, or other sweetener to taste. **Cook** on low for 8 hours.

Options: For a different consistency, adjust proportions of grains to water. You can substitute a variety of grains in this recipe: millet, oat groats, spelt, amaranth, rye, or wheat berries. You can also add spices as desired: nutmeg, cloves, allspice, or bay leaf. Or add small pieces of fruits as desired: dried cherries, raisins, coconut, jujube, or flax seeds. After cooking, you can add chopped walnuts, almonds, or pumpkin seeds.

Note: You can also use all of one grain like rice. This dish is versatile, economical, and easy! You can also prepare this on a cooktop. Just bring to a boil and simmer for 3 or 4 hours until desired consistency.

## **Thai Kale with Coconut Milk** (Jennifer Stanek)

Adapted from *1000 Vegan Recipes* by Robin Robertson

1 Tablespoon canola or grapeseed oil  
2 or 3 medium shallots, cut into 1/4" slices (or substitute red onions)  
Crushed red pepper (optional)  
1 med. Bunch kale, thick stems removed and coarsely chopped  
1 (13.5 oz) can unsweetened coconut milk  
1 teaspoon light brown sugar (or honey)  
Salt  
Juice of 1/2 lime

In large saucepan, heat the oil over medium heat. Add the shallots/onions, cover, and cook until softened, about 3 minutes. Stir in crushed red pepper to taste, if using. Add kale, stirring to coat.

Pour in the coconut milk and sugar and bring to a boil. Reduce heat to low and simmer, uncovered, stirring occasionally, until tender, about 8 minutes. Season with salt to taste. Cook for 5 more minutes to blend flavors. Remove from heat and stir in lime juice. Serve immediately.



## **Crockpot Baked Sweet Potatoes with Chili, Cumin and Lime** (Jennifer Stanek)

4 large sweet potatoes, washed well  
--1 tsp cumin  
--1 tsp chili powder  
--1 tsp kosher salt  
--2 to 4 limes

Scrub the skin of each sweet potato with a vegetable brush under running water. Pat dry. Use a fork to prick the skin of each potato--maybe 6 times.

In a small bowl, combine the dry spices.

Lay out a length of foil big enough to encompass one sweet potato. Put the potato in the middle of the foil, and rub 1/4 of the spice mixture on the potato skin. A bunch will fall off. That's okay. Wrap the foil all around the sweet potato. Repeat for each of your potatoes.

Put them all into a large crockpot and cover. Cook on high for 6-8 hours. The potatoes are done when a knife inserts easily and the potato flesh is fluffy. Ours cooked for 6.5 hours.

Squeeze lime juice on before eating.

## **Socca (Farinata)** (Jennifer & Melanie Stanek)

1 cup chickpea flour  
1 teaspoon salt  
1 teaspoon, at least, ground black pepper  
4 to 6 tablespoons olive oil  
1/2 large onion, thinly sliced, optional  
1 tablespoon fresh rosemary leaves, optional.

1. Heat oven to 450 degrees. Put a well-seasoned or nonstick 12-inch pizza pan or cast-iron skillet in oven. Sift chickpea flour into a bowl; add salt and pepper; then slowly add 1 cup lukewarm water, whisking to eliminate lumps. Stir in 2 tablespoons olive oil. Cover, and let sit while oven heats, or as long as 12 hours. Batter should be about the consistency of heavy cream.
2. If using onion and rosemary, stir them into batter. Pour 2 tablespoons oil into heated pan, and swirl to cover pan evenly. Pour in batter, and bake 12 to 15 minutes, or until pancake is firm and edges set. Heat broiler, and brush top of socca with 1 or 2 tablespoons of oil if it looks dry.
3. Set socca a few inches away from broiler for a few minutes, just long enough to brown it spottily. Cut it into wedges, and serve hot, or at least warm.

## **Black Bean Chili over Roasted Sweet Potatoes** (Caitlyn Maas)

### **Black Bean Chili:**

1 medium red onion- diced  
olive oil  
1 teaspoon minced garlic  
2 cans black beans, drained and rinsed  
2 cans diced tomatoes  
2 tablespoons tomato paste  
1/2 teaspoon chipotle chili powder  
1 teaspoon ground cumin  
2 tablespoons maple syrup  
1 tablespoon balsamic vinegar  
salt and pepper to taste

Instructions: Dice and sauté onion in oil for a few minutes, until translucent. Add garlic and sauté for one minute. Add beans, tomatoes, tomato paste, chili powder, cumin, maple syrup, vinegar, salt and pepper. Cook over low heat for 30 minutes, stirring often.

### **Roasted Sweet Potatoes:**

sweet potatoes  
oil  
chipotle chili powder  
salt  
pepper

Throw the potatoes around with the oil salt, pepper, and chili powder. Bake at 450 for 15-20 minutes (depending on how small the potatoes were diced) turning halfway through.

Serve chili on a bed of roasted potatoes. Enjoy!

## **Cuban Black Beans and Rice** (Caitlyn Maas)

1 large onion, diced  
2 tablespoons Oil  
2 cloves garlic finely chopped  
2 cans black beans (not drained)  
1 teaspoon cumin  
½ teaspoon cayenne pepper  
2 tablespoons brown sugar  
2 tablespoons apple cider vinegar  
Salt and Pepper to taste

Sauté the onion in oil over medium high heat until transparent. Add garlic and cook for one additional minute. Reduce heat to medium low. Add the black beans, cumin, cayenne, sugar, vinegar, salt and pepper. Simmer on low for 30 minutes. Stirring often. Mash some of the beans with the back of a wooden spoon. Stir in cilantro. Serve over cooked white or brown rice, garnish with a squeeze of fresh lime juice.

## **Sweet and Spicy Salmon with Avocado Sauce** (Caitlyn Maas) **(For fish and oil days!)**

1 tablespoon brown sugar  
2 teaspoons paprika  
1 ½ teaspoons salt  
½ teaspoon ground cumin  
½ teaspoon chipotle chili powder  
1/2teaspoon ground black pepper  
6 (6 to 8-ounce) salmon fillets  
2 tablespoons olive oil  
1 small very ripe avocado, peeled and cubed (about ½ cup)  
2 teaspoons fresh lemon or lime juice

Preheat broiler. Combine first 6 ingredients in a small bowl, and set aside. Rinse fillets, and dry well. Place, skin side down, in broiler pan; brush each top with 1 teaspoon oil. Sprinkle evenly with brown sugar mixture. Broil 5 inches from heat 1 ½ to 2 minutes or until brown sugar mixture begins to caramelize. Reduce oven temperature to 350 degrees and bake 8 to 12 minutes or until fish flakes with a fork.

Mash avocado until smooth; stir in lemon juice. Cover and chill until ready to serve. Serve with fillets.

## **Roasted Cauliflower** (Caitlyn Maas)

2 tablespoons oil  
1 head cauliflower  
salt and pepper

Preheat oven to 425. Cut cauliflower into 1/4 inch slices. Place all ingredients in zip lock bag and shake and coat well. Place in sheet pan and bake for 30 minutes or until the desired brownness is achieved.

## **Chickpea and Tomato Salad with Fresh Basil**

- 1 can chickpeas, drained and rinsed
- About 1 pint grape tomatoes, halved
- 25 large basil leaves, chopped
- 3 cloves of garlic, minced
- 1 tbsp red wine vinegar
- 1 tbsp apple cider vinegar
- 2 tsp olive oil
- 1/2 tbsp honey (10g)
- pinch of salt

Toss all ingredients together and chill for at least 20 minutes, allowing all the flavors to merge.

## **Vegan Chocolate Chip Cookies** (Caitlyn Maas)

- 1 cup margarine, at room temperature
- 1 1/4 cup sugar
- 1 tablespoon molasses
- 2 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 cups semi-sweet chocolate chips

Preheat the oven to 350F. Cream the margarine and sugar until fluffy. Add the molasses and vanilla. Add the flour, baking soda, and salt into the margarine/ sugar mixture. Add chocolate chips. Roll dough into 1 inch balls and place on the baking sheets, about an inch apart and flatten slightly. Bake for 8 to 10 minutes until slightly browned. Allow the cookies to cool on the baking sheets for 5 minutes. Then transfer to cooling racks

## **Vegan Oatmeal Cream Pies**

### Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon baking soda
- 1 cup (2 sticks) Earth Balance, softened to room temperature
- 1/2 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 tablespoon blackstrap molasses
- 1 teaspoon vanilla extract
- 2 tablespoons Ener-G Egg Replacer
- 1/4 cup warm water
- 1 1/2 cups quick cooking oats

### Cream Filling

- 8 ounces (1 container) vegan cream cheese (I used Tofutti), softened to room temperature
- 1/4 cup (1/2 stick) Earth Balance, softened to room temperature
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract

**Prep:** Preheat oven to 350 degrees and make sure that your Earth Balance and cream cheese are softened to room temperature. Also, line a baking sheet with parchment paper.

**Cookie Dough:** In a medium bowl whisk together flour, salt, baking powder, baking soda, and cinnamon. In the bowl of your electric stand mixer beat the Earth Balance, white and brown sugars, and molasses on high until creamy and fluffy. You will need to periodically scrape down the sides of the bowl. Add the vanilla and beat again, until combined. Add the egg replacer and beat until creamy. Slowly add the flour mixture to the bowl while it's beating on low speed. Increase the speed after adding all of the flour until well incorporated. Remove the bowl from the mixer, add in the oats, and stir by hand.

## **Coconut almond butter dessert bites**

Serves: 5 bites

### Ingredients

- ¼ cup coconut butter
- 2 tablespoons almond butter (creamy is best)
- ¼ teaspoon almond extract
- pinch of salt (\*optional, I didn't add this because my almond butter was salted)

### Optional Chocolate Dip

- 1 teaspoon unsweetened cocoa powder
- ½ tablespoon coconut oil

### Instructions

1. Combine coconut & almond butter in a small bowl and microwave until melted.
2. Stir with a spoon until smooth.
3. Add almond extract and salt if using and stir again.
4. Freeze for about 10 minutes or until mostly hardened.
5. Remove from freezer and roll into balls (this is slightly messy)
6. Return to freezer for about 5 minutes.

If dipping in chocolate, melt coconut oil in a small bowl and then stir in cocoa powder until fully incorporated. Dip each ball in chocolate mixture and set down until chocolate sets. Re-dip for a thicker coating if desired and let set again.

Keep refrigerated.

## **Lemon Dream Cake**

- 1 box French Vanilla Cake Mix
- 1 cream soda or Sprite
- 1 can lemon pie filling
- 1 tub lemon flavored frosting
- 1 tub Cool Whip

Preheat oven to 350.

Mix the soda and cake mix together and pour into greased 9x13 pan.

Place spoonfuls of lemon pie filling all over batter.

Swirl it with knife to distribute.

Bake for 35-40 minutes until cake springs back.

Let it cool completely.

In a bowl, mix lemon frosting and Cool Whip well. Spread over cooled cake.