

**St. Vladimir Orthodox Church
Ann Arbor, MI
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**
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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.

*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.

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

Questions about fasting? Want to contribute to this effort by sharing recipes?
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