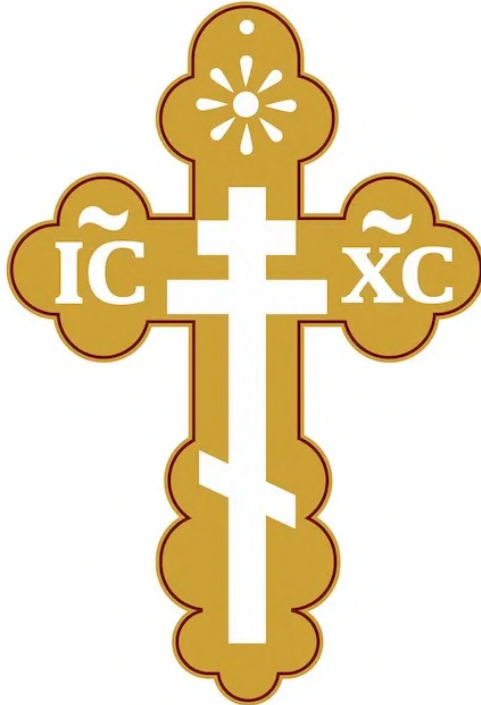


A FAMILY FASTING COOKBOOK



ORTHODOX CHURCH
ST. IGNATIUS

2024

Saint Ignatius Orthodox Church is a growing community of Orthodox Christians in the Madison, Wisconsin area, united to serve Christ and His Church in the Holy Tradition passed down by the Apostles. St. Ignatius Church is part of the Antiochian Orthodox Christian Archdiocese of North America.

This Recipe Book is dedicated to Holy Pascha, and all of the other fasting festivals celebrated by Orthodox Christians. Feel free to adjust as suits your family.

Generally speaking, this cookbook excludes all meat, dairy, olive oil, wine, and eggs. Some recipes contain oil, but you may substitute avocado oil or non-dairy butter as appropriate.

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A FEW WORDS ON FASTING

"Ultimately, to fast means only one thing: to be hungry—to go to the limit of that human condition which depends entirely on food and, being hungry, to discover that this dependency is not the whole truth about man; that hunger itself is first of all a spiritual state and that it is in its last reality hunger for God... The ascetical fast consists of a drastic reduction of food so that the permanent state of a certain hunger might be lived as a reminder of God and a constant effort to keep our mind on Him. Everyone who has practiced it—be it only a little—knows that this ascetical fast rather than weakening us makes us light, concentrated, sober, joyful, pure. One receives food as a real gift of God. One is constantly directed at that inner world which inexplicably becomes a kind of food in its own right... the principle is clear: [ascetical fasting] is a state of self-hunger whose "negative" nature is at all times transformed by prayer, memory, attention, and concentration into a **positive** power."

(Father Alexander Schmemmann, "Great Lent, 1974)

Our prayer is that our community in Christ will find victory over self during the holy seasons as we deny our own desires and open ourselves up to God's desires.

Fasting itself is not the focus of the fasting seasons. Rather, the focus is on repentance and faith. Fasting is often mischaracterized as a form of deprivation, rather than a spiritual discipline. Because fasting is so misunderstood it is many times done "incorrectly".

In the Orthodox world, we use the word "passions" to describe tendencies that each person has that lead us to sin. Each of us has a "passion" for anger, lust, power,, greed, ego, etc. We don't get through life without wrestling each of these, sometimes on a daily basis. The most basic "passion" is hunger. While we may go a day without a lustful or angry thought, we cant go through more than a few hours without a hungry thought. So, if we can tame our passion for eating we can hopefully tame our other passions as well. If we can discipline ourselves to go without certain kinds of food, we can hopefully discipline ourselves to go without certain behaviors that are spiritually destructive. Thus, fasting is not about giving something up just to not get it back. Fasting is about getting control of our passions, maintaining control over them, and ultimately giving control of ourselves to God.

There are four canonical fasting periods:

- ❖ Great Lent
- ❖ Apostles Fast
- ❖ Nativity Fast
- ❖ Dormition Fast

Other special fasting days include:

- ❖ Eve of the Theophany
- ❖ The Beheading of St. John the Baptist
- ❖ Elevation of the Cross

Wednesdays - in remembrance of Judas' betrayal

Fridays - in remembrance of Christ's crucifixion

It is the Orthodox Tradition to fast from foods that contain blood. Since Christ shed His blood for us, we do not consume any blood or animal products when we fast.

Thus, we fast from meat, dairy products, oil and wine. (Olive oil and wine were traditionally stored in animal skins.) We eat the grapes and the olives, but not wine or olive oil. We can eat shellfish because they do not contain blood.

In summary, fasting is a wonderful and powerful opportunity to deny the pleasures of the flesh and redirect our attention to what really matters: the pursuit of Christ within us. When our attention is purposefully directed toward prayer and self examination, loving others, and generosity, we grow in our quest to become more like our Lord.

As we proceed with joy into the fasts,

"Lord, bless the work of our hands!"

Appetizers & Snacks

ORTHO-FRITTERS

1½ C cornmeal
½ C flour
1 tsp salt
½ tsp baking soda
3 tsp baking powder
2 tsp garlic powder
1 C corn
12 oz crab meat
¾ C plant milk
oil for frying

Mix dry ingredients; add corn and crab and mix well. Batter should be thick enough to drop by spoonful into hot oil. Fry in ½" oil until golden brown. Drain on paper towels.

Alternatively, these can be baked at 350F until done.
Serves 4.

SNACK MIX

- 8 C Chex cereal
- 2 C rice crackers
- 2 $\frac{1}{2}$ C sesame sticks
- 2 C pumpkin seeds
- 14 oz mixed nuts
- $\frac{1}{2}$ C oil
- $\frac{1}{4}$ C Worcestershire sauce
- 1 tsp onion powder
- 1 tsp garlic powder

Preheat oven to 325F. Layer first 5 ingredients in a very large baking pan. Whisk remaining ingredients together and pour over dry ingredients. Mix gently to combine; bake 15 minutes, remove and stir. Repeat every 20 minutes for an hour.

NOTE; You can add other ingredients, such as chow mein noodles, seeds, bagel chips, nuts, etc.

TWO-LAYER BEAN DIP

1 15-oz vegetarian refried beans

$\frac{1}{2}$ C salsa

1 pkg taco seasoning mix

1 C guacamole

5 C green-leaf lettuce, chopped

$\frac{1}{4}$ C onion, chopped

$\frac{1}{2}$ C frozen corn

$\frac{1}{2}$ C tomatoes, chopped

$\frac{1}{2}$ C red bell peppers, chopped

$\frac{1}{2}$ C sliced black olives

Mix first 3 ingredients and spread on the bottom of a shallow serving dish. Spread guacamole on top. Mix vegetables and spread them on top of the guacamole. Serve with tortilla chips, crackers, or celery.

Yields 8 cups.

VERY BEST HUMMUS

- 2 cans chickpeas
- 2 cloves garlic, minced
- $\frac{1}{4}$ C lemon juice
- $\frac{1}{4}$ C tahini
- 2 tsp ground cumin
- $\frac{1}{4}$ tsp cayenne pepper (or to taste)
- $\frac{1}{4}$ C pitted olives, chopped

Puree all ingredients in a blender. Taste and adjust seasonings. Serve with pita bread or pita triangles. Also good with vegetables. Yields 2 cups.

@Food for Paradise, Contributed by Vivian Ghiz

HONEY BUTTER

- $\frac{1}{2}$ C plant butter
- $\frac{1}{2}$ C honey
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg

Beat all ingredients until well mixed and creamy. Store in refrigerator.

Use as a sandwich/toast spread or with peanut butter.

@ Emily Love/Full of Thy Glory Church

PICKLED MUSHROOMS WITH GARLIC

$\frac{2}{3}$ C white wine vinegar

$\frac{1}{2}$ C oil

2 T water

1 tsp salt

Dash hot sauce (or to taste)

1 lb small whole fresh mushrooms

1 med onion thinly sliced

2-4 garlic cloves, thinly sliced

In a large glass jar with a tight-fitting lid, combine the first 5 ingredients. Shake well. Add the mushrooms, onion and garlic. Shake gently to coat. Refrigerate at least 8 hours or overnight.

Drain before serving.

CRISPY AIR-FRIED CHICK PEAS

15 oz chick peas (1 can)

2 tsp oil

$\frac{1}{2}$ tsp seasoning salt (NOT bagel seasoning)

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{4}$ tsp cayenne (optional)

$\frac{1}{2}$ tsp chopped fresh rosemary or thyme
(optional)

Drain and rinse chick peas. You don't need to completely dry.

Toss in a small bowl with the oil; add seasoning salt, garlic powder, and cayenne (if using).

Air fry at 390F for 20-25 minutes, pausing and tossing every 10 minutes or so.

Sprinkle on the fresh herbs the last 5 minutes, if using.

NOTES:

-I've doubled and tripled this recipe with good results.

- You can omit the oil and they will still turn out delicious but less soft. (I personally prefer them a little crispy!)

- Don't store these in an air-tight container if you want them to remain crispy.

@Adapted by Cindy Nawrocki

SIMPLE ROASTED BEET HUMMUS

1 large beet
1 15-oz can chickpeas
1/4C tahini
2 cloves garlic, peeled
1 lemon, juiced, to taste
1/2 tsp salt (or to taste)
1/4 tsp smoked paprika
Oil, parsley (whatever optional toppings)

Preheat oven to 400F. Wash the beet, removing stems and leaves. Wrap the beet in foil; place on a baking sheet and roast for 1 hour.

Drain the chickpeas, reserving the liquid. Set aside.

Remove the beet from oven and carefully unwrap it. Once the beet is cool enough to handle, use your hands to peel skin off. Cut off any part of the stem that might remain, then dice beet into 1" cubes.

Place the beets, chickpeas, tahini, garlic, half of the lemon juice, 1/4C of the reserved chickpea juice, salt, and smoked paprika in food processor. Blend 1-2 minutes, until smooth, adding additional chickpea juice until you reach desired consistency. Taste and adjust lemon juice to your taste.

Transfer to a serving bowl and top with a drizzle of oil, parsley, etc. Serve with pita, veggies, or whatever you like.

PRETZELS

Pretzels have a long tradition of being served during Lent since the 5th century, in the shape of 2 crossed arms in prayer as a reminder to all of us on our Lenten journey. Fun to make with children!

1 tsp sugar	1½ C lukewarm water
1 pkg yeast	1 tsp salt
4 C flour	coarse salt

Add sugar to water and dissolve yeast. Add salt and blend in the flour. Knead dough until smooth. Cut dough into small pieces, roll into ropes and twist into pretzel shapes. You can make them any size but bake like-sized pretzels together. Place on greased cookie sheets. Brush with water and sprinkle with coarse salt.

Bake in preheated 425F oven for 12-15 minutes or until golden.

VEGAN PESTO & FETA PINWHEELS

- 1 can crescent dough
- 6 T vegan pesto
- 2 oz vegan feta crumbles
- 2 oz vegan Parmesan or nutritional yeast flakes
- Marinara sauce for dipping (optional)

Preheat oven to 375F and line a baking sheet with parchment paper.

Unroll crescent dough and separate into 2 long rectangles. Pinch seams together.

Spread pesto onto each rectangle. Top with feta and parmesan. Roll up each rectangle, pressing the edge to seal it. Use a serrated knife to cut each roll into 6 slices (total of 12). Place pinwheels on the baking sheet and bake for 12-15 minutes, or until the edges are browned.

Remove from the oven and allow to cool for a couple of minutes. Serve warm or at room temperature with warm marinara for dipping.

VEGAN NACHO CHEESE SUBSTITUTE (MELTY CHEESE)

- 2 C boiling water
- $\frac{1}{2}$ C pimientos (optional)
- $\frac{1}{2}$ C nutritional yeast
- 1 T salt
- 1 tsp onion powder
- $\frac{1}{2}$ tsp garlic powder
- 6 T cornstarch or flour
- $\frac{1}{2}$ C cashews
- 4 T lemon juice

Bring 2 cups of water to boil in a pan.

Blend remaining ingredients in a blender until smooth.

Add blended ingredients to boiling water and whisk until it returns to a boil.

AIR FRYER FALAFEL BITES WITH PESTO DIPPING SAUCE

1 14-oz can chickpeas, rinsed and drained
 $\frac{1}{2}$ yellow onion, chopped
3 cloves garlic, chopped
 $\frac{1}{4}$ C cilantro, chopped
 $\frac{1}{4}$ C parsley, chopped
2 tsp cumin
2 tsp coriander
 $\frac{1}{2}$ tsp red pepper flakes
4 T flour
Salt and pepper to taste (about $\frac{1}{4}$ tsp salt)
1 tsp baking powder
oil spray
"Everything But the Bagel" seasoning
2 T pesto
2 T vegan mayo
1 lemon, separated

Add chickpeas, onion, garlic, cilantro, parsley, cumin, coriander, red pepper flakes, and a pinch of salt and pepper to food processor. Pulse until roughly chopped and combined. Add flour and baking powder; pulse until combined and a ball of dough forms. **YOU STILL WANT SOME CHUNKS.**

Transfer dough to a bowl and refrigerate for 10 minutes. While dough is cooling make dipping sauce.

Combine the pesto, mayo, and juice of half a lemon in a bowl. Stir to combine. Place in fridge until ready to use.

Spread a little bit of "Everything But the Bagel" seasoning out on a plate. Spray your hands with oil to keep dough from sticking to your hands. Roll into 1" balls and then coat each ball with the bagel seasoning.

Air Fryer Falafel Bites, continued

Place balls in an AIR FRYER BASKET and spray with oil. Cook at 350F for 14 minutes, flipping halfway. Remove from the air fryer and serve with the pesto dipping sauce and the remaining lemon, sliced into thin wedges. Makes 16 balls.

NOTE: Be sure not to over-salt the dough; if anything, under-salt it. Keep in mind that there is salt in the bagel seasoning. When the dough comes out of the fridge, taste it. If it seems sufficiently salty, don't roll the ball in the bagel seasoning—just dip one side in it instead.

MEDITERRANEAN PIZZA POCKETS

1 16-oz package pizza dough
Flour (for rolling out dough)
3 oz vegan feta, crumbled
2 T vegan Parmesan or nutritional yeast flakes
2 T sun-dried tomatoes in oil, roughly chopped
1 clove garlic, finely minced
1 T fresh basil, chopped
1 tsp dried oregano
Salt & pepper
1 T plant butter, melted
Garlic powder to taste
Garlic salt to taste
Marinara sauce for dipping

Preheat oven to 425F and line a baking sheet with parchment paper.

Place pizza dough on a lightly floured surface and allow to come to room temperature for 30 minutes.

Combine feta, Parmesan, sun-dried tomatoes, garlic, basil, oregano and a pinch of salt and pepper in a bowl. Mix and set aside.

Cut dough into 8 equal pieces. Using your hands or a rolling pin, roll each piece into a circle. Add 1-2 T of filling to each piece of dough and fold over to create a half circle. Pinch sides closed and place on baking sheet.

Use a fork to seal edges of each pizza pocket. Brush with butter; sprinkle with garlic powder, garlic salt and oregano. Bake 20 minutes til golden brown.

Remove from oven; serve with warm marinara.

GARLIC HUMMUS

15-oz can chickpeas

$\frac{1}{4}$ C oil

1 clove garlic

$\frac{1}{2}$ tsp chili powder

$\frac{1}{4}$ C tahini

$\frac{1}{4}$ C lemon juice

1 tsp ground cumin

$\frac{1}{2}$ tsp salt

Drain chickpeas, reserving $\frac{1}{4}$ C of the liquid. Transfer chickpeas and reserved liquid to blender/food processor. Add remaining ingredients and puree until very smooth, about 2-3 minutes.

CHIPOTLE MEXICAN GRILL'S SPICY CORN SALSA

- 2 C frozen corn, thawed and drained OR fire-roasted corn or fresh (best)
- $\frac{1}{4}$ - $\frac{1}{2}$ C chopped fresh cilantro
- 2 tsp finely chopped jalapeño
- 2 T sliced green onions with tops
- $\frac{1}{2}$ tsp salt
- 2 tsp lime juice (or more to taste)

Mix everything together and refrigerate at least a couple of hours. Stir before serving with crackers or tortilla chips.

NOTE: With regard to the jalapeños, if you prefer less heat be sure to remove seeds and ribs before adding to salsa. You can also use chopped jarred jalapeños.

JALAPENO CORN FRITTERS

$\frac{1}{2}$ C flour	1 C corn
1 jalapeño, diced	$\frac{1}{4}$ C cilantro, chopped
1 tsp cumin	$\frac{1}{2}$ tsp cayenne
1 tsp garlic powder	$\frac{1}{4}$ C dairy-free milk
Salt & pepper to taste	oil for frying
Cilantro for topping (optional)	
Vegan ranch or sour cream for dipping	

Combine flour, corn, jalapeño cilantro, cumin, cayenne, garlic powder, milk, salt and pepper in large bowl. Stir until combined.

Add $\frac{1}{4}$ " oil to frying pan over medium-high heat.

Once oil is heated, begin molding fritters. Batter will be sticky so oil your hands first. Working in batches, form fritters by flattening about $\frac{1}{4}$ C batter into patties before placing them in the pan. Cook until browned on one side (5 minutes) before flipping and browning the other side.

Remove fritters from pan and drain on a paper-towel lined plate. Top fritters with a pinch of salt.

Top with remaining cilantro and serve with chosen sauce.

Breads

APPLE-RAISIN LOAF

$\frac{1}{2}$ C apple juice

$\frac{1}{2}$ C raisins

1 C brown sugar

1 T plant butter

1 tsp baking soda

$\frac{1}{2}$ tsp nutmeg

1 C applesauce

$\frac{1}{2}$ C chopped nuts

$2\frac{1}{2}$ C flour

1 T baking powder

1 tsp salt

Combine apple juice, sauce, nuts, raisins and sugar. Add dry ingredients and plant butter. Mix and pour into loaf pan. Bake at 350F for 1 hour and 15 minutes.

GREEK BISCOTTI (LENTEN PAXIMATHIA)

1 C oil	1 C orange juice
4½ C flour	2½ tsp baking powder
½ tsp baking soda	¾ C sugar
1½ tsp cinnamon	1 C finely chopped nuts
small splash almond or vanilla extract (optional)	

Preheat oven to 375F.

Blend oil and sugar; add juice. Add dry ingredients and extract (if using).

Divide into 4 logs (each about 16" x 2") and place logs on un-greased baking sheets.

Score logs at about ½" and bake for 20-25 minutes.

Remove from oven, cool, and cut through score marks.

Turn oven down to 325F. Toast slices on both sides until browned, approximately 10 minutes per side.

Remove from oven, cool and enjoy on the spot! If you choose to store them, they will last for many weeks

CRUSTY FRENCH BREAD

1 T sugar
5½ - 6 C flour
1 package yeast
1 T salt
2 C warm water
cornmeal

Dissolve yeast in warm water with sugar and salt. Gradually add flour to the liquid and mix. Knead on a floured surface for about 7 minutes until bouncy. Cover and let rise in greased bowl until double. Punch down and briefly knead. Cut in half and shape into 2 long loaves. Place on a cookie sheet sprinkled with cornmeal. Lightly slash each loaf 3 times across the top. Let rise and place in preheated 450F oven. Place a pan of boiling water on floor of oven; bake 20-25 minutes. Turn oven off and let loaves rest there 5 minutes more.

This recipe can easily be doubled!

SERBIAN LENTEN BREAD

- 1 $\frac{1}{4}$ C warm water
- 1 ($\frac{1}{4}$ oz) packet active dry yeast
- 2 tsp salt
- 1T sugar
- 2 T oil
- 3 $\frac{1}{2}$ C all-purpose flour

In a large bowl, dissolve yeast in warm water. Add salt, sugar and oil and stir until completely mixed. Add flour and mix until a cohesive dough forms. Knead until smooth.

Place dough in a greased bowl, cover and let rise in a warm place until doubled in size.

Preheat oven to 300F.

Turn dough out onto lightly floured surface and shape into a flat round.. Transfer to a sheet pan that has been lined with parchment paper.

Prick loaf all over with a fork. Rub top of bread with oil. Let stand, uncovered, 15 minutes in a warm place.

Bake 30 minutes or until an instant-read thermometer registers 190F. Let cool completely on wire rack before cutting.

PSOMI (Greek White Bread)

3 pkg active dry yeast
7-7½ C warm water (110F)
5 lbs. bread flour
1 C whole wheat flour (optional)
3 T salt
3 T sugar
⅔ C oil

Dissolve yeast in water; let stand covered 10 minutes.

Combine dry ingredients in a very large bowl. Make a well in center of flour and pour in yeast liquid. Knead to combine. Add oil slowly to dough. Knead 10 minutes or until dough comes cleanly away from sides of bowl. If dough feels very sticky, lightly dust with flour. If dough feels too hard, add a little oil.

Place bowl on wire rack over a large pan partially filled with hot water in a draft-free place. Cover with clean cloth and let rise 1½ to 1¾ hours.

Punch down, knead for 2 minutes; cover and let dough rest for 10 minutes.

Divide dough into 9 equal portions. Shape and place in 9x5 loaf pans. Cover and let rise again for an hour.

Bake at 350F 55-60 minutes. Immediately after baking, remove from pans. Wrap loaves in towel and let cool on cake rack.

Refrigerate up to 10 days, or freeze for several months.

MAKES 9 LOAVES.

TALAMEE (Bread)

5 lb flour	$\frac{1}{4}$ C oil
1 pkg yeast	$\frac{1}{2}$ C white corn meal
1 T salt	6-7 C lukewarm water

Sift flour and salt into a large pan and add corn meal. Push dry ingredients to one side of pan. Dissolve yeast in $\frac{1}{2}$ cup of the lukewarm water.

In the other side of the pan, pour remaining water, oil and yeast mixture. Work the flour gradually into the liquid until completely mixed and knead, just enough for smooth consistency. Cover and set aside to rise at least one hour.

Cut and shape dough into balls 6 inches in diameter. Roll in cupped hands until smooth. Dust with flour and set aside on a floured table. Cover with plastic and let set for 30 minutes.

Heat oven to 475F; put empty cookie sheet in oven to heat.

Pat out each ball to 1/2-inch thickness and place on hot cookie sheet. Pat tops lightly with oil. Place in oven and bake until bottoms are golden brown, then under the broiler to brown tops.

YIELDS 10-12 medium loaves.

Variation: For each loaf, combine 1 T sesame seeds, 1 tsp sugar and 1T oil. Spread mixture evenly on top of dough.

Breakfast

SAVORY SCRAMBLED TOFU

$\frac{1}{4}$ tsp turmeric

Soy sauce to taste

Oil

1 onion, chopped

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp garlic powder

pepper to taste

1 lb tofu, frozen,

thawed, crumbled

Sauté onion until soft. Add remaining spices and stir. Add to tofu and stir-fry about 5 minutes until heated through. Sprinkle with soy sauce if desired. Serve over rice or pasta. Serves 4.

SHEET PAN BREAKFAST POTATOES

1½ lb red potatoes, cut into bite-sized pieces

½ green bell pepper, diced

¼ red onion, diced

2 cloves garlic, diced

1 Serrano pepper, sliced thin (optional)

½ tsp paprika

¼ - ½ tsp cayenne

¼ tsp black pepper

1 T plant butter, melted

1 T oil

Salt to taste

Cilantro (optional)

Preheat oven to 400F and line a baking sheet with parchment paper.

Combine potatoes, bell pepper, onions, garlic, Serrano pepper, paprika, cayenne, black pepper and oil in a large bowl. Stir to coat evenly.

Spread potato mixture on the prepared pan. Place in oven for 25 minutes, flipping halfway. Increase heat to 500F and cook until crispy, about 10 minutes.

Remove from oven and top with salt and cilantro.

Serve with hot sauce or ketchup. Serves 4.

VEGAN BISCUITS AND GRAVY

6 T plant butter
2 C all-purpose flour
1 T baking powder
1 T sugar
1 tsp salt
 $\frac{3}{4}$ C non-dairy milk
Fresh thyme, optional
Vegan gravy (see next page)

Freeze butter 15 minutes before starting. Preheat oven to 425F and line a baking sheet with parchment paper.

Stir dry ingredients into a bowl. Add cold butter to the bowl and cut it into the dry ingredients (use pastry cutter or fork). Pour the milk into the bowl and gently combine. DO NOT OVER-MIX.

Transfer dough to a flour-dusted surface and mold into a ball. Gently press out dough with your hands and fold in half. Turn and fold in half again. On the third fold, sprinkle some fresh thyme onto the dough. Fold two more times.

Flatten dough to about an inch thick. Use biscuit cutter to cut out as many biscuits as possible. Place them on baking sheet; re-flatten dough and cut additional biscuits. You should have 6.

Place biscuits in oven 10-12 minutes. While biscuits are cooking, make the gravy according to the recipe that follows.

Remove biscuits from oven, break in half, plate them and top with gravy. Serve immediately. Serves 6.

THE BEST VEGAN GRAVY

1 T "Better Than Bouillon No Chicken Base"

3 C water

3 T plant butter

3 T flour, plus more for thickening

$\frac{1}{4}$ tsp poultry seasoning

Pepper to taste

Add bouillon and water in a mixing bowl and stir until dissolved.

Heat a saucepan over medium heat. Add butter and flour and whisk until it heats through and begins to bubble (about 5 minutes).

Gravy should begin to thicken, but if not thick enough combine 1T flour with 1T water in a small bowl. Whisk until smooth, then add to gravy. Repeat until desired thickness is reached.

Turn heat to low and add poultry seasoning and pepper. Whisk one more time and adjust seasoning if necessary.

Serve immediately or leave on stove over low heat (whisking regularly) until ready to use. Serves 6.

PEANUT BUTTER BANANA OVERNIGHT OATS

1 ripe banana
 $\frac{2}{3}$ C oats (quick or regular)
4 tsp chia seeds
2 tsp agave or maple syrup
2 T peanut butter
1 C non-dairy milk
Small pinch of salt

Mash banana with a fork in a mixing bowl.
Add remaining ingredients and stir to combine.
Divide the mixture between 2 jars and cover.
Refrigerate overnight, or for at least 4 hours.
Serve with extra banana slices, chia seeds or granola. Serves 2.

These will keep in the fridge for 2-3 days. You can eat them hot or cold. To eat them hot, microwave or empty into a pan on the stove.

NOTE: Add a scoop of vegan protein powder for a more filling breakfast.

SHEET PAN FRITTATA

- 1 T oil
- 1 shallot, diced
- 2 cloves garlic, diced
- 1 tsp dried oregano
- 2 T sun-dried tomatoes
- 1 C cherry tomatoes, halved
- Salt and pepper to taste
- 2 handfuls spinach
- 2 12-oz containers vegan eggs
- 3 oz vegan feta

Preheat oven to 425F and grease a quarter baking sheet (or equivalent).

Heat oil in skillet over medium heat. Add shallot, garlic, cherry tomatoes, oregano, salt and pepper and cook a few minutes. Add sun-dried tomatoes and spinach and cook until spinach is wilted. Remove from heat.

Combine vegan eggs, vegan feta (save a little for topping), and a pinch of pepper in a bowl. Stir.

Add half the veggie mixture to the sheet pan. Top with egg-feta combo, then add remaining veggies.

Sprinkle on the remaining feta. Place in oven and bake 15-20 minutes or until eggs are set.

Remove from oven and allow to set for 5 minutes.

Serves 8.

Soups

MUSHROOM BARLEY SOUP

16 oz coarsely chopped mushrooms (any combo)
1 med onion, diced
1 medium carrot, diced
2 stalks celery, diced
2 T oil or plant butter
2 cloves garlic, minced
1 tsp thyme
1-2 bay leaves
48 oz vegetable stock
 $\frac{1}{2}$ cup pearled barley
Salt and pepper to taste

In a large stockpot, sweat mushrooms, onion, carrot and celery in oil/plant butter over medium heat for 10 minutes. Stir often.

Add garlic, thyme and bay leaves and cook about 1 minute longer.

Add vegetable stock, cover and bring soup to simmer. Add the barley and cook 35-45 minutes til barley is tender.

Taste and adjust seasoning to your liking.

SERVES 8.

CREAMY VEGETABLE CHOWDER

- 2 large onions, chopped
- 2 medium carrots, diced
- 2 celery ribs, sliced thin
- 2 medium parsnips, peeled and cubed
- 2 small turnips, peeled and cubed
- 4 T plant butter or oil
- $\frac{3}{4}$ C flour
- $\frac{1}{2}$ tsp salt (or more to taste)
- 2 32-oz cartons vegetable broth
- 1 medium sweet potato, peeled and chopped
- 3 small red potatoes, chopped
- 1-2 bay leaves
- 1 T Worcestershire sauce
- 1 C plant milk
- $\frac{1}{2}$ C minced fresh parsley for garnish

In a Dutch oven, sauté onion, carrot, celery, parsnips and turnips in plant butter. Cook and stir 6-8 minutes or until fragrant.

Sprinkle vegetables with flour and salt, stir until well blended. Gradually add broth. Bring to boil; cook and stir until thickened. Stir in sweet potatoes, red potatoes, bay leaf and Worcestershire.

Reduce heat, cover and simmer 15-20 minutes or til potatoes are tender. Stir in plant milk and parsley; heat through. **MAKES 3 QT (12 SERVINGS).**

SWEET & SOUR CABBAGE SOUP

1 16-oz can sauerkraut	2 onions, diced
1 potato, diced	1 clove garlic, minced
1 lg carrot, sliced thin	1 bay leaf
$\frac{1}{2}$ head shredded cabbage	16-oz tomato paste
Pepper to taste	
Mushrooms (optional)	

Add 2 quarts water to stock pot. Add everything to pot and cook, covered, over low heat for about $1\frac{1}{2}$ hours or until vegetables are tender. Remove bay leaf, stir and serve.

MISO SOUP

1 tsp oil	1 C chopped greens
1 onion, chopped	1 carrot, sliced
5 C water	$\frac{1}{4}$ C miso
Pinch of salt	

Sauté onions in oil. Add onions, salt and remaining vegetables to water. Bring to a boil and simmer covered about 30 minutes, or until vegetables are tender. Dilute miso with $\frac{1}{4}C$ of the broth and stir into the soup.

Remove from heat and steep for 5 minutes.

SERVES 4.

NOTE: Miso can be purchased at your local health food store.

FRESH MARKET BASKET SOUP

- 1 T oil or plant butter
- 1 lg kohlrabi, peeled and chopped
- 4 celery ribs, chopped
- 2 medium carrots, chopped
- 2 medium onions, chopped
- 3 garlic cloves, minced
- Salt & pepper to taste
- 6 C vegetable stock
- 2 15½-oz cans Great Northern beans, rinsed and drained
- 2 bay leaves
- 2 medium tomatoes, chopped
- 2 T minced fresh parsley
- 2 T minced fresh tarragon (or $\frac{3}{4}$ tsp dried)
- 2 T minced fresh thyme (or $\frac{3}{4}$ tsp dried)

Heat oil in stockpot over medium-high heat. Stir in kohlrabi, celery, carrots and onions; cook 5 minutes or until onions are soft. Add garlic, salt and pepper.

Stir in vegetable stock, beans and bay leaves. Bring to boil. Reduce heat and simmer covered, until vegetables are tender (20-25 minutes). Add remaining ingredients. Simmer 5 more minutes. Discard bay leaves. **MAKES 2 $\frac{3}{4}$ QUARTS.**

RED PEPPER VEGETABLE SOUP

2 18-oz cartons sweet red pepper soup or V8 juice

32 oz vegetable broth

$\frac{1}{2}$ large onion, diced

2 stalks celery, diced

1 C or more carrot coins

$\frac{1}{2}$ -1 green pepper

$\frac{1}{2}$ rutabaga, cubed

$\frac{1}{3}$ head green cabbage, chopped

4 beef bouillon cubes

Salt and pepper to taste

Thyme and basil to taste

A pinch of brown sugar to cut acidity

Put everything in a soup pot and bring to boil. Reduce heat to low and simmer until veggies are tender.

NOTE: This is a good recipe for the crockpot. SERVES 2-4, depending on how hungry folks are!

MISO SOUP WITH SEAWEED & TOFU

- 4 C vegetable broth (or use dashi for more traditional miso soup)
- 1 sheet nori (dried seaweed) cut into large rectangles
- 3-4 T white or yellow miso paste, with or without bonito
- $\frac{1}{2}$ C chopped green chard or other sturdy green
- $\frac{1}{2}$ C chopped green onions
- $\frac{1}{4}$ C firm tofu, cubed (silken tofu for more traditional miso soup)

Place vegetable broth in medium pan and bring to low simmer. Put miso into a small bowl. Force miso paste through small sieve, add a little hot water and whisk until smooth. Set aside.

Add chard/greens to the broth, green onions and tofu* and cook for 5 minutes. Then add nori and stir. Remove from heat, add miso mixture, and stir to combine.

Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

*if using silken tofu, add at the end of cooking.

CREAM OF POTATO & LEEK SOUP

1 leek, chopped, including green part
1 celery stalk, chopped
1 carrot, shredded
2 cloves garlic, minced
4 T butter or plant butter
 $\frac{1}{4}$ C flour
2 C vegetable stock
3 potatoes, cubed small
2 C plant milk
1 T chopped fresh parsley
 $\frac{1}{4}$ tsp dried thyme
 $\frac{1}{4}$ tsp rosemary
Dash of Worcestershire sauce
Salt & Pepper to taste

In a large stockpot, sweat leek, celery, carrot, and garlic in plant butter over medium heat until just softened.

Add flour and stir constantly for 2-3 minutes. Add vegetable stock slowly, stirring as you add.

Add potatoes, milk, parsley, thyme, rosemary, and Worcestershire.

Simmer 20-30 minutes, stirring often, until potatoes are soft. SERVES 6.

VEGAN BORSCHT

$\frac{1}{2}$ C chopped onion
2 lg carrots, chopped
2 stalks celery, chopped
 $1\frac{1}{2}$ lbs. peeled and shredded beets
Vegetable Oil for sautéing
1 tsp more sugar
 $\frac{1}{4}$ C red wine vinegar
1 tsp or more sugar
1 8-oz can chopped tomatoes
1 tsp salt or to taste
4 C hot water or veggie broth*

*I recommend Better Than Bouillon Mushroom flavor. When diluting the broth paste, get water very hot; add 1 tsp bouillon at a time and taste until you think you have enough. Very salty, so don't use the ratios on the jar.

Sauté the onions, carrots and celery in a large pot for 8-10 minutes.

Add beets, wine vinegar, sugar, tomatoes and 1 tsp salt along with some fresh pepper.

Pour in $1/2$ C of the broth; cover pan and simmer for 50 minutes.

Add remainder of broth and the shredded cabbage. Bring to a boil, add more salt (to taste) and simmer, partially covered, for 30 minutes.

Taste for salt, sugar and tenderness of beets.

Serve with fresh dill and sour cream.

"PEARL'S BIRTHDAY SOUP"

- 4 medium carrots, sliced
- 2 stalks celery, diced small
- 1 small onion, diced small
- 1 clove garlic, minced
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp dried parsley
- $\frac{1}{2}$ tsp dried marjoram
- 32 oz vegetable stock
- 3 fresh tomatoes, diced (or 1 14.5-oz can)
- $\frac{1}{2}$ tsp salt
- 1 C frozen peas, thawed
- 2 large potatoes, medium diced
- 6 oz rotini pasta

Sauté celery, carrots and onion in stockpot over medium heat til translucent, about 10 minutes. Add garlic and dried herbs and cook for 1 minute. Add vegetable stock, tomatoes and salt and bring to simmer, stirring occasionally. Once the soup has reached a simmer, add the peas, potatoes and pasta and cook until tender, about 20 minutes. Taste and adjust seasonings as needed. SERVES 6.

CREAMY CRAB SOUP

- 3 T plant butter
- 5 green onions, white and green parts
- 3 cloves garlic, minced
- $\frac{1}{4}$ C flour
- 6 C seafood stock
- 1 lb baby potatoes, quartered
- 2 C corn kernels
- $\frac{1}{2}$ T Cajun seasoning (or similar)
- Salt & pepper to taste
- $1\frac{1}{2}$ C plant milk or plant-based creamer
- 1 T lemon juice (optional but recommended)
- 16 oz fresh lump crabmeat (can use canned but pick out any cartilage)

Heat plant butter in a large pot over medium heat. Add the green onions and garlic and cook, stirring occasionally until onion is soft. Sprinkle flour over the onions and cook, stirring for one minute.

Gradually add the seafood stock. Stir in potatoes, corn, Cajun seasoning and a pinch of salt and pepper. Bring soup to a boil, then reduce heat and simmer 10-12 minutes til potatoes are tender.

Add plant-based creamer and crab meat; stir gently.
SERVES 6.

SALMON CHOWDER

- 3 T plant-based butter
- 3/3 C chopped green onion
- 3/4 C chopped celery
- 3 cloves garlic, minced
- 2 C diced potatoes
- 2 carrots, diced
- 2 C vegetable broth
- 1 tsp salt and pepper, to taste
- 1 tsp dried dill weed
- 1 16-ounce can salmon, picked through
- 1 12-ounce plant-based creamer
- 1 15-ounce can creamed corn
- 1/2 lb vegan cheese

Melt plant butter in large pot over medium heat. Sauté onions, garlic and celery until tender. Stir in potatoes, carrots, broth, salt, pepper, and dill.

Bring to a boil, then reduce heat. Cover and simmer 20 minutes.

Stir in salmon, plant-based creamer, corn and cheese. Cook until cheese is melted and soup is heated through.

SERVES 8.

GAZPACHO

- 1 sm green bell pepper, diced
- 2 lg tomatoes, diced
- 1 sm cucumber, peeled and diced
- $\frac{1}{4}$ sweet onion, peeled & quartered
- 1 C tomato juice
- 1 tomato
- 1 tsp chili powder
- 2 cloves garlic
- 2 T olive oil
- 1 tsp salt
- Chopped scallions/green onions

Put peppers, tomatoes, cucumber and onion in large bowl. Blend/process the tomato juice, tomato, chili powder garlic, oil and salt until smooth. Add to the chopped vegetables, stir and chill.

Sprinkle each serving with chopped scallions. May also add crisp croutons on individual bowls. Serves 6.

ROASTED BUTTERNUT SQUASH SOUP WITH SAGE & APPLE

- 1 butternut squash, peeled and cut into chunks
- 2 medium carrots, quartered lengthwise
- 1 medium onion, quartered
- 2 Gala apples (cored, peeled, and quartered)
- 3 cloves garlic
- 2 T oil
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp dried sage 1/2 tsp salt
- 32 ounces vegetable stock or use a combination of stock and unsweetened apple juice/cider
- 1 C plant-based creamer

Preheat oven to 425F. In large mixing bowl, toss squash, carrots, onion, apples, garlic and dried herbs in the oil, then spread evenly on foil-lined baking sheet. Roast in oven til squash is tender, about 35-45 minutes. Vegetables should be tender and lightly browned. Remove from oven and transfer to a pot.

Add vegetable stock, bring the pot to simmer and cook about 15 minutes to let flavors develop. Then, remove soup from heat and puree (either with an immersion blender or blender/food processor). If soup is too thick, add a touch more vegetable stock. Remove from heat, then add plant milk. SERVES 6.

GYPSY SOUP

3-4 T olive oil
2 onions, chopped
2 cloves garlic, minced
 $\frac{1}{4}$ C celery, chopped
 $\frac{1}{4}$ C green pepper, chopped
2 C peeled & diced sweet potatoes
1 C tomatoes, chopped
1 tsp turmeric
2 tsp paprika
1 tsp salt
1 tsp basil
Dash cayenne pepper
dash cinnamon
3 C vegetable stock
1 bay leaf
1 T tamari
1 can chick peas, drained

Saute onions, garlic, celery, green pepper, potatoes and tomatoes in oil for 5 minutes. Add everything else EXCEPT chick peas and tamari, cover and simmer 15 minutes. Add remaining ingredients and simmer another 15 minutes, until potatoes are tender.

Salads

LEMON-HONEY DRESSING

$\frac{1}{2}$ C lemon juice (fresh is best)

$\frac{1}{2}$ C honey

$\frac{1}{2}$ tsp salt

Beat together all ingredients. No oil. Tastes great on salad or cooked beets.

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RUSSIAN DRESSING

$\frac{1}{2}$ lb silken tofu $\frac{1}{4}$ tsp garlic powder

$\frac{1}{4}$ tsp onion powder $\frac{1}{2}$ tsp salt

2 T vinegar $\frac{1}{4}$ tsp water

3 T ketchup 2 T sweet relish (optional)

Blend all ingredients together and stir in relish if you wish. No oil.

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RANCH SALAD DRESSING

1½ C vegan mayo
¼ - ½ C plant milk
1½ tsp apple cider vinegar
3 cloves garlic, crushed
½ T dried parsley
1 tsp dried dill
1 tsp onion powder
¼ tsp paprika
¼ tsp pepper
Salt to taste

Mix all ingredients together in a bowl. If mixture is too thick for your preference, add a little more milk.

Store in a jar in the fridge. The flavors will really come through in about 4 hours.

Dressing can be stored in the refrigerator for at least a week.

AVOCADO DRESSING

2 avocados

$\frac{1}{2}$ C cashews, raw or roasted

$\frac{1}{3}$ C lemon juice

1 T onion powder

1 $\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp garlic powder

1-2 C water, depending on desired thickness

Blend all ingredients together.

"We use this easy-to-make dressing a lot. It also helps stretch the avocados and is useful for things like tacos, burrito bowls, etc."

CRABMEAT SALAD

6 oz cleaned crabmeat

$\frac{1}{4}$ C French dressing

2 T chopped pickle

1 T lemon juice

2 T chopped green pepper

1 T chopped scallions

1 T horseradish (opt)

salt to taste

pepper to taste

lettuce leaves

Arrange crabmeat on a plate over lettuce leaves. Combine remaining ingredients and pour over crabmeat.

You can also serve this over cold rice. Just mix 1 T of dressing into each rice serving.

BEET SALAD

2 lbs beets (5-6 medium)

$\frac{1}{4}$ C oil

2 T sherry vinegar or white wine vinegar

$\frac{1}{2}$ tsp Dijon mustard

$\frac{1}{2}$ tsp honey

$\frac{1}{2}$ tsp salt, pepper to taste

1 stalk celery, finely chopped

1 lg shallot, finely chopped

Preheat oven to 400F. Divide beets between 2 pieces of foil, crimping edges to make 2 packets. Roast until beets are just tender when pierced, about $1\frac{1}{4}$ hours. Unwrap beets and let cool.

Meanwhile, whisk oil, vinegar, mustard, honey, salt and pepper in a small bowl to make dressing.

When beets are cool enough to handle, slip off skins. Cut into $\frac{1}{2}$ " cubes and place in a large bowl. Add celery, shallot and dressing. Toss to coat well.

Serve at room temperature or chilled.

SERVES 8.

RUSSIAN BEET SALAD

5 lg potatoes

3 lg carrots

4 medium beets

1 medium onions or a bunch of scallions

$\frac{1}{2}$ of a 32-oz jar regular or baby dill pickles

8 oz frozen green peas

Fresh dill (optional)

Oil (to taste)

Boil, peel and cool down potatoes, carrots and beets.

Slice into little cubes.

Add pickles (sliced into cubes), peas, chopped onion and 1 bunch of fresh dill, finely chopped.

Thoroughly mix all the ingredients, gradually adding 2 T of oil and $\frac{1}{2}$ tsp salt Mix gently until potatoes turn red upon mixing with the beets. Let stand at least 30 minutes to let flavors mix.

You can add a tsp of horseradish paste for an extra kick.
Serve cold.

CURRIED RICE SALAD

6 C cold cooked rice
 $\frac{1}{2}$ C chopped green pepper
 $\frac{1}{3}$ C chopped pimento
2 T chopped green onion
 $\frac{1}{2}$ C oil
 $\frac{1}{3}$ C vinegar
2 T sugar
2 T lemon juice
 $1\frac{1}{2}$ tsp curry
1 tsp salt
1 head Boston lettuce

Combine rice with vegetables and pimento. Blend together remaining ingredients EXCEPT lettuce. Toss gently with the rice. Refrigerate.

Arrange atop lettuce leaves on plates.

SERVES 8.

This recipe can easily be halved.

MARINATED TOMATO SALAD

3 tomatoes, cut into wedges
1 T oil
1 minced garlic clove
2-3 fresh basil leaves, minced
2 tsp balsamic vinegar
Salt
Fresh ground pepper

Combine all ingredients and serve at room temperature. Flavors will be more developed if allowed to sit for a short time.

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PEPPER SLAW

3T vinegar	3 red bell peppers
1 T oil	3 yellow bell peppers
1 tsp sugar	3 green bell peppers
$\frac{3}{4}$ tsp salt	$\frac{1}{2}$ red onion sliced thin

Mix vinegar, oil, sugar and salt. Cut each pepper into matchstick thin slices. Cut onion into paper thin slices. Toss with dressing. SERVES ABOUT 10.

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SIMPLE PANZANELLA SALAD

3 C tomatoes, cut into bite-sized pieces

$\frac{1}{2}$ red onion, thinly sliced

Oil (to taste)

Balsamic vinegar to taste

Salt & pepper

3 lg slices crusty bread (e.g., sourdough), cubed large

1 tsp dried basil

2 C arugula, loosely packed

10 lg basil leaves, chopped

Add tomatoes and onions to a bowl. Drizzle with oil, vinegar, salt and pepper. Toss to combine and set aside.

Heat 3 T oil in a skillet over medium heat. Add cubed bread, dried basil, and a pinch of salt and pepper to the pan. Cook, tossing regularly, until bread is toasted on all sides. Remove bread from pan and set aside.

To assemble, combine tomatoes, onions, bread, arugula and basil in a bowl. Add additional olive oil, balsamic vinegar, salt and pepper to taste.

Serve immediately or it will get soggy. SERVES 6

BOWTIE GARDEN PASTA

- 4 chopped tomatoes
- 2-3 T fresh chopped dill
- 1 tsp salt
- 1 chopped onion
- 1 small yellow squash, sliced into $\frac{1}{4}$: pieces
- 2 small zucchini, halved and sliced in $\frac{1}{4}$ " pieces
- 1 tsp minced garlic
- $\frac{1}{4}$ C vegan/dairy-free Parmesan cheese OR
nutritional yeast flakes
- 2 T oil
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ C dry white wine (if you choose)
- 16 oz bowtie pasta, cooked and drained

Combine half the tomatoes with the "cheese", dill, 1T oil, $\frac{1}{2}$ tsp salt and pepper in a bowl. Heat the other 1 T oil in a skillet, add onions, and cook until they begin to brown, about 5 minutes. Stir in the squashes, the remaining tomatoes, garlic and $\frac{1}{2}$ tsp salt. Cook 4-5 minutes until it begins to soften. Add wine and boil 1 minute. Combine the pasta, squash mixture, and tomato/dill mixture together. Toss. Serves 6.

ITALIAN PASTA SALAD

1 box bow tie pasta

1 C thinly sliced red, yellow, or orange bell peppers

$\frac{1}{2}$ C thinly sliced sun-dried tomatoes, drained

4 T fresh basil leaves

$\frac{1}{3}$ C Italian salad dressing of your choice

$\frac{1}{2}$ lemon, squeezed, OR 1 T lemon juice

Cook pasta as directed; Drain and rinse with cool water.
Toss all ingredients together and refrigerate.

ROASTED TOMATO & BASIL ORZO SALAD

- 7 T oil, separated
- 1 lb small tomatoes, halved
- Salt and pepper to taste
- 1 head garlic,
- 1 lb orzo, dry
- 7 oz vegan feta, cubed
- 2 T balsamic vinegar
- 1 shallot, finely minced
- 1 tsp agave or maple syrup
- 2 T sun-dried tomatoes, roughly chopped
- $\frac{1}{2}$ C fresh basil, plus more for serving

Preheat oven to 400F. Add halved tomatoes to baking dish and drizzle with 2 tsp oil, salt and pepper. Cut top of garlic off the expose cloves. Place on a piece of foil, drizzle with 1 T oil, and wrap foil around it. Place in baking dish with tomatoes. Roast in oven for 30 minutes. Then remove from oven and allow to cool 30 minutes.

Meanwhile, cook orzo according to package directions. Drain and rinse with cold water.

Add remaining 4 T oil and the roasted garlic to a bowl and smash with a fork. Add vinegar, shallot, agave and a pinch of salt and pepper. Taste and adjust dressing as needed.

Add orzo, tomatoes (include juice from baking dish), feta, sun-dried tomatoes and basil to the bowl. Toss to combine. Taste and adjust as needed.

Serve chilled or at room temperature. SERVES 8.

BLACK BEAN & CORN ORZO SALAD

DRESSING: $\frac{1}{2}$ C vegan mayo
 $\frac{1}{4}$ C oil
 1 lime, juiced, plus more
 1 T taco seasoning
 1 T ketchup

SALAD: 1 lb orzo, dry
 1 sm red onion, diced
 2 C corn
 2 15-oz black beans, rinsed, drained
 1 jalapeño, diced
 5 green onions, diced, with tops
 1 bunch cilantro, chopped
 3 oz vegan feta
 1 lime, wedged

Cook orzo according to package directions. Drain and rinse with cold water.

Add all of the dressing ingredients to a bowl and stir to combine. Taste and adjust seasonings as needed.

Add orzo, red onion, corn, black beans, jalapeños, green onions, $\frac{1}{2}$ the cilantro and all the feta to a large bowl. Pour the dressing over the salad and toss to combine.

Cover and refrigerate for 30 minutes. Top with remaining cilantro and serve with extra lime wedges. SERVES 10.

Sides

APPLE, ONION & CRANBERRY STUFFING

6 slices whole wheat bread, cubed
6 slices white sandwich bread, cubed
1 C water
1½ tsp oil
2 stalks celery, chopped
1 lg onion, chopped
4 apples, peeled, cored & chopped
1½ tsp dried rubbed sage
1 tsp dried thyme
½ C fresh or frozen cranberries, chopped
1 C vegetable broth
1¼ tsp salt

Preheat oven to 350F. Spread bread cubes on baking sheet and lightly toast, 15-20 minutes.

Heat oil in a large nonstick skillet over medium heat. Add celery and onion. Cook, stirring occasionally for 5-7 minutes. Add apples and cook for another 3 minutes.

Add water or vegetable broth, sage, and thyme; simmer until most of the liquid has evaporated. Transfer mixture to a large bowl and add toasted bread and cranberries. Drizzle vegetable broth over bread mixture and toss until evenly moistened. Season to taste with salt and pepper.

Reduce oven temp to 325F. Transfer stuffing to lightly oiled casserole dish; cover with foil. Bake until heated through, 35-45 minutes. SERVES 4.

@Cindy Nawrocki

COUSCOUS WITH PINE NUTS & PARSLEY

1½ T plant butter

½ tsp salt

1 C couscous

½ C sliced scallions

⅓ C pine nuts, toasted

1 T white vinegar

¼ C parsley leaves, minced

1½ C Water

Combine plant butter, salt and water. Bring to a boil and stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork, then stir in nuts, scallions, parsley and vinegar. You can serve warm immediately, or refrigerate it and eat it chilled later.

NOTE: If you don't have pine nuts, you can substitute slivered almonds.

BULGAR-NUT PILAF

1 C bulgar	2 carrots, shredded
3 T plant butter	$\frac{1}{2}$ tsp salt
2 C vegetable broth	$\frac{1}{2}$ C nuts

Sauté bulgar in plant butter about 5 minutes to brown lightly. Stir in broth, carrots and salt; bring to a boil.

Cover and bake at 350F for 25 minutes or until broth is absorbed, stirring halfway through.

Stir in nuts (almonds, walnuts, pecans). SERVES 4.

NOTE: Most grain recipes can be made with any grain of your choosing.

SPINACH WITH RICE (SPANAKORIZO)

$\frac{1}{4}$ C oil	1 8-oz can tomato sauce
1 C long grain rice	4 lb fresh spinach
$1\frac{1}{4}$ C water	1 tsp mint
$\frac{1}{4}$ tsp nutmeg	salt to taste
1 chopped onion	pepper to taste

Cook onion in oil until tender. Add rice and sauté for 2 minutes. Stir in water and tomato sauce and bring to a boil. Cover and cook until rice is almost done, about 15 minutes. Stir in parsley, mint, trimmed and chopped spinach and seasonings. Mix and cook until all liquid is absorbed.

Serve with fresh lemons. Makes 6 servings.

"STOVIES"

Vegetable stock	$\frac{1}{2}$ C parsley, chopped
2 onions, thinly sliced	$\frac{1}{2}$ C oil
Salt to taste	pepper to taste
6 medium potatoes, peeled	plant butter

Arrange thinly sliced potatoes and onions in layers in an oiled skillet. Sprinkle each layer with salt, pepper and parsley. Dot with oil or plant butter and add 1C vegetable stock. Cover and simmer 30 minutes on stove top or until potatoes are tender.

BAKED STUFFED MUSHROOMS

12 large mushrooms	3 T minced green onions
2 T plant butter	$1\frac{1}{2}$ C soft bread crumbs
Dash thyme	1 tsp salt
Dash pepper	$\frac{1}{2}$ lemon

Carefully remove and chop mushroom stems. Sauté stems and onion in plant butter until onion is soft. Add bread crumbs and seasonings.

Stuff mixture into mushrooms caps and bake at 400F for 10 minutes. Serves 3-4.

FRIED GREEN TOMATOES

3-4 lg mostly green tomatoes

Salt and pepper to taste

$\frac{1}{3}$ C flour

$\frac{1}{3}$ C cornmeal

Nutritional yeast flakes (or vegan parmesan)

Garlic powder (optional)

1 tsp baking powder

Oil for frying

Slice tomatoes into $\frac{1}{4}$ " slices. Sprinkle each with salt and pepper to taste. Combine flour, cornmeal and baking powder and any added seasonings. Add the nutritional yeast flakes/vegan Parmesan. Dunk each tomato slice into cold water, then dredge tomato slices in the dry mixture, covering both sides.

Heat the oil and fry a few slices at a time, about 3-4 minutes per side. Drain on paper towels.

NOTE: Best if served immediately.

COLIN MASUCA'S RATATOUILLE
(May his memory be eternal!)

Zucchini

Oil

Fresh crushed garlic, a generous amount

Diced tomatoes, fresh or canned

Dill to taste, fresh or dry

Salt

Crushed red pepper

Saute zucchini in lots of oil until starting to brown. Add garlic, tomatoes, dill, salt and crushed red pepper. Simmer until zucchini is soft.

NOTE: Ingredient amounts can be adjusted according to preference, **BUT LOTS OF GARLIC IS CRITICAL!**

MEXICAN BLACK BEANS

1 tsp oil

$\frac{1}{2}$ C chopped onions

16 oz black beans, DO NOT DRAIN

3 cloves garlic minced

$\frac{1}{4}$ C chopped cilantro

1 tsp cumin

$\frac{1}{2}$ tsp salt

In a small sauce pan, heat the oil over medium heat. Add onions and garlic and cook 3-4 minutes, just until onions begin to soften.

Add the UNDRAINED black beans, cilantro, cumin and salt. Stir well and reduce heat to medium-low. Allow to cook for 15-20 minutes, stirring occasionally. Taste and adjust seasonings to your liking.

Serve sprinkled with more fresh cilantro. If not fasting, you can also top with cotija cheese.

Serves 4.

MUSHROOM GRATIN

4 T plant butter	1 sm onion, minced
8 oz mushrooms (any)	2 minced cloves garlic
4C <u>cooked</u> pasta (rotini, elbow, penne, etc)	2 T all-purpose flour
$\frac{1}{2}$ tsp salt	1 C non-dairy milk
$\frac{1}{2}$ tsp dry mustard	$\frac{1}{2}$ tsp pepper
$\frac{1}{2}$ C FRESH soft breadcrumbs	1 T oil or spray

Preheat oven to 350F. Spray 9x13 pan with nonstick cooking spray. Melt 2T plant butter in large skillet over medium high heat. Add onion; cook and stir 2 minutes. Add mushrooms and garlic; cook and stir 6-8 minutes or until vegetables are soft. Remove from heat; stir in **COOKED** pasta.

Melt remaining 2T plant butter in medium saucepan over low heat. Whisk in flour; cook and stir 2 minutes **WITHOUT BROWNING**. Stir in non-dairy milk. Bring to a boil over med-high heat, whisking constantly. Reduce heat to maintain a simmer. Add salt, pepper and mustard; whisk 5-7 minutes until sauce thickens.

Pour sauce over mushroom mixture in skillet; stir to coat. Spoon into prepared baking dish. Top with bread crumbs, Drizzle with oil or spray with oil.

Cover and bake 15 minutes. Uncover and bake 10-15 minutes more, until bubbly and browned.

Serves 8.

ROASTED POTATOES

Potatoes (any kind and quantity)

Bell peppers (any kind and quantity)

Onion (any kind and quantity)

Oil as needed

Salt and pepper to taste

Seasoning of choice (Hoopers prefer black sesame seeds and harissa)

Preheat oven to 400F.

Cut the potatoes, peppers and onions into larger chunks. Toss lightly in oil.

Arrange on a baking pan.

Sprinkle with salt and pepper and seasonings.

Bake 30-40 minutes or until browned to your liking.

CRISPY SMASHED BRUSSELS SPROUTS

2 lbs brussels sprouts, tough ends removed

Salt

2 shallots, sliced

$\frac{1}{3}$ C oil

1 tsp smoked paprika

$\frac{1}{2}$ tsp garlic salt, or to taste

$\frac{1}{2}$ tsp pepper, or to taste

$\frac{1}{2}$ C vegan parmesan

Bring a large pot of water to boil; add salt once the water boils. Boil 10 minutes, drain, and rinse with cold water. Allow sprouts to cool 10 minutes.

Meanwhile, place a large baking sheet on the bottom rack of the oven and preheat to 425F..

Grab a cup with a flat bottom. With each sprout, firmly press with the bottom of the cup. Place sprouts in a bowl with the shallots, oil, smoked paprika, garlic salt, and pepper. Carefully toss together.

Transfer to pre-heated baking sheet and bake 15 minutes.

Remove from oven, add the parmesan, and flip the sprouts. Return to oven for 10 minutes.

Remove from oven and serve. Be sure to scrape the crispy bits off the bottom of the baking sheet! SERVES 8.

SIMPLE MEXICAN RICE

2 T vegan butter
1 C long grain uncooked rice (or Basmati)
2 cloves garlic, diced
2 C vegetable broth
 $\frac{1}{4}$ C tomato sauce
 $\frac{1}{2}$ tsp cumin
Salt if needed

Melt butter in a pan over medium-high heat. Add rice and garlic and lower heat to medium. Cook until rice smells toasted (about 2-3 minutes), stirring frequently so it doesn't burn.

Add the broth, tomato sauce, and cumin to the pan. Bring to a boil. Cover and lower heat.

Cook for 15 to 20 minutes, or until all liquid is absorbed. Fluff the rice with a fork. Taste and add salt if needed.

SERVES 4.

NOTE: You can add diced peppers and onions, even corn, to make this a heartier dish.

HOISIN GRILLED BROCCOLI

- 6 C broccoli florets
- 4 T sesame oil
- 2 T hoisin sauce
- 1 T soy sauce
- 1 T chili oil (optional, if you like spicy)
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp crushed red pepper (again, optional)

This recipe is at it's best when prepared on the grill, but a cast iron skillet works nicely as well.

Toss all ingredients together in a large bowl. Make sure the broccoli is well coated.

Add broccoli to your grilling skillet or your cast iron skillet and cook, turning as needed, until lightly browned and just fork tender, 10-15 minutes.

VEGAN CHEESE SAUCE

In Blender:

- 2 C water
- $\frac{1}{2}$ C pimentos (for color)
- $\frac{1}{2}$ C nutritional yeast
- 1 T salt
- 1 tsp onion powder
- $\frac{1}{2}$ tsp garlic powder
- 6-8 T flour or cornstarch
- $\frac{1}{2}$ C cashews
- $\frac{1}{4}$ C lemon juice

Boil 2 C water in a saucepan and whisk in the blender contents until it returns to a boil. Remove from heat and enjoy.

COCONUT RICE

- 1 T oil
- 3 gloves garlic, diced
- 3 green onions, diced, whites and greens separated
- 1 C dry basmati or jasmine rice
- 1 C coconut milk
- 1 C water
- 1 T soy sauce or tamari
- $\frac{1}{2}$ lime, juiced
- Salt to taste

Heat oil in a pan over medium heat.

Add garlic, whites of green onions and rice to the pan.

Sauté 2-3 minutes so garlic doesn't burn.

Add the coconut milk, water, soy sauce and lime juice to the rice. Stir and bring to a boil. Once boiling, cover the pan and lower the heat. Simmer until all of the liquid is absorbed, about 15 minutes.

Fluff the rice with a fork and add salt to taste. Serve with remaining green onions. SERVES 4.

SCALLOPED POTATOES

- 3 lbs Russet potatoes, peeled and sliced thin
- 4 T vegan butter
- 1 sm yellow onion, sliced thin
- 4 cloves garlic, minced
- $\frac{1}{4}$ C flour
- 1 tsp fresh thyme, chopped fine
- $\frac{1}{2}$ tsp salt or more to taste
- $\frac{1}{2}$ tsp garlic salt
- $\frac{1}{2}$ tsp pepper
- 1 C vegetable broth
- 2 C unsweetened non-dairy milk
- 8 oz vegan cream cheese

Preheat oven too 400F and grease a 9x13 or 3-qt dish.

Melt the butter in a skillet over medium heat. Add onion and garlic and sauté 3-5 minutes or until tender. Add the flour and cook another minute.

Slowly add the broth and whisk until smooth. Add thyme and dry seasonings. Pour in the milk and cream cheese and whisk until smooth.

Add a little sauce to the bottom of the baking dish. Layer half the potatoes and pour over half the remaining sauce. Repeat with the rest of the potatoes and finish with the rest of the sauce.

Cover with foil and bake in the oven for 40 minutes. Remove the foil and cook another 20-30 minutes. Potatoes should be fork tender.

Remove from oven and allow to rest 10 minutes.

Finish with more fresh thyme and a sprinkle of salt.

SERVES 8.

MEDITERRANEAN BAKED SWEET POTATOES

4 medium sweet potatoes, rinsed and scrubbed
1 can chickpeas, rinsed and drained
 $\frac{1}{2}$ tsp oil
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ tsp coriander
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp smoked OR regular paprika
Pinch salt or lemon juice (optional)

Garlic Herb Sauce

$\frac{1}{4}$ C hummus or tahini
 $\frac{1}{2}$ medium lemon, squeezed
 $\frac{3}{4}$ - 1 tsp dried dill
3 cloves minced garlic
Water or unsweetened almond milk (to thin)

Topping

$\frac{1}{4}$ C diced cherry tomatoes
 $\frac{1}{4}$ C fresh parsley, minced
2 T lemon juice

Preheat oven to 400F; line a large baking sheet with foil.
Cut potatoes in half lengthwise. Rinse and drain chickpeas, then toss with oil and spices, and place on baking sheet.

Rub potatoes with a bit of oil and place face-down on same baking sheet.

While sweet potatoes and chickpeas are roasting, prepare sauce by adding all ingredients to mixing bowl and

Mediterranean Baked Sweet Potatoes, continued

whisk to combine, only adding enough water or almond milk to make it thin enough to pour. Taste and adjust seasonings as needed. (Add more garlic for more zing, more salt for more savoriness, lemon juice for freshness, and dill for a more intense flavor.)

Prepare the topping by tossing the tomato and parsley with lemon juice and setting aside to marinate.

Once sweet potatoes are fork-tender and the chickpeas are golden brown (roughly 25 minutes), remove from oven.

To serve, flip potatoes flesh side up and smash down the insides a little bit. Then top with chickpeas, garlic herb sauce, parsley-tomato topping. Chill. Serve immediately.

@Minimalistbaker/Bethany Merrick

SPICY CABBAGE CURRY

3 T oil

1 tsp cumin seeds

$\frac{1}{2}$ tsp ground ginger

1 tsp salt

1 $\frac{1}{2}$ tsp ground coriander

$\frac{1}{2}$ tsp ground cumin

4 C cabbage, finely sliced

Heat oil in a skillet with a lid. Add all spices and sauté briefly. Add cabbage and mix well. Cook for several minutes while stirring to make sure spices are blended with the cabbage.

Cover and cook over low heat for about 15 minutes or until cabbage is tender.

@Unknown Indian Cookbook/ Bethany Merrick

Entrees/ Main Dishes

AVOCADO BLACK BEAN QUESADILLAS

4 tortillas

1 avocado

$\frac{2}{3}$ C black beans, rinsed and drained

1 bell pepper, diced

$\frac{1}{2}$ tsp cumin

$\frac{1}{2}$ tsp cayenne (optional)

Cilantro (optional)

Fresh salsa

Heat a tortilla-sized pan over medium heat.

Using a knife, spread avocado evenly on one tortilla. Top with black beans, bell pepper, cumin and cayenne. Top with another tortilla.

Spray pan with nonstick spray. Place prepared quesadilla in the pan and cook until browned on bottom. Using a spatula, carefully flip quesadilla and brown the other side.

Removed from pan and slice into four pieces. Top with fresh salsa and cilantro.

Repeat with second quesadilla.

3-BEAN BARBECUE CHILI

2 T oil
1 chopped onion
1 tsp chili powder
16-oz can stewed tomatoes
16-oz can red kidney beans
16-oz white kidney beans
1 16-oz can black beans
4-oz chopped chilies, undrained
10-oz frozen mixed veggies
 $\frac{1}{4}$ C barbecue sauce

In Dutch oven, sauté chopped onion in hot oil until soft. Stir in chili powder and cook 1 minute. Add tomatoes and heat to boiling. Reduce to low and simmer, uncovered, for 10 minutes.

Drain beans in colander and rinse; stir into tomato mixture. Add frozen vegetables and chilies WITH THEIR LIQUID, barbecue sauce and $\frac{1}{2}$ C water.

Heat to boiling, then reduce to low heat. Simmer uncovered 10 minutes to blend flavors.

SERVES 4

NOTE: Serve with rice.

COUSCOUS WITH STIR-FRIED VEGETABLES

- | | |
|--|------------------------|
| 1 garlic clove, minced | 3 C vegetable broth |
| 2 zucchini, sliced thin | 1 T plant butter |
| 2 yellow squash, sliced | 2 carrots, sliced thin |
| $\frac{1}{2}$ lb Chinese cabbage | 2 T peanut oil |
| $\frac{3}{4}$ C sliced water chestnuts | 2 T chopped scallops |
| 1 T lemon juice | 8 sun-dried tomatoes |
| Salt & pepper to taste | |
| 1 pkg pre-cooked medium grain couscous | |

Soak the sun-dried tomatoes in hot water for 20 minutes. Combine the couscous with $2\frac{1}{4}$ vegetable broth and plant butter and bring to a boil. Cover and let stand 10 minutes. Drain soaked tomatoes and cut in half. Cut the cabbage into 2" pieces.

Heat the oil in a wok or large skillet. Add prepared vegetables and continue to stir-fry 2 minutes or until vegetables are crisp-tender. Add remaining ingredients, stir, cover, reduce heat and cook for 2 minutes.

Arrange the couscous in a ring shape on a platter. Spoon the vegetables and sauce in the center and over the top of the couscous. Serve hot. SERVES 8.

CUBAN BLACK BEANS WITH RICE

2 qts water	1 bay leaf
1 pound dry black beans	2 T vinegar
1 onion, chopped	1 tsp salt
1 green pepper, chopped	$\frac{1}{4}$ tsp pepper
$\frac{1}{3}$ C uncooked brown rice	$\frac{3}{4}$ C oil

Combine all ingredients except rice. Bring to boil, reduce heat, and simmer for about 90 minutes. Add the uncooked brown rice. Continue cooking until the beans are tender (about another 90 minutes).

THAI SKILLET RICE NOODLE STIR FRY

- 2 tsp oil
- $\frac{1}{2}$ C thinly sliced onion
- 2 cloves garlic, thinly sliced or minced
- 1 jalapeño chili, thinly sliced (remove seeds/ribs to tame heat)
- 5 oz thinly sliced mushrooms
- 1 T soy sauce or tamari
- 2 C water or veggie broth
- $\frac{1}{4}$ tsp salt
- 6 oz Thai style dry wide rice noodles

PREP TO ADD LATER:

- $\frac{1}{2}$ red bell pepper, sliced thin
- 1 C chopped broccoli or thin asparagus
- $2\frac{1}{2}$ tsp soy sauce or tamari
- 1 tsp molasses
- 1 T fish sauce or oyster sauce
- 2 tsp brown sugar
- 1 tsp corn starch
- $\frac{1}{8}$ tsp white pepper
- 2 T chopped fresh basil
- chopped green onions for garnish

Heat large skillet or wok over med heat, add 2 tsp oil. Once hot, add onion, garlic, jalapeño and a good pinch of salt. Cook until onion turns translucent.

Add mushrooms and continue to cook for another 2-3 minutes. (If you want to add tofu, add it now and cook

Thai Skillet Rice Noodle Stir Fry, continued

another 2 minutes.) Mix in soy sauce and once sauce is sizzling, stir in water and salt.

Add noodles and submerge until covered. Cover with lid and cook 7-11 minutes. (Check at 7 minutes.) Open the lid and mix in the vegetables.

In a bowl, mix the soy sauce, molasses, fish/oyster sauce, brown sugar, corn starch and white pepper. Add the sauce to the skillet and bring too a boil to thicken.

Add in the chopped basil and green onion. Switch off the heat, close the lid and let it sit for 1-2 minutes before serving. Makes 3 SERVINGS.

NOTE: Lightly crushed peanuts add a wonderful texture and flavor to this recipe.

LENTIL BARLEY BAKE

1 C lentils	2 diced carrots
6 T barley	$\frac{1}{2}$ tsp salt
$3\frac{1}{2}$ C water	1 bay leaf
1 onion, chopped	

Wash lentils and barley in cold water; drain. Combine everything and bring to a boil. Cover and simmer 45 minutes. Strain, reserving $\frac{1}{3}$ cup liquid. Transfer grains to a 2-qt baking dish.

To make the sauce, combine:

3T molasses	1 crushed garlic clove
2 T vinegar	1 tsp dry mustard
$\frac{1}{2}$ tsp salt	reserved cooking liquid

Pour sauce over the grain mixture. Bake at 350F for 20 minutes, Makes 6 SERVINGS.

GREEK SPAGHETTI

- 1 lb thin spaghetti
- 28 oz tomatoes, drained
- 1 chopped onion
- 1 chopped green pepper
- Vegan parmesan or nutritional yeast flakes
- 1 can drained mushrooms
- 16 oz pitted and sliced black olives, drained

Preheat oven to 350F. Cook spaghetti according to package directions; drain and set aside. Sauté onion and peppers in oil until tender. Add tomatoes, mushrooms, and sliced olives. Simmer about 15 minutes. Layer spaghetti and sauce into baking dish. Sprinkle with vegan parmesan (optional). Bake for 20 minutes at 350F.

SWEET POTATO & BLACK BEAN CHILI

- 3 lg sweet potatoes, peeled and cut into $\frac{1}{2}$ " cubes
- 1 lg onion, chopped
- 1 T oil
- 2 T chili powder
- 3 garlic cloves, minced
- 1 tsp ground cumin
- $\frac{1}{4}$ tsp cayenne pepper
- 2 15-oz cans black beans, rinsed and drained
- 1 28-oz can diced tomatoes, undrained
- $\frac{1}{4}$ C brewed coffee
- 2 T honey
- Salt and pepper to taste
- $\frac{1}{2}$ C shredded vegan cheddar cheese (optional)

In a Dutch oven coated with cooking spray, sauté sweet potatoes and onions in oil until crisp-tender.

Add chili powder garlic, cumin and cayenne; cook 1 minute longer. Stir in the beans, undrained tomatoes, coffee, honey, salt and pepper.

Bring to a boil. Reduce heat, cover and simmer for 30-35 minutes or until sweet potatoes are tender.

Top with vegan cheese if desired.

SERVES 8 (2 quarts)

MOUSSAKA

3# potatoes, peeled, boiled, thinly sliced
2 eggplants, sliced, soaked in salt water $\frac{1}{2}$ hour
1 C tomato sauce
2 zucchini, sliced
2 onions, chopped
 $\frac{1}{4}$ C chopped fresh parsley
Garlic to taste
 $\frac{1}{4}$ C oil plus additional frying oil
Salt & pepper to taste
1 C water

Preheat oven to 400F. Oil a 9x13 pan. Layer the pan with thinly sliced potatoes, cooked al dente. Sauté the onions, parsley and seasonings in oil. Add tomato sauce and water and cook 15 minutes.

Squeeze excess water from eggplant. Fry in additional oil until lightly browned; drain on paper towels. Repeat with zucchini.

Arrange vegetables over the potatoes, spreading tomato sauce over each layer. Bake at 400F for 20 minutes.

NOTE: Best made a day in advance of serving to allow flavors to mingle. Reheat in microwave or cover with foil and heat it through in the oven.

PAD THAI

- $\frac{1}{2}$ lb rice stick noodles
- 4 scallions, chopped
- 1 T sesame oil
- $\frac{1}{4}$ C sugar
- 1 tsp chili powder
- 1 T peanut oil
- $\frac{1}{3}$ C rice vinegar
- 1 tsp chili powder
- 2 garlic cloves, finely chopped
- $\frac{1}{3}$ C bottled fish sauce
- $\frac{1}{3}$ lb fresh bean sprouts
- 3 T chopped fresh parsley or cilantro
- $\frac{1}{2}$ C dry roasted peanuts, chopped

Soak rice sticks in warm water for 20 minutes or until pliable. Drain and set aside. Combine vinegar, fish sauce, sesame oil, sugar and chili powder.

Heat peanut oil in wok/skillet. Cook garlic 30 seconds. Add soft noodles and stir 1 minute. Pour in vinegar mixture; quickly add scallions and bean sprouts. Toss constantly for 1 minute. Using 4 bowls, divide the noodles, the parsley, another layer of noodles, then the peanuts. Serve at once. Makes 4 servings.

SPICY FIRECRACKER NOODLES

- 3 3-oz pkg Ramen Noodles, discard seasoning pack
- 1 T oil
- 4 green onions (both green and white parts)
- 3 cloves garlic, minced
- $\frac{1}{2}$ C Frank's Hot Sauce
- 2 T soy sauce or tamari
- 2 T brown sugar
- 1-2 T fresh lime juice or rice vinegar

Cook ramen noodles per package directions. Drain and set aside.

Heat oil in medium skillet over med-high heat. Add the white part of the green onion and sauté, stirring constantly for 2 minutes.

Add minced garlic, hot sauce, soy sauce and brown sugar and whisk to combine. Simmer 2-3 minutes until heated through.

Add the drained ramen and toss to coat.

Top with green onion tops and serve.

PAELLA

4 C vegetable broth

$\frac{1}{4}$ tsp cumin

$\frac{1}{4}$ tsp turmeric

$\frac{1}{2}$ tsp saffron threads

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ C oil

1 lg onion, cut coarsely

3 cloves garlic, chopped

1 lb eggplant, cut into $\frac{1}{2}$ " pieces

1 $\frac{1}{2}$ lb chopped tomatoes

1 lg green pepper, 1" pieces

1 lb sweet potatoes, peeled and cut into $\frac{1}{2}$ " pieces

1 lg red pepper, cut into 1" pieces

$\frac{1}{2}$ C frozen green peas

2 C rice

Preheat oven to 400F. Heat broth to boiling; remove from heat. Stir in saffron, cumin, turmeric and salt; set aside.

In a 5-quart Dutch oven, heat oil over medium heat. Add onions and garlic and sauté. Add eggplant and peppers; cover and cook about 5 minutes until lightly browned.

Pour hot saffron broth into vegetable mixture. Reheat to boiling and remove from heat.

Stir rice into vegetable mixture. Top with sweet potatoes and tomatoes. Cover and bake paella about 35 minutes; sprinkle with peas and bake about 10 minutes more or until rice and sweet potatoes are tender. Serve immediately.

THAI PASTA WITH SPICY PEANUT SAUCE

12 oz whole wheat linguine

1 jar (11 $\frac{1}{2}$ oz) Thai peanut sauce

2 T lime juice

2 C bean sprouts

1 lg cucumber, peeled, seeded and chopped

2 med carrots, julienned

5 green onions, sliced

$\frac{1}{2}$ C minced fresh cilantro

Cook linguine according to package directions, Rinse, drain, return to pan.

In a small bowl, combine peanut sauce and lime juice.

Add sauce, vegetables and cilantro to pan and toss to coat. SERVES 4

VEGGIE & HUMMUS SANDWICH

2 slices whole grain bread

3 T hummus (any flavor)

$\frac{1}{4}$ avocado, mashed

$\frac{1}{2}$ C mixed salad greens

$\frac{1}{4}$ red bell pepper, sliced

$\frac{1}{4}$ C cucumber slices

$\frac{1}{4}$ C shredded carrot

Spread one slice of bread with the hummus and the other slice with avocado. Stack everything into the sandwich and eat. SERVES 1.

EASY VEGAN STUFFED BELL PEPPERS

- $\frac{3}{4}$ C whole grain brown rice, uncooked
- 6 medium bell peppers, any color
- 2-3 T oil
- 2 sm onions, diced
- 1 C mushrooms, sliced
- 2 small carrots, sliced
- 1 sm zucchini, cubed
- $\frac{3}{4}$ C fresh parsley, finely chopped
- $\frac{3}{4}$ C tomato puree
- Salt and pepper to taste
- Pinch of chili powder, or more to taste

Preheat oven to 425F. Cook the rice according to package directions.

Cut off tops of the peppers (lids) and set aside. Scoop out the insides; Wash peppers carefully and set aside.

In large skillet, heat oil; add onion and sauté for 2-3 minutes until soft. Add mushrooms and sauté another 5 minutes. Add carrots and zucchini and sauté another 5 minutes. Remove from heat.

Add cooked rice, $\frac{1}{3}$ C parsley and tomato puree; stir until well combined. Season to taste with salt, pepper and chili powder.

Divide mixture between the peppers and place "lids" on top. Place stuffed peppers on a greased baking tray. Bake 20-25 minutes until slightly browned on edges. Garnish with remaining parsley. SERVES 6.

VEGAN SHEPHERD'S PIE

MASHED POTATO TOPPING:

3 lbs potatoes

$\frac{1}{2}$ vegan sour cream or Greek yogurt (optional)

2 tsp garlic powder

1 tsp salt

pepper to taste

Cook potatoes til tender, 20-25 minutes. Drain, reserving 1C WATER. Mash and season potatoes; set aside.

FILLING:

3 T oil or plant butter

1 lg onion, diced

1 lb sliced mushrooms (any)

$1\frac{1}{2}$ C diced celery

$1\frac{1}{2}$ C peeled & diced carrots

$1\frac{1}{2}$ C peeled & diced parsnips

$1\frac{1}{2}$ C frozen peas

1 can white beans, rinsed and drained

6 cloves garlic, chopped

1 tsp salt (or more to taste)

1 tsp dried thyme

$\frac{1}{2}$ C white wine OR $\frac{1}{2}$ C water plus $\frac{1}{2}$ tsp cider vinegar

4 T flour

3 C vegetable broth or stock

1 tsp dijon mustard

fresh parsley for garnish (optional)

Preheat oven to 375F. In a Dutch oven, heat oil over medium heat. Sauté onions and mushrooms until fragrant.

Vegan Shepherd's Pie, continued

Add celery, carrots, parsnips, garlic, thyme, salt. Stir for 10 minutes or more until carrots are al dente and mushrooms give off their liquid. Cook off the liquid.

Deglaze with wine (or the substitution referenced above), scraping off any browned bits into the mixture. Let simmer on medium-low until all vegetables are tender and wine has cooked off.

Add peas and white beans. Sprinkle veggies with 4T flour and stir about 2 minutes. Add warmed veggie broth, stirring until stew thickens.

Add the mustard and turn off the heat. Check/adjust seasoning.

Scoop the filling into a 9x13 or 2 9x9 baking dishes. Spoon the mashed potatoes over the stew. If they're too dry, add a little of the reserved potato water first.

Bake in preheated 375F oven until bubbly and golden, about 20-25 minutes.

NOTES: You can make the filling in advance and refrigerate it. Bring to room temp before baking.

If you use 2 9x9s, you can add meat to one for the meat-eaters.

JAMBALAYA

- 1 T oil
- 1 green pepper, chopped
- 1 medium onion, chopped
- 1 celery rib, chopped
- 3 garlic cloves, minced
- 2 C water
- 1 14.5-ounce can diced tomatoes, undrained
- 1 8-ounce can tomato sauce
- $\frac{1}{2}$ tsp Italian seasoning
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp crushed red pepper flakes
- $\frac{1}{8}$ tsp fennel seed, crushed
- 1 C uncooked long grain rice
- 1 16-oz can butter beans, rinsed and drained
- 1 16-oz can red beans, rinsed and drained

In a Dutch oven, heat oil over medium heat.

Add the water, tomatoes, and all other ingredients
EXCEPT BEANS.

Stir in beans; heat through and serve. SERVES 6.

SHEET PAN JALAPEÑO POPPER PIZZA

16-oz pre-made pizza dough
Flour for rolling out dough
2 jalapeños, cut in rounds
1 shallot, sliced
2 T oil plus more for rolling out dough
Salt and pepper to taste
8 oz vegan cream cheese
1 tsp cumin
Bread crumbs
Cilantro for topping, optional

Allow pre-made pizza dough to sit on a flour-covered surface for 30-60 minutes to bring it to room temperature. Preheat oven to 475F..

Combine jalapeños, shallots, 2T oil and a pinch of salt and pepper in a small bowl. Toss to combine and set aside.

Combine cream cheese, cumin, and another pinch of salt and pepper in a bowl. Mix together and set aside.

Drizzle a baking sheet with a healthy pour of oil. Slowly stretch pizza dough out until it reaches edges of the pan. If it isn't reaching easily, let it sit on the pan 5-10 minutes then try stretching again.

Evenly spread cream cheese mixture across the dough, leaving a 1" edge trough the edge.

Top with peppers and shallots. Sprinkle with an even layer of bread crumbs.

Continued . . .

Sheet Pan Jalapeno Popper Pizza, Continued

Bake pizza for 15-20 minutes, or until the bottom and top of the pizza have reached your desired crispiness,

Remove from the oven and top with cilantro. Slice, serve, and enjoy! SERVES 4

MUSHROOM BOURGUIGNON

1 T oil	1 sm onion, diced
4 cloves garlic, minced	$\frac{1}{4}$ C red wine (if using)
10 oz mushrooms, sliced	1 T tomato paste
1 tsp salt (to taste)	1 tsp Italian herbs
1 tsp onion powder	1 C carrots, diced
$\frac{1}{4}$ test red pepper flakes	1 C celery, diced
2 C vegetable broth	1 T plant butter
$\frac{1}{4}$ C fresh parsley, chopped	

In a deep non-stick skillet or saucepan, add the oil,, mushrooms, onion and garlic; cook over medium heat until browned.

Add the red wine and cook 1-2 minutes, until it begins to evaporate.

Add the salt, Italian herbs, onion powder, red pepper flakes and tomato paste. Cook and stir for another minute.

Add carrots, celery and vegetable stock. Bring to a boil, reduce heat to medium-low, cover and cook another 30 minutes until vegetables are tender.

Whisk into a slurry with 1T flour and 1/8 tsp water. Stir butter and slurry into the mushroom sauce.

Serve over potatoes, pasta, rice or any grain.

Serves 4.

SPAGHETTI SAUCE

1 lg. can tomatoes	2 cans tomato paste
6 oz tomato paste	1-2 tsp oregano
1 bay leaf, crushed	2 onions, chopped
2 cloves garlic, mashed	1-2 tsp fennel
2 tsp basil	1 tsp cinnamon
3 T parsley	2-3 C water
2 tsp salt	$\frac{1}{2}$ tsp pepper
2 T sugar	chopped celery
	chopped bell pepper

Mix all ingredients in large pot and cook over low heat throughout the day, adding water now and then. Stir occasionally. Adjust seasoning as needed.

Serve over pasta. You can garnish with nutritional yeast flakes.

Will keep 1 week in the fridge.

STUFFED GRAPE LEAVES

$\frac{3}{4}$ C oil	4 T pine nuts (pignoli)
4 onions, chopped	1 tsp salt
1 C long grain rice	$\frac{1}{2}$ tsp pepper
1 garlic clove, crushed	2 C hot vegetable broth
2 T parsley	1 tsp dried mint
1 tsp dried dill	1 tsp cinnamon
4 T raisins or currants, chopped	$\frac{1}{2}$ C lemon juice grape leaves

Saute onions in $\frac{1}{2}$ C oil for 3-5 minutes until soft. Add the rice and cook another 3-5 minutes, stirring. Add garlic, herbs, cinnamon, currants, pine nuts, salt and pepper, 1 C vegetable broth and $\frac{1}{4}$ C lemon juice. Simmer covered over low heat, stirring for about 5 minutes. Cool but leave covered. Place grape leaves shiny side down on a clean surface. Put cooled stuffing in center of each leaf near the stem end. Fold stem end over filling, fold sides over the middle, and roll up—like little cigars.

Lightly oil pan and arrange stuffed leaves. Cover up with 1 C vegetable broth, $\frac{1}{4}$ C oil, $\frac{1}{4}$ C lemon juice, and pour over. Top with foil and press a slightly smaller pan inside, to keep leaves from opening up. Cook in preheated oven at 325F for an hour. Turn off and keep in closed oven 30 minutes longer. Chill before serving or serve as is. MAKES 45 ROLLS.

TOFU BURGERS

30 oz squeezed tofu

$\frac{1}{4}$ C grated carrots

Oil for frying

4 T minced onions

pepper to taste

$\frac{1}{2}$ C ground nuts/seeds

$\frac{3}{4}$ tsp salt

dried bread crumbs

Saute onions. Add all other ingredients except the frying oil. Add enough bread crumbs to hold together. Moisten palms of hands with oil and mix into patties. Heat oil and fry 4-5 minutes per side, watching carefully.

You can also buy these pre-made at the store, when you need convenience. These can be stored in the refrigerator for later.

TOFU LASAGNA

- 1 lb lasagna noodles
- 1 lb crumbled tofu
- 1 pkg grated vegan Mozzarella
- 1 48-os spaghetti sauce
- $\frac{1}{4}$ C oil
- 1 pkg thawed chopped spinach
- 1 lb grated carrots
- 3 zucchini, thinly sliced
- 2 chopped onions, sautéed

Fry tofu in oil 2-3 minutes. Add onions and other vegetables. Add sauce. Layer a large baking dish with 3 layers of sauce, dry noodles, vegetables, $\frac{1}{3}$ grated vegan cheese. Sprinkle any remaining cheese on top.

Cover pan with foil. Bake in a preheated oven at 350F for 1 hour.

SERVES 10. This can easily be reheated in microwave or frozen for future use. Feels free to add whatever vegetables your family enjoys most.

MANICOTTI

2 lb water-packed tofu

2 T Italian seasoning

$\frac{1}{2}$ T basil

2 tsp garlic powder

1 tsp onion powder

1 T chicken style seasoning (follows this recipe)

2 T nutritional yeast

1 $\frac{1}{2}$ tsp salt

2 T oil

Manicotti noodles

Mix filling and stuff into uncooked manicotti noodles. Put some pasta sauce on the bottom of the pan, add the stuffed noodles on top. Place remaining filling on top of noodles. Add the rest of the pasta sauce and half a jar of water.

Bake at 400F for an hour or at 350F for an hour and 15 minutes.

CHICKEN STYLE SEASONING

- 1 C nutritional yeast
- 2 T salt
- 2 T onion powder
- 1 T celery salt
- $\frac{1}{2}$ tsp garlic powder
- 1 tsp paprika
- 1 tsp Italian seasoning
- 1 $\frac{1}{2}$ T parsley

Blend first seven ingredients, then add the parsley.

This is great for vegan broth in place of chicken seasoning or bouillon in recipes. Also great on popcorn.

LENTIL SLOPPY JOES

2 T oil
1 lg sweet onion, chopped
1 med green pepper, chopped
 $\frac{1}{2}$ med sweet pepper, chopped
1 medium carrot, chopped
6 garlic cloves, minced
2 $\frac{1}{2}$ C vegetable broth
1 C dried red lentils, rinsed
5 plum tomatoes, chopped
1 8-oz can tomato sauce
2 T chili powder
2 T yellow mustard
4 $\frac{1}{2}$ tsp cider vinegar
2 tsp Worcestershire sauce
2 tsp maple syrup
1 $\frac{1}{2}$ tsp tomato paste
 $\frac{1}{4}$ tsp salt
1/8 tsp pepper
14 hamburger buns
Coleslaw mix, optional

In a large skillet, heat oil over medium-high heat. Add onion, peppers and carrot; cook and stir until vegetables are crisp-tender. Add garlic and cook 1 minute longer.

Add broth and lentils; bring to a boil. Reduce heat; simmer uncovered until lentils are tender, about 15 minutes, stirring occasionally.

Stir in chopped tomatoes, tomato sauce, chili powder, mustard, vinegar, Worcestershire, syrup, tomato paste, and salt and pepper.

Lentil Sloppy Joes, continued

Bring to a boil. Reduce heat; simmer until thickened (about 10 minutes). Serve on toasted buns. If desired, top with raw slaw mix.

@Taste of Home/Cindy Nawrocki

BAKED SPANISH RICE AND BEANS

3 C basmati rice

2 tsp salt, or to taste

Pepper to taste

2 tsp ground cumin

1 $\frac{1}{4}$ T chili powder

$\frac{1}{4}$ tsp cayenne pepper

1//4 tsp dried oregano

$\frac{1}{4}$ C oil

1 16-oz jar tomato salsa

2 C vegetable broth

2 15-oz cans kidney beans, rinsed and drained

Preheat oven to 350F.

Pour rice into casserole dish and season with salt, pepper, cumin, chili powder, cayenne and oregano. Add oil and stir until rice is thoroughly coated with oil.

Add salsa, broth and kidney beans; stir until evenly combined. Cover tightly with heavy-duty aluminum foil.

Bake in preheated oven until rice is tender, about 1 hour and ten minutes. Remove foil; taste and adjust seasoning as needed. Fluff with a fork and serve hot.

@Bethany Merrick

"PERFECT" BLACK BEANS & RICE

2 T oil	1 onion, chopped
1 green pepper, chopped	2 tsp cumin
3 lg garlic cloves, mashed	1 T oregano
1 tsp salt	4 tsp red wine vinegar
1 T brown sugar or honey	$\frac{1}{2}$ tsp tabasco sauce
$\frac{1}{4}$ C red wine or sherry	
2 15-oz cans black beans, rinsed	

Add oil to pan on medium high heat. Sauté green pepper and onions; season with salt and pepper to taste.

When peppers and onions are softened, add the pressed garlic and cook one minute longer.

Add black beans to the pan.

Add cumin, oregano, salt and brown sugar.

Add red wine vinegar, tabasco, and red wine or sherry.

Sauté for 3 more minutes until warm throughout.

Serve over rice OR inside a flour tortilla for a nice burrito!

Top with vegan sour cream, vegan cheddar cheese, and crushed tortilla chips.

Fish/Shellfish Entrees

COCONUT SHRIMP WITH SWEET DIPPING SAUCE

2 lb shrimp, peeled, tails intact
1 12-oz can beer
 $\frac{1}{2}$ tsp paprika
 $\frac{1}{4}$ tsp salt
1 14-oz pkg coconut
2 C flour
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp curry
 $\frac{1}{4}$ tsp ground red pepper
Vegetable oil
Sweet Dipping Sauce (recipe follows)

Combine $1\frac{1}{2}$ C flour, beer, baking powder, paprika, curry, salt and red pepper. Dredge shrimp in remaining flour, dip in beer batter and roll in coconut. Fry in deep 350F oil, or a wok. When coconut is brown it should be done.

SAUCE: 10 oz orange marmalade
1 T prepared horseradish (optional)
1 T hot mustard

Combine all ingredients until smooth. Makes $1\frac{1}{4}$ C.

CRABMEAT CAKES

- 2 can crabmeat, drained
- 1 C bread crumbs
- $\frac{1}{2}$ C vegan mayonnaise
- 1 T lemon juice
- 2 T chopped scallions or green onions
- 1 T Old Bay seasoning (or to taste)
- Plant butter

Mix crabmeat with crumbs, mayonnaise, lemon juice, scallions and Old Bay. Combine all ingredients and shape into 6 patties. Fry in plant butter until browned. Turn once to brown both sides. Serve with vegan mayonnaise with relish added, some lettuce and a bun if you like.

GRILLED SHRIMP SATAY

2 lbs large shrimp, shelled
1/3 C smooth peanut butter
1/3 C soy sauce
1/3 C sugar
1 tsp minced garlic
2 T oil
2 T water
Rice for serving

Mix peanut butter and soy sauce in a pan over medium heat. Add all ingredients except the shrimp. Mix until the sugar dissolves. Set aside.

Chill and marinate shrimp for one hour. Skewer the shrimp and grill quickly, basting with the sauce. Baste once more just before serving the skewered shrimp over rice.
SERVES 4.

Don't be put off by the peanut butter. You will hardly taste it. Go ahead and try it!

PORTUGESE SCALLOPS

1 lb scallops	$\frac{1}{4}$ tsp salt
$\frac{1}{4}$ C plant butter	$\frac{1}{2}$ C parsley
1 minced garlic clove	dash pepper

Cut large scallops in half. Melt plant butter and add garlic and salt. Cook until garlic is golden. Add scallops and cook 5 to 7 minutes until opaque. Stir often. Sprinkle with pepper. Add freshly chopped parsley and cook 1 minute more. Serve hot. Serves 4.

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SAUCY SHRIMP

1 lb peeled shrimp
 $\frac{3}{4}$ package fusilli, cooked and drained
Salt to taste
30 oz Chunky Garden style spaghetti sauce
2 T plant butter
1/8 tsp cayenne pepper (optional)
3 drops Tabasco Sauce

Saute shrimp in plant butter until just pink. Remove and set aside. Add sauce, pepper, salt and Tabasco. Simmer until heated through, about 5 minutes. Return shrimp to pan and stir over heat for about 2 minutes. Top the pasta with the shrimp and sauce.

This is a quick and tasty supper for 4. You can use any type of pasta you prefer.

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SHRIMP & NOODLE BOWLS

8 oz angel hair pasta, cooked, rinsed in cold water

1 lb cooked small shrimp

2 C broccoli slaw mix

6 green onions, thinly sliced

$\frac{1}{2}$ C minced fresh cilantro

$\frac{2}{3}$ C sesame-ginger salad dressing

Transfer cooked pasta to a large bowl. Add shrimp, slaw mix, onions and cilantro. Toss well.

Drizzle with dressing, tossing to coat.

Cover and refrigerate until serving.

SERVES 4

SHRIMP SCAMPI

2 T oil
1 lb large raw shrimp, peeled
4 T plant butter
3 cloves garlic, finely minced
 $\frac{1}{4}$ tsp crushed red pepper flakes
1 C vegetable broth
 $\frac{1}{2}$ C white wine (if using)
Juice from 1 large lemon
 $\frac{1}{2}$ tsp salt
Linguine

In a large skillet, heat oil over med-high heat. Add shrimp and cook about 2 minutes per side until they turn pink and opaque. Once cooked, remove shrimp and set aside.

In same skillet, melt plant butter over medium heat. Add garlic and red pepper flakes, sautéing for about 30 seconds, until garlic becomes fragrant.

Add veg broth and wine, scraping bottom of pan to deglaze brown bits. Let simmer about 3 minutes, to reduce mixture slightly.

Stir in lemon juice and salt. Taste and adjust if needed.

Return shrimp to skillet, tossing with sauce, cook for 1-2 minutes, allowing them to heat through.

Serve with linguine, toasted bread. SERVES 4.

SWEET & SOUR SHRIMP

1 lb shelled and deveined shrimp, tails on
2 T cooking oil
3 cloves garlic, minced
Chopped scallions
White sesame seeds

Sauce: 3 T ketchup
1 tsp chili sauce (e.g. sriracha)
1½ T soy sauce
1½ T sugar
5 T water
1 tsp cornstarch

Rinse and drain shrimp, pat dry and set aside. Mix all sauce ingredients together, set aside.

Heat the oil in a skillet or wok on high heat. Add garlic and stir fry until garlic turns light brown. Add shrimp and stir fry until they turn white. Add the sauce and let cook 1 minute, or until you are sure shrimp are cooked through. Add a little water if the sauce dries up or is too thick.

Garnish with scallions and sesame seeds and serve on rice or rice noodles immediately. SERVES 3.

NOTE: You can add green peppers, onions and carrots to the stir fry if you like. Just double the sauce.

THAI SHRIMP STIR-FRY

2 sweet red peppers, cut into thin slices	1 tsp oil
1 C fresh snow peas	1 garlic clove, minced
1 C green onions, sliced thin	$\frac{1}{2}$ C vegetable broth
4 $\frac{1}{2}$ tsp soy sauce	2 T peanut butter
1 tsp sesame oil	1 T rice vinegar
$\frac{1}{2}$ tsp crushed red pepper flakes	1 tsp minced ginger root
1 lb uncooked medium shrimp, peeled and deveined	
Hot cooked angel hair, fettuccine, or rice noodles	

Stir-fry peppers in hot oil in wok or nonstick skillet for 1 minute. Add snow peas, green onion and garlic; stir-fry 2-3 minutes longer until veggies are crisp-tender. Remove and keep warm.

In same skillet, combine broth, peanut butter, soy sauce, vinegar, sesame oil, ginger and pepper flakes. Cook and stir until peanut butter is melted and mixture comes to a boil. Stir in shrimp. Cook and stir 2 minutes until shrimp turn pink. Return red pepper mixture to skillet; heat through. Serve over pasta of your choice. SERVES 4.

CAJUN SHRIMP & RICE SKILLET

1 $\frac{1}{3}$ C uncooked long grain white rice
2 $\frac{2}{3}$ C vegetable broth
1 lb large shrimp, peeled and deveined
4 T plant butter, melted and DIVIDED
1 tsp minced garlic

Cajun Seasoning

1 $\frac{1}{2}$ tsp paprika	1 tsp salt
1 tsp garlic powder	$\frac{1}{2}$ tsp cracked pepper
$\frac{1}{2}$ tsp onion powder	$\frac{1}{2}$ tsp dried oregano
$\frac{1}{2}$ tsp cayenne	$\frac{1}{4}$ tsp red pepper flakes

Whisk together all the ingredients for cajun seasoning. Melt 2T plant butter in large skillet over medium heat. Stir in garlic, half the cajun seasoning, and the rice.

Stir in the vegetable broth; bring to a boil. Reduce to a simmer and cover. Cook 15 minutes, stirring occasionally.

While rice is cooking, prepare shrimp by stirring together remaining 2T plant butter and cajun seasoning. Pour over shrimp and toss to coat.

Stir shrimp into the rice, cover and cook 3-5 minutes longer until shrimp is pink and opaque. Garnish with chopped parsley if desired and serve. Serves 4.

COLORFUL SHRIMP PAD THAI

SAUCE:

- 6 oz uncooked thick rice noodles
- $\frac{1}{4}$ C rice vinegar (mirin)
- 3 T soy sauce
- 2 T sugar
- 2 T fish sauce
- 1 T lime juice
- 2 tsp Thai chili sauce
- 1 tsp sesame oil
- $\frac{1}{4}$ tsp crushed red pepper flakes

STIR-FRY

- 1 $\frac{1}{2}$ lb medium uncooked shrimp, peeled, deveined
- 3 tsp sesame oil, DIVIDED
- 2 C fresh snow peas
- 2 medium carrots, grated or shredded
- 2 garlic cloves, minced
- 2 large eggs, lightly beaten
- 2 C bean sprouts
- 2 green onions, chopped
- $\frac{1}{4}$ C minced fresh cilantro
- $\frac{1}{4}$ C unsalted dry roasted peanuts, chopped

Cook noodles according to package directions. Meanwhile, in a small bowl, combine the rice vinegar, soy sauce, sugar, fish sauce, lime juice, chili sauce, oil and pepper flakes until blended; set aside.

Colorful Shrimp Pad Thai, continued

In a large nonstick skillet or wok, stir-fry the shrimp in 2 tsp oil until they turn pink; remove and keep warm. Stir-fry snow peas and carrots in remaining oil 1-2 minutes.

Add garlic and cook until vegetables are crisp-tender, about a minute longer. Add eggs; cook and stir until set.

Drain noodles, add to vegetable mixture. Stir vinegar mixture and add to the skillet. Bring to a boil. Add shrimp, bean sprouts and green onions; heat through. Sprinkle with cilantro and peanuts.

DESSERTS

FRESH FRUIT SKEWERS

- $\frac{1}{2}$ C watermelon balls
- $1\frac{1}{2}$ C honeydew balls
- $1\frac{1}{2}$ C cantelope balls
- $2\frac{1}{2}$ C assorted seedless grapes
- 2 T lemon juice
- 2 T honey

Combine the prepared fresh fruits.

Combine lemon juice and honey in a small saucepan and cook over low heat until honey melts. Cool slightly, then drizzle over the fruit and toss.

Skewer the fruit just before serving. Place skewers on the grill and turn skewers as the fruit cooks.

CAN BE DOUBLED FOR A CROWD.

NOTE: Use bamboo skewers than have been soaked in water.

HAYSTACKS

6-oz bag non-dairy chocolate chips

1 can LaChoy Chinese Noodles

Melt chocolate chips over low heat. Add chow mean noodles. Mix well. Spread wax paper on a cookie sheet and drop mixture on it by spoonfuls. They should look like little stacks. Refrigerate.

These are fun to make with children.

For a variation, add $\frac{3}{4}$ C of salted peanuts and a 2nd bag of chips.

"ORANGE YOU GLAD IT'S FASTING CAKE"

1½ C flour

1 tsp baking soda

1 C orange juice

1 T orange zest

1 tsp vanilla

1 C sugar

½ tsp salt

⅓ C oil

1 T vinegar

In a large bowl, whisk together dry ingredients.

In a small bowl, stir wet ingredients together.

Stir wet ingredients into dry ingredients until combined.

Pour into pan. (Work quickly as the baking soda and vinegar give the cake height!)

Bake at 350F for 30-35 minutes. Let cake cool completely before frosting.

"DISGUSTO BLOBS" NO BAKE COOKIES

- $\frac{1}{4}$ C coconut oil
- $\frac{1}{2}$ C maple syrup
- $\frac{1}{4}$ C almond milk
- 2 T cocoa powder
- $\frac{1}{4}$ C + 2T creamy peanut butter
- $\frac{1}{2}$ tsp vanilla
- $1\frac{1}{2}$ C rolled oats

Line a large baking sheet with parchment paper (or waxed paper).

In a medium saucepan, melt the coconut oil over medium heat. Add the maple syrup, almond milk, cocoa, peanut butter and vanilla. Whisk to combine.

Bring to a boil for 2 minutes, stirring often. **DO NOT OVER-BOIL OR YOUR COOKIES WILL END UP DRY.**

Remove from heat and stir in the oats. Use 2T to scoop the batter (blobs) onto the baking sheet.

Chill for 30 minutes or until firm.

BROWNIE PUDDING

1 C flour	$\frac{1}{2}$ C sugar
2 T cocoa	2 tsp baking powder
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ C + 2 T water
1 tsp vanilla	$\frac{1}{4}$ C cocoa
1 $\frac{1}{2}$ C boiling water or very hot coffee	

Preheat oven to 350F. In a small-medium bowl stir together the flour, sugar, 2T cocoa, baking powder, salt vanilla, and water. Spoon into an 8x8 ungreased pan.

In another small bowl, thoroughly mix the sugar and $\frac{1}{4}$ C cocoa. Evenly spread this mixture on top of the batter in the pan.

GENTLY pour the boiling water or coffee on top of everything in the pan (gently pour the hot liquid onto a spoon positioned over the batter so it flows gently onto the batter). Completely cover the sugar/cocoa batter with the hot liquid.

Bake for 30 minutes. Serve warm or at room temperature in individual dessert dishes. (Don't serve cold; you can briefly reheat individual servings in the microwave.)

NOTE: When this comes out of the oven it will have a cake layer on top and a wonderful layer of fudge sauce on the bottom.

FROZEN FRUIT CUPS

2-3 bananas

1 16-oz can crushed pineapple, with juice

1 bag frozen strawberries

1 bag frozen blueberries

1 6-oz can frozen orange juice concentrate

2-3 C 7-Up

14 7-oz plastic cups

Mix all ingredients together and spoon into plastic cups. Freeze. Remove from freezer about 20 minutes before serving.

Serves 14.

OATMEAL DATE BARS

1 $\frac{3}{4}$ C oatmeal	$\frac{3}{4}$ C softened plant butter
1 tsp baking soda	1 $\frac{1}{2}$ C flour
1 C brown sugar	2 tsp vanilla

Mix all ingredients with your fingers until of a mealy consistency. Press half of the mixture into a 9x9 greased pan. Spread prepared date filling (below) on layer and cover with remaining oat mixture. Press lightly and bake in a preheated 375F oven for about 30 minutes.

Date Filling: 1 sm package pitted dates
 $\frac{1}{2}$ C sugar
 1 C water
 1 T flour

Combine all filling ingredients and spread carefully as middle layer of date bars.

OATMEAL MOLASSES DROPS

1 C brown sugar	2 tsp baking powder
1 C oil	2 tsp cinnamon
1 C dark molasses	$\frac{1}{2}$ tsp clove or allspice
1 C hot water	$\frac{1}{2}$ tsp ginger
2 C white flour	1 C uncooked oatmeal
1 $\frac{1}{2}$ C wheat flour	1 tsp salt
1 tsp baking soda	1 C or more raisins

Combine oil, molasses and sugar. Add water and remaining ingredients and stir well. Drop onto greased cookie sheets. Bake in 400F oven for 8-10 minutes. WATCH CAREFULLY.

Makes 6-7 dozen.

OATMEAL SUGAR COOKIES

1½ C Crisco butter-flavored shortening
1½ C brown sugar
1 tsp vanilla
½ tsp almond extract
¼ C water
2 C quick cooking oats
2¾ C flour
½ tsp baking soda
1 tsp salt
Sugar to sprinkle

Preheat oven to 350F. Blend Crisco and brown sugar. Add vanilla, almond extract, and water. Beat well. Add oats, flour, baking soda and salt. Mix well.

Form into balls. Place on an un-greased cookie sheet. Grease the bottom of a flat glass. For each cookie, dip the bottom of the glass in sugar and then flatten each cookie. Do NOT re-grease the glass as you go.

Bake for 10 minutes.

SHORTBREAD

1½ C plant butter

¾ C sugar

4 C flour

Preheat oven to 325F.

Cream margarine and sugar thoroughly, until light and fluffy.

Add flour 1 C at a time. Mix well after each addition. Press into a 9x13 jelly roll pan.

At this point, you can stamp into rows with a cookie stamp or mark rows with a fork.

Bake 35 to 40 minutes. Cut into squares while still hot.

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BEST APPLE PIE

Pastry for a 9" double pie*

6-8 C peeled apples, sliced

$\frac{1}{3}$ C flour

$\frac{3}{4}$ C sugar

$1\frac{1}{4}$ tsp cinnamon

Optional Crumb Topping:

6 T flour

2 T sugar

2 T plant butter

Preheat oven to 400F. Place crust in pie pan. Mix together flour, sugar and cinnamon. Pour over apples, mixing lightly. Pour mixture into pie crust. Cover with remaining crust.* Flute edges and cut slits in top to allow steam to escape.

Bake 15 minutes at 400F. Reduce heat to 375F and bake 45 minutes longer. (Put a cookie sheet or foil underneath to catch any drippings.)

*NOTE: In place of top crust you may use the crumb topping. Cut plant butter into flour and sugar and sprinkle over top of the pie.

PEACH PIE

Pastry for a 9" double crust pie

3 lbs ripe peaches, peeled **OR**

5C frozen peaches, thawed

$\frac{3}{4}$ C sugar

3 T flour

1 T lemon juice

2 T plant butter

Preheat oven to 375F. Peel peaches and cut into $\frac{1}{2}$ " slices. Mix sugar and flour in large bowl. Add peaches and sprinkle with lemon juice. Mix until peaches are evenly coated in sugar mixture.

Spoon filling into pie shell; dot with plant butter. Cover with top crust. Flute edges and cut slits in top to allow steam to escape. Sprinkle top crust with sugar.

Bake 50-55 minutes or until pastry is golden brown. Cool at least one hour before serving.

CARROT CAKE

- 1½ C sugar
- 1½ C finely shredded raw carrots
- 1 C dark raisins
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp ground cloves
- 1½ C water
- 3 T oil
- 2 C flour
- 2 tsp baking soda
- ¼ tsp salt
- 1 C chopped walnuts

Combine sugar, carrots, raisins, spices, water and oil in medium saucepan. Bring to a boil, boiling for 5 minutes. Pour into large mixing bowl and cool to lukewarm.

Preheat oven to 325F. Grease and flour a 9x13 pan or a bundt pan.

Stir together flour, baking soda and salt, then stir into cooled carrot mixture. Add walnuts. Pour into prepared pan.

Bake up to 1 hour (at most) or until tester comes out clean. Cool and sprinkle with powdered sugar.

PEANUT BUTTER FROSTING

$\frac{1}{2}$ C smooth peanut butter

2 C powdered sugar

$\frac{1}{4}$ C water

1 tsp vanilla

In a medium bowl, using an electric mixer, beat the peanut butter and 1C powdered sugar together. (It will look like crumbs.)

Add the water and vanilla. Mix well, then beat in the remainder of the powdered sugar.

Will frost a 9x13 cake or bar cookies.

"FLUFFY" FROSTING

$\frac{1}{2}$ C plant milk

$2\frac{1}{2}$ T flour

$\frac{1}{2}$ C sugar

$\frac{1}{2}$ C shortening

1 tsp vanilla

dash salt

VANILLA FROSTING: Whisk flour and milk in a small saucepan until well combined. Cook over low heat, stirring constantly until thick. Remove from heat; cover and let cool.

With mixer, beat together shortening, sugar, vanilla and salt until light and fluffy. Then add the cooled milk and flour mixture and beat until fluffy.

CHOCOLATE FROSTING: beat in a little cocoa with the shortening.

ALMOND FROSTING: Use $\frac{1}{2}$ tsp almond extract, omitting the vanilla.

BUTTERSCOTCH-MAPLE FROSTING: use brown sugar instead of white, and use butter-flavored shortening instead of regular. Add 1 T of maple syrup instead of the vanilla.

These frostings will cover a 9x13 cake.

FLUFFY STRAWBERRY-BLUEBERRY PIE

- 1 envelope unflavored gelatin
- $\frac{1}{4}$ C cold water
- 2 T fresh lemon juice
- 1 C fresh blueberries, finely chopped
- 1 C fresh strawberries, hulled and finely chopped
- $\frac{3}{4}$ C powdered sugar
- 1 container Cool Whip (it's non-dairy)
- 9" prepared graham cracker crust

In a small saucepan, sprinkle gelatin over cold water. Let stand 1 minute. Stir over low heat until gelatin is dissolved (about 1 minute). Stir in lemon juice; set aside to cool.

In a large bowl, combine blueberries, strawberries, and powdered sugar, tossing to coat. Stir in dissolved gelatin /lemon mixture. Fold in Cool Whip.

Spoon pie mixture into crust. Refrigerate 2 to 3 hours or until firm. **If desired, serve with Blueberry Sauce, below:**

- 2C fresh/thawed blueberries
- 1 T Cornstarch
- $\frac{1}{4}$ C orange juice
- $\frac{1}{4}$ C sugar
- $\frac{1}{4}$ C water

Combine all ingredients in medium saucepan. Cook and stir over medium heat until thickened. Makes 2 cups.

PEANUT BUTTER COOKIES

$\frac{1}{2}$ C shortening	$\frac{3}{4}$ C chunky peanut butter
$\frac{1}{3}$ C sugar	$\frac{1}{3}$ C packed brown sugar
2 T orange juice	1 $\frac{1}{3}$ C flour
1 tsp vanilla	1 tsp baking soda
$\frac{1}{2}$ tsp salt	granulated sugar

Cream shortening and peanut butter. Add sugars. Add orange juice and vanilla and mix well. Combine flour, baking soda and salt and gradually add to the creamed mixture, blending thoroughly. Shape dough into 1" balls, roll in granulated sugar, and place on un-greased cookie sheet. Bake in preheated 375F oven for 10-12 minutes. Makes about 4 dozen cookies.

SUNSHINE HONEY COOKIES

1 C softened margarine	1½ tsp cinnamon
1 C honey	½ tsp cloves
4 C flour	½ tsp allspice
2 tsp baking soda	

Cream margarine and honey together. Combine flour with soda and spices. Stir flour into margarine mixture until a soft dough forms. Chill dough for 1 hour. Roll out dough and cut into 2" rounds. Place on a greased cookie sheet. Bake in preheated 350F oven for 10-12 minutes. Cook on wire racks. Frost.

Frosting 2 C confectioners sugar
frozen orange juice concentrate

Mix confectioners sugar and enough orange juice concentrate for spreading consistency.

Makes about 5 dozen.

NO BAKE APPLE PIE

- 2 C raw, shredded apple
- 2 C pineapple juice
- $\frac{1}{3}$ C tapioca

Soak tapioca in pineapple juice for five minutes. Bring to a boil. Remove from heat and allow to cool.

Next, add the shredded apples and CHILL. Sprinkle with coconut or serve with whipped cream.

@Courtney Wilkinson

PEANUT BUTTER COOKIES (#2)

- $\frac{1}{2}$ C peanut butter
- $\frac{3}{4}$ tsp baking soda
- 3 T flour
- $\frac{1}{4}$ C sugar
- 2 T brown sugar
- $\frac{1}{2}$ banana OR 2 T applesauce
- $\frac{1}{2}$ tsp vanilla
- Pinch of salt

Mix dry ingredients very well. Then add wet ingredients and form cookie balls. NOTE: If you want soft cookies, refrigerate the dough for at least an hour.

Bake in a preheated oven at 350F for 8 minutes. They will look underdone when you take them out but it's ok.

Let cool at least 5 minutes before removing them from the cookie sheet.

@unknown/Cindy Nawrocki

**SPECIAL
FEASTS
&
FESTIVE FOODS**

KOLIVA

Koliva is the sweet offering we make to commemorate our loved ones who have passed at their funeral or their memorial, as well as on some other occasions such as Lent. Koliva are prepared and taken to the church service to be blessed during the prayers for the dead. At that point we say "May their memory be eternal".

KOLIVA RECIPE

- 3 cups wheat berries*
- 1 cinnamon stick (optional)
- 3 heaping tablespoons honey
- $\frac{3}{4}$ cups walnuts, chopped
- $\frac{3}{4}$ cups almonds, chopped
- 1 pomegranate, deseeded
- 1 cup dried cranberries
- $\frac{1}{4}$ cup raisins
- $\frac{1}{2}$ cups graham cracker, lightly crushed
- $\frac{1}{2}$ teaspoon ground cloves
- 3 teaspoons cinnamon
- $\frac{1}{4}$ cup fresh parsley, chopped

Topping:

- 1 $\frac{1}{2}$ cups graham cracker, lightly crushed
- powdered sugar, for dusting (as needed);
- White Jordan almonds, for decorating

Rinse the wheat berries thoroughly, and then soak in water for 8 hours or overnight. Discard any wheat berry "skins" that rise to the surface.

Koliva Recipe, continued

When ready, drain and cook the wheat in a pot of boiling water until tender but not mushy (about 45 minutes to 1 hour). You can add a cinnamon stick to the water while the wheat is boiling for extra flavor. Drain in a colander for about 1 hour to remove any excess moisture.

Set up lint free towels on your counter and spread the wheat berries in a single layer. Allow to dry for at least 4 hours or overnight. Note: they don't need to be bone dry, as prolonged drying can harden the edges.

Assemble the koliva: place the wheat berries in a large mixing bowl. Add the honey, chopped nuts, pomegranate seeds, cranberries, raisins, $\frac{1}{2}$ cup crushed graham crackers, ground cloves, cinnamon and chopped parsley. Mix until well combined and adjust for taste if necessary.

Transfer the mixture to a serving bowl, shaping into a traditional mound or round shape. Add the remaining crushed graham crackers on top and then use wax or parchment paper to pat down the ingredients; smooth and shape with your hands.

Dust the top with a layer of powdered sugar. Decorate as desired with Jordan almonds, edible candies, almonds, or pomegranate seeds.

FANOUROPITA (St. Fanourios Bread)

St. Fanourios, whose name means "appeared", is the saint whose icon was discovered in Rhodes in the 1500s without a name on it. He's been helping people make their lost items reappear ever since. He has also been known to reveal spiritual matters of the heart, reveal actions that should be taken, and restore lost health. At some point since then, people added the tradition that, if you call on him and receive his assistance, you must bake a cake called a Fanouropita, and offer slices of it to others while telling them what he did for you.

FANOUROPITA RECIPE

4 C flour	2 tsp baking soda
2 tsp baking powder	1 tsp salt
1 C walnuts, chopped	Zest of 2 oranges
1 C raisins	1 C orange juice
1 C vegetable oil	1 tsp cinnamon
$\frac{1}{4}$ tsp ground cloves	1 C sugar

Soak the raisins for 5 minutes in hot water, then drain.

Mix all ingredients together, then pour into a cake pan (a Bundt pan works well). Bake at 350F, or until a cake tester comes out clean). Let cool and sprinkle with powdered sugar.

LAZARUS BREAD ROLLS (LAZARAKIA)

Lazarus bread rolls celebrate Christ's resurrection of Lazarus, the brother of Mary and Martha of Bethany. If you look at the photo below, you'll see that little strips of dough have been wrapped around the central body of the roll to resemble the wrappings of his shroud. Traditionally, you also press into one end of the dough two whole cloves, raisins, or chocolate chips to resemble his eyes.

Most bread doughs are left to rise twice, but this one is allowed to only rise once because this is the first time Lazarus rose from the grave. Because we will be deep in Lent by the time you make and eat these, they contain no eggs or dairy.

LAZARUS BREAD ROLLS RECIPE

Sponge:

1 $\frac{1}{2}$ cups warm water (110-120F)

1 $\frac{1}{2}$ teaspoons active dry yeast

2 teaspoons sugar

$\frac{1}{3}$ cup all-purpose flour

Dough:

3 $\frac{1}{4}$ cups all-purpose flour

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground cloves

2 teaspoons ground cinnamon

2 teaspoons ground mahleb (optional)

$\frac{1}{3}$ cup vegetable oil

Glaze:

1 tablespoon sugar

$\frac{1}{4}$ cup boiling water

Assembly:

Make sure to have whole cloves, raisins, or chocolate chips for the eyes for the face. Copy the picture! If you make this by hand rather than with a stand mixer, you should double the kneading time.

@AXIAWomen.org/2023

ARTOCLASIA BREAD

A feast day bread, Artoklasia, which means "breaking of bread" is a special prayer service offered by an individual or family typically on a Feast day or special family occasion.

Depicted on the top of the bread is the symbol of Christ's victory over death—the Cross, surmounted by a crown of thorns—or the Resurrection of Christ.

ARTOCLASIA BREAD RECIPE

For the Scented Water:

1½ C water	2 bay leaves
2 cinnamon sticks	6 cloves

For the Bread:

1 C scented water	2 C bread flour
1 packet active yeast	2 C regular flour
½ C sugar	2 T maple syrup
2 T oil	2 T brandy
½ tsp cinnamon	½ tsp salt
2 T boiling water	extra flour for
1 tsp sugar	kneading

Make the scented water: Transfer the water, the bay leaves, the cinnamon, and the cloves to a small pot and bring to a boil. Turn off the heat and let it come to room temperature. Pass the water through a sieve.

Make the Artos bread: In the bowl of your electric mixer mix 1 cup of the scented water, 1 tablespoon for the flour, the yeast and a pinch of sugar. Let it rest in a warm place for 5-10 minutes or until foamy. Then, add the rest of the flour, the sugar, the maple syrup or honey, the wine, the oil, the cinnamon and the salt. Knead with the dough attachment until a soft and pliable dough forms (about 10 minutes). If the dough is sticky, add the extra flour.

Cover the bowl with a clean towel and let it rest in warm place until tripled in volume (about 2-3 hours).

Punch the dough to deflate it, knead, and shape it into a ball. If you have the Artos stamp, dust it with flour and press it firmly on the center of the ball. Otherwise, flatten the ball with your hands to form a disk. Let it rest in a warm place until almost doubled in volume. In the meantime, preheat your oven to 350°F (175°C).

Score the sides of the bread horizontally and bake for 50 minutes. If you notice that the surface browns quickly, cover with foil.

Take the bread out of the oven and let it rest on a rack. Mix the boiling water with the sugar and lightly brush the surface to make it glossy. Let it cool completely.

NOTE: This recipe makes 10 large servings. To make one Artos the traditional size, you'll need one and a half of this recipe.

MORE NOTES: Make sure the scented water is not hot, because it will kill the yeast. Dip your finger and it should feel just warm.

The time required by the bread to rise will depend on the temperature of your kitchen and the strength of the yeast. Usually, 2-4 hours are needed for the first rise of the dough.

Brush the bread with a simple syrup just after you take it out of the oven. This will give it a glossy look. It will be sticky at first, but when dry it will be ok.

Keep the bread well-wrapped and inside a ziplock bag to keep it fresh.

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VASILOPITA

Vasilopita is a tradition that stems from Greece. In Greek Vasilopita means Basil's cake/bread. It is an important part of the Greek New Year's Day celebration. This special cake contains a hidden coin which is often blessed by the priest after the service at church and distributed.

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VASILOPITA RECIPE

For the Cake:

- 13 oz butter
- 3 C sugar
- 6 eggs (divided into yolks and whites)
- a pinch of salt
- zest of 2 oranges
- 1/2 cup orange juice
- 7 oz yogurt, strained
- 1 tsp vanilla extract
- 26 oz self-rising flour, sifted

For the Glaze:

- 2½ C powdered sugar
- 5 tbsps hot water or milk
- 2 tsp vanilla extract

To prepare this vasilopita recipe, start by dividing the eggs into yolks and whites. Place the egg whites in the your mixer bowl and add a pinch of salt. Make sure your egg whites, bowl and whisk attachments are clean and free of any water. Whisk the egg whites until the mixture is very thick and glossy and a long trailing

peak forms when the whisk is lifted (meringues). Place the mixture in a bowl and set aside.

Clean out your mixer bowl and add the butter and sugar. Using the paddle hook or the creaming attachments whisk for about 20 minutes, until the butter is creamy and fluffy like whipped cream. Add the egg yolks, one at a time, whilst mixing, allowing time for each one to be absorbed, before adding the next. Pour in the orange juice, the vanilla extract, the orange zest, the yogurt and mix to combine.

Remove the bowl from your mixer and add 1/3rd of the sifted flour and blend with a spatula. Add 1/3rd of the meringues and blend with light circular movements from the bottom up. Repeat with the rest of the flour and meringue, adding 1/3rd of the flour, mix, add 1/3rd meringue until all your ingredients are combined.

To bake the vasilopita, preheat the oven to 400F. It's now time to prepare your baking tin. Select a non-stick cake pan approximately 12 to 14 inches in diameter. Butter your vasilopita pan and dust with some flour; OR line with some parchment paper. Pour in your vasilopita mixture and spread it evenly with your spatula.

Place the cake pan in the preheated oven, on a lower rack. Turn the heat down to 350F and bake for approximately 60 minutes, until nicely colored and cooked through. Make sure you don't open the oven in the first 30 minutes of baking as your Vasilopita will collapse! Stick a wooden skewer or toothpick in the middle of the cake to check if your cake is ready. If it comes out clean, then your vasilopita cake is done!

Let your vasilopita cake cool down completely and invert the pan on a plate. If it's not cold it may break! Using a second plate, invert again so the top of the cake is on top. Wrap a coin with aluminum foil and stick it in the cake. Invert the vasilopita on a serving platter with the bottom of the cake facing upwards.

Having a completely flat surface will make your glaze go on so much easier and will be nice and flat.

Prepare the glaze for your *Greek new year's* cake. In a large bowl add all the ingredients and blend with a spatula until the glaze is smooth and glossy. If needed, add a little bit more hot water. The glaze should have a glue-like consistency but be perfectly smooth when blending with the spatula. Top the vasilopita with the glaze and even out with a flat spatula. Don't forget to carve the number of the year on top of the glaze or use some toasted almonds to shape it! Enjoy!

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ASSEMBLING A TRADITIONAL PASCHA BASKET

Each of the traditional foods contained in the traditional basket has a symbolic and spiritual significance. Although the particular items in the basket have a long-standing tradition, they are in no way required! Each family will put together a Pascha basket that is unique and special. It is common that family members will include items that they have been abstaining from during the fast, and items they are most looking forward to breaking the fast with after Pascha!. Baskets are usually blessed by the priest after the Divine Liturgy.

Assembling a Traditional Pascha Basket, continued

Typically there is one large wicker basket with a handle per family. Some families may choose to have a separate basket for their children with gifts, candy, etc.

Paska Bread - is a rich sweet bread made with milk, butter, eggs, and made with yeast. The bread reminds us that Jesus is the bread of life (John 6:35). The yeast is a symbol of the New Covenant; the Jews made unleavened bread, and since we are children under the New Covenant, we make leavened bread. You can also purchase your own bread. Otherwise, see the recipe for Kulich (in this book).

Dyed Red Eggs - Red eggs symbolize new life and the resurrection. The red egg, which we crack, reminds us of the tomb from which Christ arose. This is because of the miracle of new life which comes from the egg, just as Christ miraculously came forth from the tomb, shattering the bonds of sin. Of course, red for His blood shed for us, and the miracle from St Maria Magdalene when the egg in her hand miraculously turned red as she proclaimed "Christ is Risen" to the non-believing

Assembling a Traditional Pascha Basket, continued

Emperor. In the Greek tradition, Holy Thursday is the day designated to dye red eggs. The red color is symbolic of Christ's blood, and since Holy Thursday evening's service (which is done in anticipation of Friday) is the day when Jesus is nailed to the cross, many choose to dye their eggs on this day.

Cheese - Some enjoy a custard-like cheese that is sweet and mild, reminding us of the moderation we should have towards everything.

Meat (Sausage, Bacon and Ham) - The meat products symbolize the sacrificial animals of the Old Testament, foreshadowing the true sacrifice of our Savior, who became for us "the Lamb of God, taking away the sins of the world." Sausage (spicy, garlicky and scrumptious), bacon (symbolizes the overabundance of God's mercy), and ham (a symbol of the joy and abundance of Pascha!) All remind us of God's favor and generosity. As we learn from the prayer of blessing, the meat products also symbolize the fattened calf prepared for the Prodigal Son on his return to his Heavenly Father.

Butter - often shaped like a cross or a lamb, the butter reminds us of the goodness of Christ.

Salt - reminds us that we are the salt of the earth, referenced in Matthew 5:13-16 : "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men." Salt is also necessary for flavor, and reminds the Christian of his duty to others. As salt preserves food, we are to be the salt of the world.

Bitter Herbs (such as horseradish) - Often combined with grated red beets, this is symbolic of the Passion of Christ still in our minds, but sweetened with sugar because of the Resurrection. The bitter-sweet red mixture of herbs reminds us of the sufferings of Christ. Having a bitter herb also reminds us of the vinegar that was offered to Christ while he was on the cross.

Wine - Reminds us that God takes ordinary food and uses it as an aid in making us holy. From Matthew 26:27-29 "Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins. But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom."

Candle - traditionally a Pascha basket includes a decorated candle. During the eating of the Paschal food, this candle is placed in the middle of the table. Jesus is the true light who brightens the whole world through the radiance of His Holy Resurrection.

Pascha Basket Cover (Cloth) - the cover reminds us of Christ's burial shroud. A traditional basket cover is made with a white cloth embroidered with the words, "Christ is Risen," but there are many other beautiful designs used as well.

One of the most profound things about this tradition is that the Church takes ordinary food, blesses it, and it is used as an aid in making us holy. So enjoy curating the perfect Pascha basket for you and your family!

Easy Fasting Meal Ideas

Peanut Butter & Jelly Sandwich
Stir Fry Made from Leftover Vegetables
Ramen Noodles (with or without cashews or veggies)
Pasta & Marinara Sauce
Pasta w/ Plant Butter & Garlic
Pasta with Peanut Butter
Cereal with Plant Milk
Baked Potato (Russet or Sweet)
Baked Potato w/ Leftover Toppings
Canned Soup made with Water
Lentil, Bean or Split Pea Soup
Refried Bean Tacos
Bean Burritos
Veggies & Hummus
Salad
Hummus & Veggie Sandwich (on pita, bagel, etc)

Easy Fasting Snack Ideas

Fruit, fresh or dried

Nuts

Fresh Veggies

Popcorn

Celery with Peanut Butter and Raisins

Crackers

Tortilla Chips and Salsa

Pita and Hummus

Pretzels

Hand Pies

Popsicles

Fig Newtons

Raisins or Craisins

Honeyed Nuts

Left Over Lenten Desserts!

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