

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week I 2009 – Sunday of Orthodox**

Fasting Tip of the Week: Anything “VEGAN” fits the fast.

SHRIMP MARINARA

1 tablespoon canola oil
2 crushed garlic cloves
1 tablespoon chopped parsley
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon basil
1/8 teaspoon pepper
1/8 teaspoon cayenne (more if you like things really spicy)
28 ounce can diced tomatoes
2 pounds fresh or frozen shrimp (if using frozen shrimp follow direction on package for cooking)
4 cups hot cooked rice (white or brown)

Heat oil, add garlic and saute. Add parsley, sugar, salt, oregano, basil, pepper and cayenne, and tomatoes. Bring this mixture to a boil, then simmer for 25 minutes. Leave skillet uncovered while simmering. Use a large skillet or a wok for this recipe. Add shrimp to sauce and let simmer for 10 minutes, stirring. Place shrimp and sauce mixture on cooked rice and serve hot.

MINISTRONE SOUP

Makes 8 cups – serves 8 to 12

3 cups water
2 cups vegetable broth
2 cups chopped tomatoes
1 cup sliced carrots
1 cup sliced celery
3/4 cup chopped onions
3 tablespoons red wine
1/2 teaspoon dried oregano
1 clove garlic, minced
1/2 teaspoon salt or to taste
1/4 teaspoon pepper
2 cups sliced zucchini
1 cup diced, peeled potatoes
1 1/2 cups cooked kidney beans (cooked from dry or canned and drained)
3 tablespoons small shells or other small pasta such as orzo

Place the water, broth, tomatoes, carrots, celery, onions, wine, oregano, garlic, salt, and pepper in a 4-quart pot. Bring to a boil. Reduce heat and simmer, uncovered, 40 minutes. Add the zucchini, beans, potatoes, parsley, and shells. Cook 20 minutes longer or until potatoes are tender. Variation: Use a 14 ½ ounce can diced tomatoes (undrained) instead of fresh tomatoes. The potatoes don't always cook through, so if you par boil them first you'll have better success.

OATMEAL BAR COOKIES

Makes 48 bars or 24 squares – serves 8 to 12

1 cup (2 sticks) margarine*, softened
1 cup firmly packed light brown or dark brown sugar
2 ½ cups rolled oats (old-fashioned oatmeal)
1 cup all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon vanilla
1 cup dark or golden raisins
1 cup chopped walnuts

Preheat the oven to 350F degrees. Grease 9x13 inch baking pan. In a large bowl, cream the margarine with the brown sugar until light and fluffy. Beat in the oats, flour, cinnamon, and vanilla. Stir in the raisins and walnuts. Pat into prepared pan. Bake 35 minutes or until the top is golden. Cool completely in pan. Cut into 1x2 inch bars or 2 inch squares. Variation: use chopped dried apricots instead of raisins.

*Lenten: Shedd's Willow Run is the best. Not all margarines are dairy free – Willow Run is. You can buy this locally at Meijer's or Hiller's.

Questions about fasting? Want to contribute to this effort by sharing recipes?
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Great Lenten Recipes
Week II 2009 – Sunday of St. Gregory Palamas**

Fasting Tip of the Week: Whey is a dairy product and is used in many things that you might otherwise think fit the fast. Look out for “WHEY” as an ingredient. If it has “WHEY” it doesn’t fit the fast.

SPAGHETTI WITH OLIVE AND PINE NUT SALSA

3/4 cup Gaeta olives (3 ounces), pitted (Kalamata olives also work well and are easy to find)
1/4 cup drained bottled capers
1/4 cup pine nuts
1/4 cup chopped fresh flat-leaf parsley
1 teaspoon dried hot red-pepper flakes
1/2 cup extra-virgin olive oil
1 pound dried spaghetti*

Very finely chop together olives, capers, and pine nuts with a large heavy knife. Transfer to a large serving bowl along with parsley and red-pepper flakes, then stir in oil until combined. Meanwhile, cook pasta in a large pot of boiling salted water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain in a colander. Add spaghetti to olive mixture in bowl and toss until combined well. (If pasta is dry, moisten with some reserved cooking water.) The most important trick is to hand-chop everything very finely, so that you get just the right amount of fiery crunch in every bite.

*Note that some pasta has egg in it, but most does not. Read the label carefully before buying...

LENTIL CAULIFLOWER SOUP

Makes 8 1/2 cups – serves 8 to 10

4 cups water
4 cups unsalted vegetable broth
6 cups cauliflower florets
1 cup lentils
1 cup sliced leeks (white and green parts only)
2 bay leaves
1/4 teaspoon salt or to taste
1/4 teaspoon pepper

Place water and broth in a 4 quart pot. Bring to a boil. Add the cauliflower, lentils, leeks, and bay leaves. Return to a boil. Reduce heat and simmer, uncovered, 1 to 1 1/2 hours or until lentils are cooked to desired doneness. Stir in salt and pepper. Discard bay leaves.

Variation: add 1 or 2 cloves of garlic (minced) when you add the lentils.

CHEWY CHOCOLATE PEANUT BUTTER BARS

1 cup brown sugar
2/3 cup margarine*
1/3 cup light corn syrup
1 teaspoon vanilla extract
4 cups quick oats
2 cups (12 ounces) semi-sweet chocolate chips**
DIVIDED
2/3 cup peanut butter
1/2 cup chopped peanuts

Preheat the oven to 350F degrees. Beat brown sugar and butter in large mixing bowl until creamy. Beat in corn syrup and vanilla. Stir in oats. Press into greased 13x9 pan. Bake in oven for 15 minutes – cool slightly. Melt 1 cup chocolate chips and peanut butter in small heavy saucepan over lowest possible heat, stirring until smooth. Spread over base. Sprinkle with chopped peanuts and remaining half of chocolate chips. Press down slightly. Chill for one hour or until firm.

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**Ghirardelli fit the fast – others may not. Please check the label carefully since chocolate chips often contain milk.

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Week III 2009 – Sunday of the Veneration of Cross**

Fasting Tip of the Week: Like mayonnaise but don't eat it during Lent because it has egg in it? Try Vegenaise! It is very tasty and works well in place of mayonnaise in recipes or on a veggie burger. You can purchase it locally at Whole Foods.

KASHA VARNISHKES

2 cups chopped onions (or more)
1/2 cup olive oil
3/4 cup kasha (buckwheat groats)
Salt and ground black pepper
1/2 pound dried farfalle (bow-tie) or other pasta*

Put onions in a large skillet with a lid over medium heat. Cover skillet and cook for about 10 minutes, until onion is dry and almost sticking to the pan. Add oil, raise heat to medium high and cook, stirring occasionally, until onion is nicely browned, at least 10 minutes longer (or more). Meanwhile, bring a large pot of water to a boil. In a separate, medium saucepan, bring 1½ cups water to a boil, stir in the kasha and about a teaspoon of salt. Cover and simmer until kasha is soft and fluffy, about 15 minutes. Let stand, away from heat and covered. Salt the large pot of boiling water and cook noodles until tender but still firm. Drain and combine with the onions and kasha, adding more oil if you like. Season with salt and lots of pepper and serve immediately.

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CORN & BLACK BEAN SALAD

Makes 3¼ cups – serves 4 to 6

1½ cups corn (fresh cooked; canned/drained, or frozen/thawed/cooked)
1 cup cooked black beans (cooked from dry or canned/drained)
2/3 cup chopped red bell peppers
1/3 cup chopped onions
1/4 cup chopped fresh parsley
1½ teaspoons red wine vinegar
1 tablespoon vegetable oil (canola works well)
1/2 teaspoon sugar
1/8 teaspoon salt or to taste
Freshly ground black pepper to taste

In a large bowl toss together the corn, beans, peppers, onions, and parsley. In a small bowl stir together the remaining ingredients. Pour the dressing over the salad and toss to combine. Variation: Add 1/2 cup canned, drained, chopped chilies. This salad gets better the longer it marinates in your refrigerator. Consider making a day ahead of time to allow the flavors to

combine.

DUMP CAKE

1 can (~20 oz.) crushed pineapple
1 can (~20 oz.) cherry pie filling
1 yellow cake mix (choose one that doesn't have egg or milk)
1 cup chopped nuts
1/2 cup margarine*

Grease a 13x9x2 inch pan. Pour pineapple into pan, juice included. Top with cherry filling. Sprinkle dry cake mix over fruit, then sprinkle on nuts. Top all with margarine, cut into pats. Bake at 350F degrees for 50 minutes. Serve warm or cold. Can top with non-dairy Lenten Cool Whip type topping. Variation: substitute canned sliced peaches for the pineapple.

Second Fasting Tip of the Week: Trader Joe's has GREAT Lenten soy ice cream. Flavors include Mango-Vanilla, Cherry Chocolate Chunk, and plain Chocolate. Some may enjoy this soy ice cream on top of dump cake hot out of the oven.

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**St. Vladimir Orthodox Church
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Week IV 2009 – Sunday of St. John of the Ladder**

Fasting Tip of the Week: Trader Joe's has GREAT vegan barbecued ribs. Whole Foods has excellent vegan meatballs (especially good in spaghetti sauce).

BEAN AND BARLEY SOUP

1 pound northern white beans
2 quarts water
1 cup barley
3 tablespoons paprika
1 large onion chopped
3 or 4 stalks celery chopped
2 large cloves garlic chopped
Parsley, salt, pepper to taste
olive oil to taste

Sort and wash beans. Use quick soak method on bag. If using canned beans drain and rinse lightly. Cook beans with barley in water until barley and beans are tender. Add chopped onion, celery, garlic, parsley, salt & pepper. When soup thickens add paprika and olive oil. Cook until done.

PEANUT BUTTER NOODLES

1 pound dried pasta*
2 tablespoons oriental sesame oil
1/4 cup creamy peanut butter
1/4 cup soy sauce
1 inch piece of fresh ginger peeled & minced or 1/4 teaspoon powdered ginger
2 tablespoons rice wine vinegar
1/4 teaspoon crushed red pepper flakes

Cook pasta according to package directions and drain. Toss with sesame oil and set aside. In bowl combine peanut butter, soy sauce, wine vinegar, ginger, and red pepper flakes. Toss with hot noodles. Serve at room temperature. Variation: dice one small/medium onion (or a small red bell pepper, or both) and toss with noodles before serving.

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LENTEN HONEY CAKE

1 cup strong tea
1 cup honey (can use slightly more or less)
1 cup sugar
1/2 cup oil

1 teaspoon baking soda
1 tablespoon vinegar
Flour

Mix tea, honey, sugar, and oil (it helps if the tea and the honey are warm). Combine baking soda and vinegar and then add to the tea/honey mix. Add flour until the mixture is the consistency of good sour cream (about 3 cups). Cook at 350F degrees. For two square cake pans bake about 40 minutes. For mini muffin pans bake about 15 minutes.

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Week V 2009 – Sunday of St. Mary of Egypt

Fasting Tip of the Week: Often hungry during lent? You likely are not getting enough protein. Almonds are a great source of protein and contain lots of things that are good for you. Give them a try as a great fasting snack!

PEANUT SOUP

1 tablespoon vegetable oil
1 cup sliced onions
1 teaspoon curry powder
1/4 teaspoon ground red pepper
1/4 teaspoon ground ginger
1/4 teaspoon (or to taste)
4 cups vegetable broth
2 cups sliced carrots
1/2 cup smooth peanut butter
1/2 unsweetened coconut milk (don't worry – it doesn't contain dairy)
1/2 cup soy milk (don't worry – it doesn't contain dairy)

In a 3-quart saucepan heat the oil over medium heat. Add onions and cook, stirring, until soft (about 2 minutes). Stir in the curry powder, red pepper, ginger, and salt until absorbed. Add the broth and bring to a boil. Add the carrots and cook uncovered over medium heat, about 30 minutes or until carrots are soft. Place the soup and peanut butter in a blender or food processor container fitted with a steel blade. Cover and process until pureed (you may have to do this in more than one batch). Return puree to pot. Stir in coconut milk and soy milk. Cook over low heat, stirring frequently, until heated through.

WEST AFRICAN CURRY SHRIMP

2 cups vegetable broth
3-4 tablespoons flour
1 tablespoon curry powder (or more if you like)
1 bag frozen shrimp (50 to 55 seems to be the best size, but you can use what you like)

- If shrimp have tails on them remove tails before adding to curry sauce

Thicken the broth with flour stirring with a whisk. Defrost shrimp using direction on the package. Once sauce is at desired consistency add shrimp. Heat through. Serve over rice with some, all, or none of the following (or with something else you like): pineapple, sliced bananas, mandarin oranges, peanuts, onions, or tomatoes.

CHOCOLATE BANANA SNACKING CAKE

1 2/3 cups all purpose flour
1 cup packed light brown sugar
1/4 cup cocoa powder

1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup water
1/2 cup mashed ripe banana
1/3 cup vegetable oil
1 teaspoon white vinegar
1/2 teaspoon vanilla extract

Heat oven to 350F degrees. In large bowl, stir together flour, brown sugar, cocoa, baking soda, and salt. Add water, banana, oil, vinegar, and vanilla. Stir until smooth. Pour batter into ungreased 8-inch square baking pan. Bake 35 to 40 minutes or until wooden pick inserted in center comes out clean. Serve warm or cool with non-dairy whipped topping if desired (or just with a bit of powdered sugar).

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