

A COOKBOOK FOR THE FASTING SEASONS OF THE CHURCH



STS. CYRIL & METHODIUS BYZANTINE
CATHOLIC CHURCH

WOMEN'S GROUP 2023

Our Lenten Cookbook

Saints Cyril and Methodius Byzantine
Catholic Church
Cary, North Carolina

In March, 1991, Sts. Cyril and Methodius Byzantine Catholic Church was officially founded. Over these many years we have been blessed with wonderful priests and a growing number of parishioners. Currently, Fr. Vasyl offers two Sunday liturgies at 9:00 and 11:00 and we continue to work and pray for a new church to serve our expanding flock.

Our women's group works together to support the parish through projects such as our new Marian Garden, our religious education program, and by organizing parish celebrations and supporting the Domestic Church that we create in our homes. The family dinner table is an important component of our Faith and we hope these recipes will be enjoyed by the families of our Parish. Many are long-time parish favorites, others are new, but all are delicious!



Fasting in the Byzantine Catholic
tradition -

Penitential Fasting and Abstinence

To **fast** is to go without eating for a period of time; to **abstain** means to omit certain foods, generally ones we would otherwise prefer. Both kinds of **self-discipline** are practiced during the Church's penitential seasons:

- the **Great Fast** of forty days, leading up to the **Great and Holy Week** of the Lord's suffering and death
- The **Apostles' Fast**, from the Monday after All Saints Day to June 28, the eve of the feast of Saints Peter and Paul
- the **Dormition Fast**, from August 1 to August 14
- the **Nativity Fast**, from November 15 to December 24 (also called St. Philip's Fast, since November 14 is the feast of St. Philip)

Penitential fasting and abstinence are different in kind from the Eucharistic fast: they are more rigorous, and can be perceived as a real though temporary hardship. When undertaken in the proper spirit, they can instill self-discipline, perseverance, and a recognition of how dependent we are on God's gifts, and how easily we become disagreeable when we don't immediately get our way. But like the Eucharistic fast, each of the fasting seasons is aimed toward a feast-day which "completes" and ends the fast.





How to observe the fast periods of the Church

Fasts	Timing
Philip's Fast (Filipovka)	Nov 15th- Dec 24th
The Great Fast (Lent)	Clean Monday (7 wks before Pascha)-Holy Saturday
Apostles' Fast (Petrovka)	Second Monday after Pentecost to June 28
Dormition Fast	August 1 st - 15th
Wednesdays and Fridays	Throughout the year, unless a feast day, or other times of no fasting (fast free weeks)

Strict Abstinence

- The law of strict abstinence (fasting) forbids the use and consumption of all meat, eggs and dairy products.
- All faithful of the Archeparchy who receive the Eucharist are obliged to observe strict abstinence when prescribed.

Dispensations

- Priests and parents are to ensure that minors are educated in the authentic sense of penance.
- Pastors and administrators, with just cause and taking into account acceptable reasons due to personal circumstances, may grant to the individual faithful as well as to individual families, dispensations, transferals, or commutations of abstinence and strict fast into other pious practices. Superiors of religious houses or clerical institutions enjoy these same faculties relative to their constituents.

Philip's Fast: This fast is not penitential, but is rather a fast of preparation, like the pre-Communion fast. By abstaining from certain foods, we are opening up a "space" in our lives through asceticism and obedience, into which God may enter. (mci.archpitt.org)

Traditional rules of fasting

Customs vary, but in general the traditional Christmas fast calls for the faithful to observe strict abstinence (no meat, fish, dairy or other animal product, wine or oil) on Mondays, Wednesday and Fridays, and a lesser abstinence (no meat, fish, dairy or animal products) on

Tuesdays and Thursdays. Fish is allowed on Saturdays and Sundays, but no other animal products.



The Great Fast (mci.architt.org)

During the Great Fast, it is traditional to fast until evening on weekdays, and to abstain from meat, fish, eggs, dairy products, and foods cooked with oil, as well as from alcohol and sexual relations. This is called **strict abstinence**.

Strict abstinence (fasting) is to be observed on Pure Monday, (the first day of the Great Fast), and on Great and Holy Friday.

(Why do we abstain from these particular things? In doing so, we are imitating the life of paradise, before the fall of Adam and Eve, who refused to abstain appropriately. We make do with simpler things, and discipline ourselves to our needs rather than our desires.)

Even according to the strictest rules of fast, Saturday and Sunday are not observed in the same way as the weekdays of the Great Fast. Two meals

may be taken, at midday and in the evening, and wine and oil are allowed.

Wine and oil are also permitted on:

- the feast of the second and third findings of the head of John the Baptist (February 24)
- the feast of the Forty Martyrs of Sebaste (March 9)
- the feast of the Annunciation, together with its pre-festive and post-festive days (March 24-26)
- Wednesday and Thursday in the fifth week of the Fast, because of the rigors of the Great Canon
- the patronal feast of a church or monastery

Fish may be eaten on

- The feast of the Annunciation (March 25) if it falls during the Great Fast
- Palm Sunday (the Sunday before Pascha)



Fasting during **Great and Holy Week** continues the pattern of the Great Fast. On Holy Saturday, alone among all the Saturdays of the year, foods may not be cooked in oil, since in monasteries, after the celebration of Vespers with the Divine Liturgy of Saint Basil the Great, the monks or nuns would remain in church for the reading of the Acts of the Apostles, and each was given some bread

and a little dried fruit, together with a cup of wine, to sustain them during the Paschal vigil.

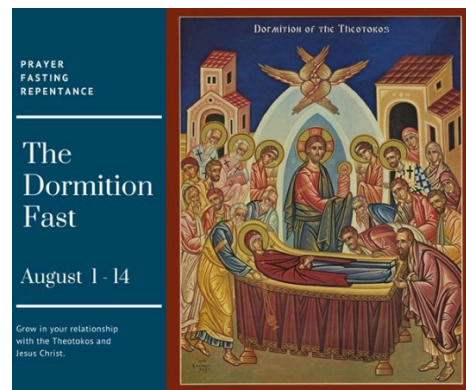


In practice, the Church only requires that the faithful abstain from meat, fish, eggs, and dairy products on the first day of the Great Fast and on Great and Holy Friday, and fast from meat on Wednesdays and Fridays during the Great Fast and on Fridays through the year. Guidelines are posted annually for each eparchy; and as with fasting, the faithful are encouraged to keep the tradition more fully if they are able.

Apostles' Fast, the Typikon prescribes strict abstinence on Mondays, Wednesday, and Fridays, with wine and oil allowed on other days.



Dormition Fast, all weekdays are days of strict abstinence; wine and oil are allowed on Saturday and Sunday, and on the feast of the Transfiguration (August 6).



Prayer and Fasting

And he said unto them, This kind can come forth by nothing, but by prayer and fasting.



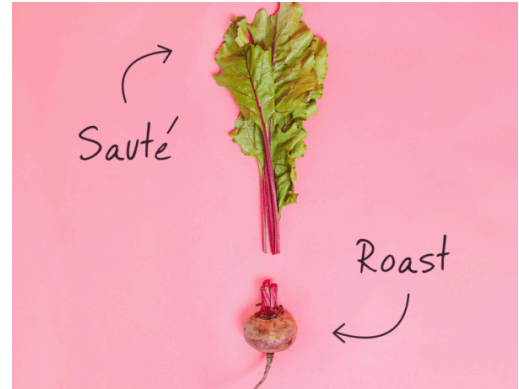
Tips, Tricks, and Substitutions!



- Fast periods are a great time to up your spice use! Experiment with some new flavors to add more “spice” to your meals
- Substitute almond or rice milk for regular milk in recipes, add a bit of apple cider vinegar to create “butter” milk



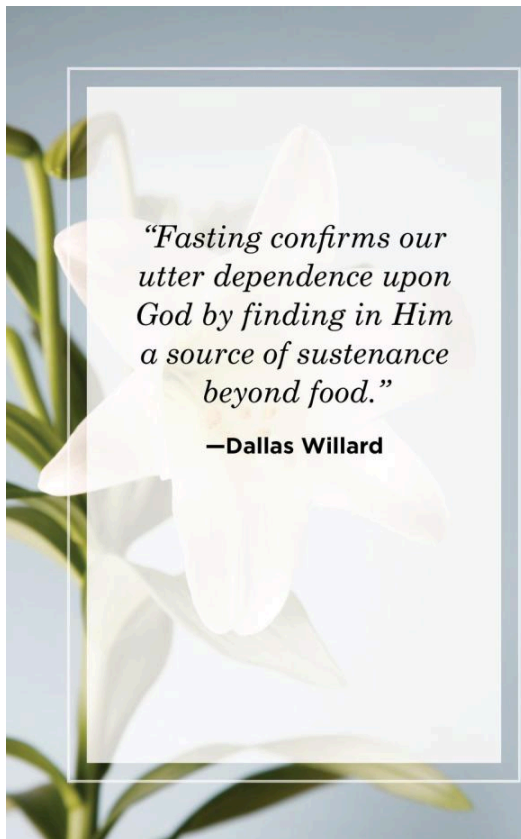
- Pizza doesn’t “require” cheese. Use flat breads or pizza crusts and enlist the kids in a “make your own” pizza night with an array of veggies and pizza sauce
- Replace an egg in a recipe with 1 mashed banana or ¼ cup applesauce



- Pair a soup or stew with something crunchy like salad, croutons, or top with shredded vegetables



- Sour Cream. Try plain non dairy yogurt, especially if used in making dips.
- Beef or chicken stock. Replace beef or chicken stock with vegetable broth. Or use vegetable bouillon cubes
- In place of cottage or ricotta cheese, you can use crumbled tofu, soaked raw nuts, or a combo.



- soda with 1 teaspoon white vinegar.
- If eggs are used for moisture, substitute 1 ripe mashed banana or 1 tablespoon applesauce for each egg.
- Eggs can help your baked goods rise as they bake, making them light and fluffy. Baking soda and vinegar make a great leavening option.



- Substitute for eggs, since the combination of the two creates gas bubbles that will lift your batter. To replace 1 egg in a recipe, mix 1 teaspoon baking

Breakfast

Brown Sugar and Banana Oatmeal

Ingredients

- 2 cups almond milk
- 1 cup quick-cooking oats
- 1 large banana, sliced
- Brown sugar, cinnamon, honey to taste

Preparation

- Heat milk in saucepan to almost boiling
- Add oats and cook until thickened
- Add remaining ingredients and serve warm



Pancakes

Ingredients

- Most any pancake recipe can be made by substituting almond milk or water in the recipe.

Preparation

- **Make it a fun “Breakfast for Dinner” night with add-ins like chocolate chips, bananas, nuts and your favorite syrups. Serve with everyone’s favorite fruits.**



Fruit and Granola Bowl

Ingredients

- Two cups almond milk
- 1 cup steel-cut oats
- Fruits, granola, maple syrup

Preparation

- Combine milk and oats in airtight container and refrigerate overnight
- Divide oats among 4 bowls and add your choice of fruits and granola



Avocado Toast Or Tahini Toast

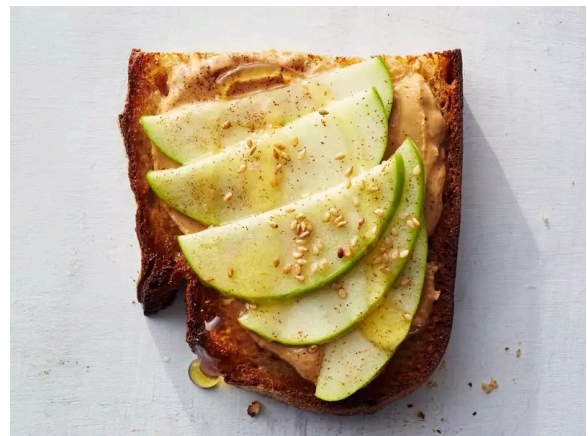
Ingredients

- Hearty bread for toasting
- 1 avocado per person, scooped and chopped
- Salt, pepper, chopped veggies to taste
- Some “heat” if you like it

Preparation

- Toast bread slices
- Mash avocado and add remaining ingredients
- Top toast with avocado mixture and enjoy

For tahini toast, top toast slices with tahini, then add sliced apples with a drizzle of honey and cinnamon, toasted sesame seeds add crunch



Almond Butter Toast

Great with crusty sourdough or whole grain bread. Toast bread, top with almond butter and jam. Add your favorite fruits and nuts for crunch.



Blueberry Oatmeal Bake - Laura Driscoll

Ingredients

- 3-4 cups oatmeal
- Cinnamon, nutmeg, salt and vanilla to taste
- 2 - 2 ½ cups water or almond milk
- 1-2 cups fresh or frozen blueberries
- 1-2 over ripe bananas (can substitute applesauce)
- maple syrup or honey to taste

Preparation

- Combine all ingredients
- Place in greased baking dish
- Bake in 350 degree oven for about 30 minutes or until set.



Vegan Muffins

Ingredients

- 2 cups flour
- 1 ½ teaspoon baking soda, ½ teas. salt
- 2 teaspoon lemon or orange zest or juice
- ¾ cup sugar
- 1 cup non-dairy milk
- ⅓ cup oil
- 1 tablespoons apple cider vinegar
- 1-½ cups fresh or frozen blueberries

Preparation

- Preheat oven to 400 degrees and grease muffin tins or use muffin cups
- Combine dry ingredients with zest
- Combine wet ingredients, then add to dry ingredients; don't over stir
- Fold in berries
- Fill muffin cups ¾ full with batter
- Bake muffins for 15 minutes at 400, then reduce heat to 375 and continue baking for 7-8 minutes until done.
- NOTE: you can vary these in lots of ways with different fruits, chocolate chips, nuts, flavoring, etc.



Appetizers



Bruschetta - Fr. Rick

Ingredients

- 1 cup chopped tomatoes
- ¼ cup chopped, fresh, basil
- ¼ cup olive oil
- 2 cloves minced garlic
- Sourdough or Italian bread
- Salt and pepper to taste

Preparation

1. **Mix together tomatoes, basil, salt and pepper and set aside**
2. In a separate bowl mix the olive oil with the garlic, mashing the garlic with a spoon
3. **Cut the bread into ½ inch thick slices, brush both sides of the bread with the**

oil mixture and toast until light golden brown

4. **Top with tomato mixture and serve immediately.**

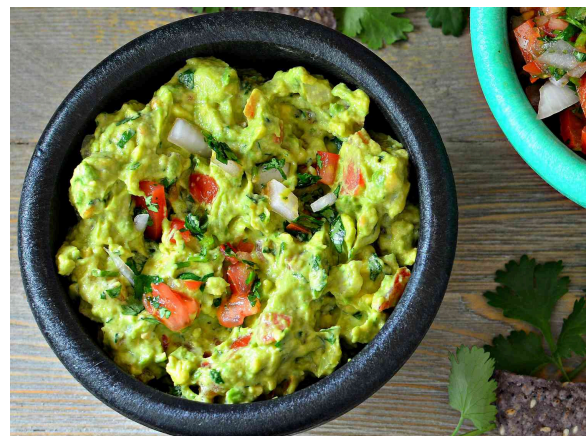
Guacamole - Jane Dunbar

Ingredients

- ½ cup onion
- 2 jalapeno peppers, or to taste
- 1 tomato
- 3 avocados
- 2 tablespoons fresh cilantro
- 1 tablespoon lime juice
- ½ teaspoon salt, or to taste

Preparation

5. **Coarsely chop onion and tomato**
6. De-seed and coarsely chop peppers and avocados
7. **Place all ingredients in a blender and blend to desired consistency**



Kutya - For All Souls Saturdays and Holy Supper (60 servings)

Ingredients

- 2 cups wheat berries
- ½ cup honey
- ¼ cup toasted sesame seeds
- ¾ cup toasted walnuts
- ½ cup toasted almonds, sliced
- ½ cup raisins
- ½ cup dried cranberries
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

Preparation

Gently boil the wheat berries for 2-3 hours in enough water to cover plus an inch with the lid on. Add water as needed while cooking. Berries are done when most of them are “popped” open. Drain and pat dry with towels. Add the honey, nuts, fruit, and spices. Mix well and serve.

NOTES: The wheat berries used were “winter red” which are quite hard, but if you use a softer type, you probably won't need to boil them as long. You can use any kind of nut. Toasting the nuts is optional. You can alternately use any kind of dried fruit and any “sweet” spice you want. Try dried mango, papaya, dates, cardamom, and lemon zest. For a decent corative touch, place slivered almonds or cranberries in the shape of a cross on top.



Salsa - Jane Dunbar

Ingredients

- 4 fresh tomatoes, dice
- 1 onion, diced
- 1 green bell pepper, seeded and diced
- 2 Tablespoons vinegar or lemon juice
- 1 Tablespoon oil
- 1 Tablespoon chili powder
- Cilantro to taste
- Hot sauce to taste
- Salt and pepper

Preparation

Mix all ingredients together and serve with chips

Black Bean Hummus

Ingredients

- 1 clove garlic, chopped
- 1 can black beans, drained (or cook your own)
- 2 Tablespoons lemon juice
- 1 ½ Tablespoon tahini
- ¾ teas. cumin, ¼ teas. paprika
- Cilantro to taste
- Hot sauce to taste
- Salt and pepper

Preparation

Process in food processor, adding a bit more liquid if needed. Serve with sliced olives, chips, crackers, etc.



Beet Beauty Hummus

For a pretty addition to the table, substitute cooked chick peas and beets for the black beans. Add spices to taste and top with nuts and sesame seeds.



RECIPE

Breads



Pumpkin Bread

Ingredients

- 1 $\frac{2}{3}$ cup flour
- 1 $\frac{1}{3}$ cup sugar
- Dash of cloves, 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 $\frac{1}{3}$ teaspoon baking soda
- 1 cup vegetable oil
- 1 $\frac{1}{3}$ cup pumpkin
- $\frac{1}{3}$ cup raisins or dates
- $\frac{2}{3}$ cup nuts

Preparation

8. **Blend sugar and oil together**
9. Add pumpkin, then dry ingredients
10. **Add** in fruit and nuts and mix thoroughly.
11. **Bake** in greased loaf pan one hour at 350 degrees.

Irish Soda Bread - Nancy Driscoll

Ingredients

- 3 $\frac{3}{4}$ cup all purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 $\frac{3}{4}$ cup "buttermilk" *
- Raisins if desired

Preparation

12. **Prepare "buttermilk"** by adding 1 tablespoon apple cider vinegar to 1 $\frac{3}{4}$ cup almond milk; let sit
13. **Combine dry ingredients** in a bowl.
14. **Make a well in the center of the dry ingredients** and add the buttermilk, mixing well
15. **Add a bit more flour** as needed to create a soft and not too sticky dough. Add raisins if using.
16. **Knead lightly** on a floured surface to create an 8 in. round loaf.
17. **Bake in preheated 425 degree oven** on greased baking sheet for 25-30

minutes or until it sounds hollow when tapped on bottom.



20. Stir in 3 ½ cups of the flour, one cup at a time, beating vigorously to blend.

21. Scrape the dough from the sides of the bowl and brush the top and sides of the dough with softened margarine. Cover dough and let rise in a warm place for about two hours or until doubled in bulk.

22. Turn out onto a well-floured board and knead lightly, adding flour (no more than ¼ to ½ cup) until dough is no longer sticky.

Shape and bake as suggested in subsequent recipes.

Basic Sweet Dough

Ingredients

- 1 pkg. Compressed or dry yeast
- ½ cup warm water
- ¼ cup sugar
- 1 tsp. Salt
- ¼ cup margarine
- 4 cups sifted all-purpose flour
- 1 cup non-dairy cereal blend (non-dairy milk substitute found in the dairy section)
- heat until just hot

Preparation

18. Place margarine, salt, and sugar in a large bowl; add the warm cereal blend, stirring to dissolve the sugar and salt and to melt the margarine.
19. Soften the yeast in the warm water and add to the cereal blend mixture.

Cinnamon Rolls

Ingredients

- 1 recipe basic sweet dough
- 3 Tbs. soft margarine
- ¾ cup brown sugar
- 2 tsp. cinnamon

Preparation

Roll out dough to a large rectangle, about 10" x 24". Spread margarine and sprinkle with brown sugar and cinnamon. Cut into 10" x 1" individual strips and roll separately into a snail shape. Place rolls one inch apart on a baking sheet and let rise until double the original size. Bake in a 350° oven for 20-25 minutes.



Apple Coffee Cake

Ingredients

- 1 recipe basic sweet dough (makes two coffee cakes)
- $\frac{1}{3}$ cup melted margarine
- 1 $\frac{1}{2}$ cups brown sugar
- 1 Tbs. cinnamon
- $\frac{1}{3}$ cup flour
- 1 $\frac{1}{2}$ cups chopped nuts
- Dash nutmeg
- Dash cloves

FOR EACH COFFEE CAKE

- 4-6 Tbs softened margarine
- 4-5 Tbs. raisins or currants
- 1 medium apple

Preparation

Prepare a streusel mixture of the brown sugar, chopped nuts, flour, cinnamon,

nutmeg, cloves, and the melted margarine. Rollout $\frac{1}{2}$ of the sweet dough onto a lightly floured board to a 16" square. Spread $\frac{1}{2}$ of the square with 1-2 Tbs. softened margarine and sprinkle $\frac{3}{4}$ cup of the streusel mixture. Spread 2-3 Tbs. of the raisins or currants and about $\frac{3}{4}$ of the chopped apple over the streusel. Fold the plain half over the filling.

Spread half of the rectangle with 1-2 Tbs. margarine. Sprinkle $\frac{1}{2}$ cup streusel, 2 Tbs. raising or currants, and the remaining chopped apple. Fold dough over to form an 8" square. Pinch the edges of the dough together to seal in the filling. Place in a well-greased 8" or 9" square pan. Spread top with 2 Tbs. margarine and sprinkle with $\frac{1}{2}$ cup streusel. Let rise in a warm place until almost doubled in size. Bake in a 350° oven for about 35 minutes.

Repeat the steps to make the second cake.



Gingerbread

Ingredients

- 1 $\frac{1}{2}$ cups flour
- $\frac{1}{3}$ cup sugar

- 2 tsp baking powder
- 1 tsp ginger
- ¼ tsp salt
- ¼ cup margarine
- ½ cup boiling water
- ½ cup molasses

Preparation

Combine margarine and boiling water. When the margarine melts, add the molasses. Sift the dry ingredients together. Stir molasses mixture into the flour mixture and beat just enough to make a smooth batter. Spread into a greased 8" or 9" square pan. Bake at 325° for 35 minutes.



Phosphora (Altar Bread)

Ingredients

- 1 pkg. compressed or dry yeast
- 1 ½ cups water
- 2 tsp salt
- 6 ¾ to 7 cups flour

Preparation

Dilute yeast in water. Add salt, then half of the flour and stir. Mix remainder of flour by hand until dough is firm. Knead until dough is smooth. Divide dough and place in 8, 9, or 10 inch cake pans that have been floured only: do not grease pans! Smooth dough out to cover the bottom and fill half of the depth of the pan. Take a religious seal and dip in flour, shaking off any excess flour that may accumulate, and press the seal firmly into the center of the dough. Remove seal and let dough rise until it is *almost* doubled in bulk. (Remember that the dough will also rise while baking and too much rising can erase the seal from the dough.) Take a toothpick and make 5 or 6 pricks into the dough around the outer edge of the seal before baking. Bake in a 400° oven for approximately 30 minutes or until done. Wrap in a clean cloth while cooling so that the crust will soften.



Soups and Salads



Black Bean and Salsa Soup

Ingredients

- 2 cans black beans, drained and rinsed
- 1.5 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin

Preparation

23. Blend ingredients in a blender until fairly smooth
24. Heat on stove top until heated through
25. Top with your choice of chopped onion, peppers, and/or corn chips
26. Serve with a crisp salad.

27. Note the recipe is easily halved or doubled depending on the number of servings needed.



28.

Butternut Squash Stew

Ingredients

- 1 can chopped tomatoes
- ½ cup raisins
- 2 teas. Cumin, 1 ½ teas. Ginger, ¼ teas. Cinnamon, salt and pepper to taste
- 1 red onion, chopped
- 1 cubed butternut squash
- 1 cup couscous
- 1 can chick peas,
- Fresh cilantro

Preparation

29. Combine all main ingredients, cook in crockpot on low for 5-7 hours
30. Ten minutes before serving, cook the couscous per package directions.

31. Add chickpeas and cilantro to stew to heat through.
32. Serve with couscous (or rice or other pasta) along with something cool or crunchy!



Preparation

Cook barley, water, and salt. When barley is half done, add diced mushrooms. Brown flour in oil until light brown; add onion and brown until golden. Add enough cold water, stirring constantly, to make a smooth sauce. Add to soup; stir in thoroughly. Season soup with salt and pepper to taste. Cook until barley is soft. If soup is too thick, add water. If too thin, add a paste of flour and water to cooled soup. Re-heat.



Barley Mushroom Soup

Ingredients

- ½ cup barley
- 3 quarts water
- 1 Tablespoon salt
- 2 jars mushrooms with caps
- 2 Tablespoons flour
- 3 Tablespoons oil
- ½ onion, diced

Cherry Soup - A Holy Supper Dish (Makes 4 cups)

Ingredients

- 2 15-oz cans of cherries
- Juice from the cans of cherries and enough water to make 2 cups
- 1 cup red wine
- ¼ cup sugar
- ½ teaspoon grated orange peel

- 1 teaspoon cornstarch

Preparation

Warm the cherries, juice, wine, sugar, and orange rind in a pot until it boils and sugar is dissolved. Mix a little of the cooled pot juice with the cornstarch and return to the soup. Cook for another 2 minutes, stirring. Serve hot or cold.



Carolina Minestrone Soup

Ingredients

- Olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 stalks celery, chopped
- ½ medium green pepper, chopped
- 2 carrots, chopped
- 2 potatoes, chopped
- 2 zucchini, chopped
- Handful of string beans, cut up
- 1 cup tomatoes
- 5 cups vegetable broth
- ¼ cup rice
- 1 teaspoon oregano
- 1 teaspoon thyme
- 2 Tablespoons cilantro
- Some parsley
- Salt & pepper

Preparation

In olive oil, saute onion, garlic, celery, and green pepper. Season with black pepper and salt. Add potatoes, zucchini, beans, tomatoes, broth, rice, and herbs. Cook 40-45 minutes.



Crab Gumbo (approx. 6 servings)

Ingredients

- 2 pkgs. frozen okra, thawed
- 2 Tbsp. margarine
- 2 Tbsp. all-purpose flour
- 1 large onion, chopped
- 2 ⅓ cups tomatoes, diced
- 1 bay leaf, crushed
- 2 Tbsp. chopped parsley
- ¼ tsp ground thyme
- ⅛ tsp cayenne pepper
- 1 clove garlic, minced
- 1 ½ lbs. Crabmeat
- 8 cups boiling water
- 1 tsp salt
- 3 cups cooked rice

Preparation

Slice okra into ½" pieces. Melt margarine in bottom of heavy kettle. Blend in flour, add okra, onion, tomatoes with the juice, bay leaf, parsley, thyme, cayenne pepper, garlic, and crabmeat. Simmer slowly for 10 minutes, stirring often to keep okra from scorching. Add water and salt. Simmer, covered, for an hour. Uncover and continue to simmer until the consistency of a thick soup. Stir often. Put cooked rice in the bottom of a large soup bowl and ladle soup over it.

Salad Nicoise - Fr. Rick Rohrer - A Parish Tradition for Palm and Flowery Sunday

Ingredients

- 6 large potatoes, cut into ½" medallions
- 1 ½ lbs green beans, coked tender/crisp & marinated in vinaigrette
- 6 tomatoes, cut into wedges
- 1 ½ lbs. tuna in olive oil, drained
- Mediterranean olives
- Anchovies
- ¼ to ½ cup white wine
- Fresh parsley, chopped
- Romaine lettuce
- French bread

VINAIGRETTE

- 1 cup olive oil
- ½ cup vinegar
- 1 Tbsp fresh lemon juice
- 1 tsp dry mustard
- 1 large garlic clove, crushed
- Salt
- Freshly ground black pepper

Preparation

1. **Combine and whisk together all vinaigrette ingredients. Set aside for at least 20 minutes.**
2. **Meanwhile, prepare the green beans. Steam or boil them until tender crisp. Plunge in cold water,**

drain, and toss with all of the vinaigrette.

3. Boil the potato medallions in fish or vegetable stock until done. Drain and sprinkle with white wine. Place on a bed of romaine lettuce on a platter.
4. Remove garlic from vinaigrette. Arrange tuna over potatoes. Place green beans over tuna and pour vinaigrette over all.
5. Arrange tomato wedges, olives, and anchovy filets decoratively over salad. Sprinkle with freshly chopped parsley and serve with crusty French style bread.



Tomato Orzo Soup

Ingredients

- 1 tsp olive oil
- ¼ cup sherry or apple juice
- ½ cup onion, minced
- 2 cloves garlic, minced
- 1 large carrot, diced
- ½ cup red or green bell pepper, diced
- 4 cups diced tomatoes (fresh or canned)
- 1 cup vegetable stock, or water
- ⅓ cup orzo
- ¼ cup fresh basil or 1 Tbsp dried basil

Preparation

In a medium-sized pot over medium heat, warm oil and sherry or apple juice. Saute onion, garlic, carrot, and peppers until onion is soft, about 8 minutes. Add water if needed. Add tomatoes and broth or water. Bring to a boil and add orzo. Cook 5 minutes, stirring frequently to prevent orzo from sticking. Reduce heat to low, then cover and simmer for 15 minutes, or until orzo is cooked. Stir in basil just before serving.



Side Dishes



Black Beans and Rice Salad

Ingredients

- ½ cup olive oil
- 3 tablespoons orange juice
- 2 tablespoons red wine vinegar
- 1 clove garlic, chopped finely
- ½ teaspoon cumin, 1 teaspoon chili powder
- Tabasco or other “heat” to taste
- 3 cups cooked rice
- 2 cans black beans, rinsed and drained
- Assorted chopped peppers to taste
- ¼ cup chopped cilantro or parsley

Preparation

33. Combine dressing ingredients thoroughly
34. Combine rice, beans, and peppers
35. Add ½ the dressing and chill.
36. Serve with remaining dressing and chopped herbs, salt, and pepper to taste
37. Serve with bean tacos or use as main dish with taco chips

Baked French Fries

Ingredients

- 4 large or 6 medium red potatoes, washed
- 2 Tbsp olive oil
- Salt & pepper, to taste

Preparation

Slice potatoes into sticks and place into a baking pan. Toss with the oil and bake at 425o for 20 minutes. Turn or stir the potatoes and bake another 20 minutes or until tender. Season with salt and pepper. Serve with ketchup.



Butternut Squash with Honey

Ingredients

- 1 ½ to 2 lbs. Butternut squash
- ½ cup water
- 1 large onion, chopped
- 3 Tbsp margarine or light oil
- 2 Tbsp honey

Preparation

Wipe squash with a damp cloth. Remove blossom and stem ends. Cut squash in half lengthwise and then in half across the middle. Scoop out seeds and stringy pulp and discard. Pare squash, then cut into 1" pieces. Place in a wide saucepan, add water, and bring to a gentle simmer. Cook uncovered for about 15 minutes or until squash is tender. Meanwhile, saute onion in margarine for 10-15 minutes until limp and tips just begin to brown, then set aside. When squash is done, break it up with a fork or masher, leaving it a little chunky. Add sauteed onion and honey and stir.



Herb-Roasted Potatoes Poupon

Ingredients

- ⅓ cup Grey Poupon Dijon mustard
- 2 Tbsp olive oil
- 1 clove garlic, chopped
- ½ tsp Italian seasoning
- 6 medium red skin potatoes (about 2 lbs.) cut into chunks

Preparation

Mix all ingredients except potatoes in a small bowl. Place potatoes in large, lightly greased baking pan; toss with mustard mixture. Bake at 425° for 45 to 50 minutes or until potatoes are fork tender, stirring occasionally.



Squash Medley

Ingredients

- ½ stick margarine
- 1 Tbsp olive oil
- 1 medium onion, sliced or chopped
- 2-3 cloves fresh garlic, crushed and chopped
- 3-4 medium yellow squash or zucchini (or both!), sliced
- ½ cup red or yellow bell pepper, chopped
- 1 tsp salt
- 1 ½ tsp lemon pepper

Preparation

Melt margarine in large pan over medium heat. Add olive oil and stir. Reduce heat a bit. Simmer onions and garlic until tender and transparent. Stir frequently. Adjust heat as necessary while cooking. Gradually add squash and/or zucchini, mixing well. Add bell pepper and stir well. Sprinkle on salt and lemon pepper. Cook until desired tenderness.



Sundried Tomato and Basil Couscous

Ingredients

- Couscous, enough for your family size
- Vegetable Stock, matching quantity to amount of couscous used (e.g 1 cup couscous to 1.5 cups stock)
- 1 tablespoons olive oil
- ¼ cup basil paste (or fresh cup chopped basil)
- 1 jar sun-dried tomatoes
- Toasted pine nuts
- balsamic vinegar

Preparation

Cook couscous in stock, combine remaining ingredients and combine with couscous, drizzle with balsamic vinegar.

Italian Peas

Ingredients

- 1 minced onion, 2 cloves minced garlic
- 2 Tbsp olive oil
- 16 oz. frozen peas
- 2 table. Vegetable stock
- Salt and pepper to taste

Preparation

Saute onion and garlic in oil

Add remaining ingredients and simmer until peas are tender.



Make it a salad by serving over a bed of greens, adding croutons for crunch

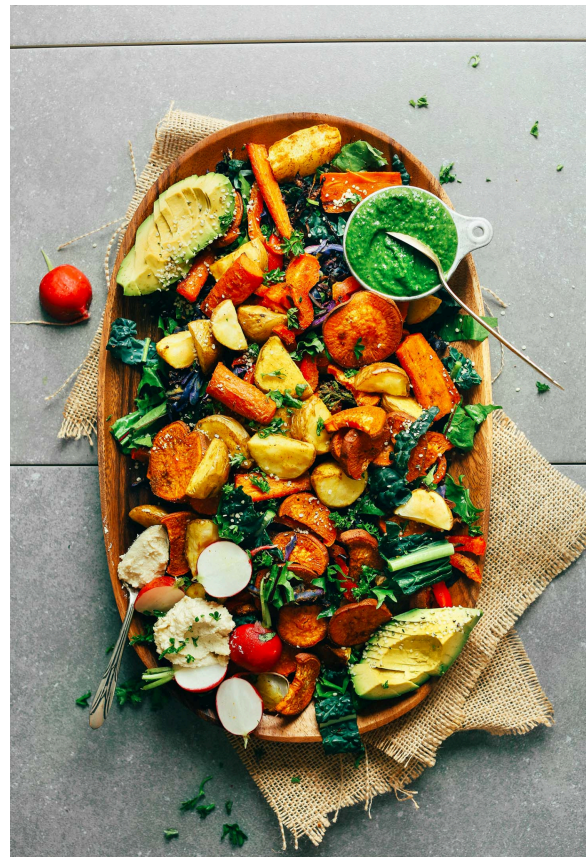
Roasted Vegetables

Ingredients

- Vegetables of your choice, e.g. potatoes, carrots, onions, peppers
- Balsamic vinegar and olive oil
- Herbs of your choice

Preparation

Heat oven to 450 degrees. Arrange vegetables on lightly oiled baking pan. Drizzle with oil and vinegar and sprinkle with herbs. Bake approximately 30 minutes until tender, turning once.



Haluski - A Parish Favorite

Ingredients

- 1 pkg. Bowtie pasta
- 1 large onion, peeled and sliced
- ½ - ¾ cup oil
- 1 green cabbage, shredded
- Salt and pepper to taste

Preparation

- Cook noodles according to package directions
- Saute onion in oil until soft
- Add remaining ingredients and cook until cabbage is soft
- Drain excess oil, add noodles and toss



- 1 can pumpkin
- Lemon juice, grated nutmeg

Preparation

- Saute onion in olive oil
- Add rice, stirring until rice becomes golden brown
- Add stock, ½ cup at a time, stirring before adding more
- Continue adding stock and stirring until rice is soft
- Add pumpkin, lemon and nutmeg
- To instead create a main dish, exchange pumpkin and nutmeg for any shellfish and some garlic



Pumpkin Risotto

Ingredients

- 1 onion, diced
- 1 cup rice
- 4 cups vegetable stock

Home Made Refried Beans (almost as easy as opening the can and much tastier!)

Ingredients

- 1-2 pounds pinto beans depending on number of servings needed
- 1-2 garlic cloves, peeled and chopped
- 2 tablespoons oil
- 1-2 teaspoons each cumin and chili powder
- Salt to taste
- Juice of one lime

Preparation

- Cook pintos according to package directions, drain
- Saute garlic in oil until soft
- Place cooked beans in serving dish and add remaining ingredients
- Smash with a potato masher until desired consistency or use a blender for a completely smooth consistency
- Squeeze lime juice over beans and combine
- Top with chopped onion and serve as a side or with Mexican fried rice and salad for a complete meal.



Mexican Fried Rice

Ingredients

- 1 cup long grain rice
- 1 ½ cups chunky salsa
- 2 tablespoons oil
- 1 small onion and one clove of garlic, chopped
- 1 cup water

Preparation

- Saute rice in oil until golden brown, stirring frequently
- Add remaining ingredients, reduce heat, and simmer for 15 minutes

Couscous With Raisins

Ingredients and Directions

- 2 cups couscous (or rice, grain medley, etc.) according to package instructions and drain
- Saute one chopped onion in oil with a pinch of cinnamon until golden brown
- Add one cup of raisins, presoaked in juice of lemon or orange
- Add onion and raisins to couscous and heat through
- Toss with sliced almonds, salt and pepper to taste



Mushroom Barley

1. Cook 2 sliced onions in 2 tablespoons olive oil until caramelized, 20 to 25 minutes. Saute 3/4 pound sliced cremini mushrooms in 2 tablespoons oil or margarine. Cook 1 1/2 cups quick-cooking barley in vegetable broth as the label directs, then

toss with the mushrooms, onions, some dill and salt.



Curried Brown Rice Pilaf

Ingredients and Directions

- Cook 1 cup brown rice in a pot of salted boiling water for 30 minutes; drain. Melt 1/2 stick butter in the same pot. Add 1/2 cup finely broken thin spaghetti, some chopped almonds and raisins, curry powder, salt and pepper; cook 3 minutes. Stir in the rice and sliced scallions.



Main Dishes



Polenta Lasagna - Nancy Driscoll

Ingredients

- 3-4 rolls of prepared corn polenta, depending on number of servings needed
- Prepared pasta sauce of your choice
- Jar of pesto
- Assorted add ins of your choice such as spinach, mushrooms, etc.

Preparation

38. Preheat oven to 350 degrees and select a baking dish suitable to your family's needs.
39. Pour a layer of pasta sauce on the bottom of the pan.
40. Slice the polenta roll into ½ in. (or so) slices and cover the sauce with the slices.

41. Add a thin layer of pesto over the polenta, along with any add ins you are using and pour on additional sauce to cover..
42. Continue layering polenta, pesto and sauce to create three layers of polenta and ending with sauce on top.
43. Bake for 30-35 minutes to heat through. Serve as you would lasagna with a crisp salad or fruit.

Linguine with Cherry Tomatoes and Herbs

Ingredients

- 1 pound linguine
- 1 pint cherry tomatoes, halved
- 2 cloves minced garlic
- ½ cup roughly chopped basil
- 1 tablespoons chopped marjoram
- ⅓ cup extra virgin olive oil
- Salt and pepper to taste

Preparation

44. Cook the pasta in boiling water until al dente, drain and rinse in cold water, pat dry and reserve.
45. Combine remaining ingredients
46. Add the pasta, toss well to combine, and serve with crusty bread



Tomatoes, Potatoes and Rice - A Parish Favorite

Ingredients

- 1 tomato per person
- 1 potato per person, peeled and quartered
- Salt, pepper, parsley, basil, oregano, and marjoram to taste
- Vegetable stock
- Rice

Preparation

47. Grease bottom of 9 x 13 in pan with olive oil
48. Cut top from tomatoes, scoop out pulp, and place in bowl
49. Place tomato shells in pan, surrounded by potato wedges
50. Blend tomato pulp with spices and enough olive oil to thicken

51. Place 1 tablespoon rice in each tomato shell and fill with tomato/herb mixture.

52. Fill pan with vegetable stock just up to top of tomato.

53. Bake at 350 until rice is cooked.

Vegetable Chili

Ingredients

- 2 tablespoon olive oil
- 1 onion, 1 green pepper, 3 stalks celery, chopped
- Chili or other pepper seasoning to taste
- Diced or shredded carrots and mushrooms optional
- 1 bay leaf, dash oregano
- 2 cloves garlic, minced
- 1 can each diced tomatoes, pinto beans, black beans, tomato paste
- 2 cups vegetable stock
- 1 tablespoon sugar and salt/pepper to taste

Preparation

54. Saute onions, peppers, and celery in olive oil until tender
55. Add remaining ingredients and bring to boil, stirring occasionally
56. Reduce heat and simmer for an hour, stirring occasionally.

57. Serve with avocado slices and chips



62. Place filets in lightly oiled baked dish and cover with onion mixture.

63. Cover tightly with plastic wrap and refrigerate overnight. Serve at room temperature.



Venetian Fish - a Parish Favorite

Ingredients

- 2 cups chopped onion
- ¾ cup white wine, ¼ cup white vinegar
- 1 ½ pound white fish fillet, e.g. tilapia
- Raisins and toasted pine nuts

Preparation

58. Slowly saute onions in olive oil until soft and golden
59. Raise the heat to high, adding wine, vinegar, raisins, and nuts, cooking about 5 minutes until liquid evaporates
60. Dredge fish filets in flour and fry in olive oil until brown on both sides, about 5 minutes
61. When done, place filets on paper towels to drain and sprinkle with salt

White Beans with Tomato Sauce and Sage

Ingredients

- 1 onion, 1 carrot, and celery stalk, chopped (multiply per serving)
- 3 cloves minced garlic or to taste
- ¼ teaspoon dried sage
- 2 can cannellini beans, drained and rinsed
- 1 can diced tomatoes
- ½ vegetable broth

Preparation

64. Slowly saute vegetables in olive oil until soft and golden, then garlic and sage
65. Stir in remaining ingredients and simmer on low heat about 10 minutes

66. Salt and pepper to taste

67. Add raw, shredded carrots to the top for crunch and serve with crusty bread



Pot Sticker Stir Fry

Ingredients

- 16 frozen vegetable pot stickers
- 2 tablespoons soy sauce, 1 teaspoon honey
- Chopped onion, peppers, garlic to taste
- 1 tablespoons ginger
- Assorted vegetables such as snap peas, shredded carrots, peppers, etc.
- ½ vegetable broth

Preparation

68. Brown pot stickers lightly in oil, add 2 tablespoons of water and cook until heated through, remove to plate
69. Add remaining ingredients to pan and saute until soft

70. Return pot stickers to pan and stir lightly

71. Serve with lime wedges



Vegan French Toast (quick prep OR overnight Breakfast or Dinner)- Lisa Rose

Ingredients

- 1 large loaf of bread
- 6 tablespoons of ground flax seed
- 10 tablespoons of water
- 2 ¼ cups oat milk
- 1 tablespoon maple syrup (or brown sugar)

- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- **For topping:**
- 8 tablespoons vegan butter melted
- 1 tablespoon maple syrup or brown sugar
- 1 teaspoon cinnamon

Preparation

- 72. Preheat oven to 350 degrees and select a 9x13 baking dish**
73. Grease the pan with vegan butter or spray
- 74. Tear the bread into small pieces and put it into the pan.**
- 75. Mix the flaxseed and water into a small bowl and let sit for 5 minutes (this is a vegan egg substitute)**
- 76. In a large bowl mix together the milk, cinnamon, flaxseed mixture, vanilla extract and maple syrup.**
77. Pour the mixture onto the bread, making sure to saturate the bread.
78. Let bread sit for at least 10 minutes to absorb (can even be placed in the fridge overnight if desired).
79. Combine melted vegan butter, maple syrup (or brown sugar) and cinnamon together and drizzle on top just before baking.
80. Bake at 350 for 20 minutes covered. Uncover and bake for additional 10 minutes.

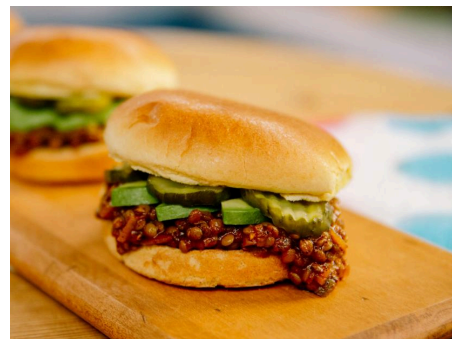
Lentil Sloppy Joes

Ingredients

- 1 cup lentils, cooked and drained
- 1 onion, 1 green pepper, garlic to taste - sauteed in oil
- Small can green chilies, 8 oz. can tomato sauce
- ½ cup ketchup
- 1 tbsp. EACH: dijon mustard, dark brown sugar, chili powder
- 2 teasp. Apple cider vinegar
- ½ teasp. EACH celery seed, pepper
- ½ cup water

Preparation

81. Saute onions and peppers until soft
82. Add remaining ingredients and prepared lentils to pan and simmer over low heat for 15 minutes or so
- 83. Serve on toasted buns with your choice of avocado, tomato, lettuce, pickles**



Holubky (Cabbage Rolls) - A Holy Supper Dish

Ingredients

- 2 cups finely chopped onions
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{2}$ cup raw rice, or more to taste
- 2 Tablespoons finely chopped parsley
- 2 Tablespoons finely chopped dill
- $\frac{1}{4}$ cup pine nuts
- 1 head of cabbage, cored and kept whole
- 3 Tablespoons olive oil
- 1 medium onion, chopped
- $\frac{1}{2}$ cup vegetable stock
- 1 can crushed tomatoes (28 oz.)
- 2 Tablespoons molasses
- 2 teaspoons salt

Preparation

84. **Saute 2 cups onions in $\frac{1}{3}$ cup olive oil.** When the onions are done, mix them in a bowl with the rice, parsley, dill, and pine nuts. This will be the filling.
85. In a large pot, boil the cabbage in water for 5-10 minutes. Remove the outer leaves for rolling and chop enough of the remaining cabbage to make one cup. To prepare each leaf, cut out the hard, thick spine and remove it. Place about a Tablespoon of filling into the leaf and roll from the stem end to the edge of the leaf. To close the roll, either tuck the ends into themselves or fold the ends inward

before completing the roll, about $\frac{3}{4}$ of the way to the end.

86. In an 8-10 quart pot, heat 3 tablespoons of oil. Cook the chopped onion and 1 cup chopped cabbage until tender. Add the vegetable stock, tomatoes, molasses, and salt, mixing well and bring to a boil. Place the cabbage rolls into the sauce seam side down. The sauce should cover the rolls. Add more vegetable stock if needed. Cook on low for 2 hours.
87. Cabbage rolls can be stored in the refrigerator for 2 or 3 days, or can be frozen for up to a month.



White Beans with Tomato Sauce and Sage

Ingredients

- 1 onion, 1 carrot, and celery stalk, chopped (multiply per serving)
- 3 cloves minced garlic or to taste
- $\frac{1}{4}$ teaspoon dried sage
- 2 can cannellini beans, drained and rinsed
- 1 can diced tomatoes
- $\frac{1}{2}$ vegetable broth

Preparation

88. Slowly saute vegetables in olive oil until soft and golden, then garlic and sage

Stir in remaining ingredients and simmer on low heat about 10 minutes

Simple Shrimp Stew

Ingredients

- 2 pounds shrimp, other shellfish, or combination
- 2 large can diced tomatoes
- 2 cloves chopped garlic
- 1 large onion, chopped
- 2 pounds, frozen, mixed vegetables
- 1-2 quarts vegetable stock
- Old Bay seasoning, salt, pepper to taste

Preparation

89. Saute onion and garlic in oil
90. Add remaining ingredients except shellfish and simmer until thoroughly heated
91. Add shellfish and continue cooking until shellfish are done
92. Serve over rice



Sweet and Sour Shrimp

Ingredients

- 2 pounds shrimp cooked shrimp
- 1 chopped green pepper
- 2 cups pineapple chunks
- 1 tablespoon grated ginger
- ½ cup oil
- 1 cup pineapple juice
- ¼ cup sugar
- ½ cup vinegar
- 1 tablespoon soy sauce
- 2 ½ tablespoons cornstarch
- ½ cup water

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Preparation

93. Saute shrimp, pineapple ginger and green pepper in oil
94. Add juice, sugar, vinegar, and soy sauce and continue cooking on low
95. Mix cornstarch and water to make a paste
96. Add to shrimp mixture, stirring constantly, until thick and clear
97. Serve with cooked rice



Vegetarian Chili

Ingredients

- Chopped onion, peppers, celery, carrots, garlic and mushrooms
- 1 can each diced tomatoes, black beans, pinto beans
- 1 cups vegetable stock

- Your favorite chili powders, dash of oregano, bay leaf, 1 tablespoon sugar, and salt and pepper to taste
- 1-2 tablespoons olive oil

Preparation

98. Saute onion and garlic in oil
99. Add remaining ingredients, bring to boil, then simmer for an hour or so
100. Serve with crusty bread or crackers
101. Top with diced, fresh veggies if you like



Lenten Garden Sandwiches - Jane Dunbar

Ingredients

- Pita pocket bread of your choice
- Shredded lettuce
- Shredded carrots
- Chopped tomato
- Thinly sliced cucumber
- Sprouts
- Optional: sauteed mushrooms and/or onion, avocado slices, chopped onion and/or pepper, black beans, olives, pesto

Preparation

102. Combine your chosen ingredients and stuff into the pita pockets
103. Drizzle with your favorite dressing
104. You can also use tortillas and create a veggie burrito, adding refried beans as a base for the veggies



Desserts



Wacky Cake - A Parish Favorite!

Ingredients

- 1 ½ cup flour
- 1 cup sugar
- ¼ cup cocoa powder
- 1 teaspoon baking soda
- ¼ cup vegetable oil
- 1 tablespoon white vinegar
- 1 teaspoon vanilla extract
- 1 cup cold water
- ½ cup chocolate chips

Preparation

105. Preheat oven to 350 degrees and grease an 8 in. square pan

106. In large bowl combine flour, salt, sugar, cocoa, and baking soda and mix well
107. Stir in oil, vinegar, and vanilla and thoroughly combine.
108. Stir in water until batter is smooth then stir in chocolate chips
109. Bake for 30-35 minutes until inserted toothpick comes out clean.
110. Icing made with powdered sugar, peanut butter, and almond milk is a delicious topping. Colored sprinkles make it festive for a birthday.



Applesauce Spice Cake

Ingredients

- ½ cup molasses
- 1 cup apple sauce
- 1 teaspoon cinnamon, ½ teaspoon cloves
- 1 teaspoon baking powder
- ½ teaspoon baking soda

- 1 $\frac{3}{4}$ cup flour (could use whole wheat pastry flour)
- 2 teaspoons ginger

- Preparation

111. **Preheat oven to 350 degrees and grease an 8 in. square pan**
112. Combine molasses and apple sauce, then add remaining ingredients and mix well.
113. **Bake for 35 minutes or until it tests done.**
114. **Top with a sprinkling of powdered sugar; easily doubled for a layer cake or for a 13 x 9 pan.**

Depression Era Cookies from the 1930s

Ingredients

- 2 cups rolled oats
- 1 cup brown sugar
- $\frac{1}{2}$ cup sugar
- 1 cup flour, $\frac{1}{4}$ teaspoon salt
- 1 teaspoon baking soda in $\frac{1}{4}$ cup hot water
- $\frac{1}{2}$ cup melted shortening
- 1 teaspoon vanilla extract

Preparation

115. **Preheat oven to 350 degrees and grease cookie sheets**

116. In large bowl combine dry ingredients
117. **Stir in remaining ingredients and thoroughly combine.**
118. **Add chocolate chips, raisins, or nuts - or all three!**
119. Roll into walnut sized balls and bake for 10 minutes or until golden brown.



Gingersnap Cookies

Ingredients

- 1 cup sugar
- 2 cups flour
- $\frac{1}{2}$ teasp. Salt, 1 tsp baking soda
- 1 teasp. Ginger, 2 teasp. cinnamon
- $\frac{1}{4}$ cup molasses
- $\frac{1}{4}$ cup shortening

Preparation

120. **Combine dry ingredients, then mix in remaining ingredients until well blended**
121. **Chill dough, then shape into 1 in. balls and roll in sugar**
122. **Bake on ungreased pan, 350 degrees, 8-10 minutes**

Vegan Tollhouse Cookies

Ingredients

- 1 cup vegetable shortening
- 1 teasp. vanilla
- $\frac{3}{4}$ cup EACH regular and brown sugars
- $\frac{1}{2}$ cup applesauce
- 2 teasp. EACH: salt, baking soda, baking powder
- 2 $\frac{1}{2}$ cups whole wheat flour
- 1 cup chocolate chips
- Nuts (optional)

Preparation

123. Cream shortening and sugars
124. Lightly combine dry ingredients and add applesauce and vanilla, mixing thoroughly
125. Add chocolate chips and nuts and combine thoroughly
126. Drop by spoonful onto ungreased pan.
127. Bake at 375 degrees, 8-10 minutes.



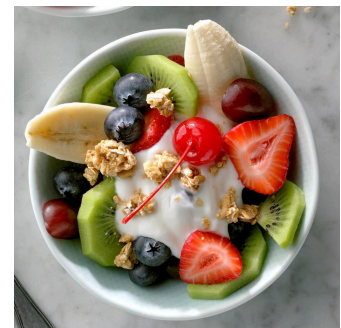
Fruit Parfait Banana Splits

Ingredients - per serving

- $\frac{1}{2}$ cup vegan vanilla yogurt
- Your choice of fruits such as berries, strawberries, peach chunks, kiwi
- 1 banana, sliced lengthwise then cut in quarters
- granola

Preparation

128. Arrange banana spears in cup
129. Add large dollop of yogurt in the middle and decorate with fruit
130. Top with granola



Berry-Granola Pudding (double for large family)

Ingredients

- $\frac{2}{3}$ cup chia seeds
- 3 cups oat milk
- 2 Tbsp maple syrup
- 4 tsp vanilla extract
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup strawberry preserves
- 2 small (6 oz) containers of raspberries
- 2 cups sliced strawberries
- 2 cups granola

Preparation

131. Whisk together chia seeds, milk, maple syrup, vanilla, and salt in a large bowl. Cover and chill overnight. Stir in preserves.
132. Divide pudding among 6 bowls. Top with berries and granola.

Preparation

133. Over medium heat, melt the coconut oil
134. Add remaining ingredients except oats and boil for two minutes, stirring frequently
135. remove from heat and stir in oats until well combined
136. Scoop balls onto parchment paper lined tray
137. Chill at least 30 minutes
138. Get another batch ready because this one won't last long!



No-Bake Cookies

Ingredients

- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{4}$ cup almond milk
- 2 tablespoons cocoa powder
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 $\frac{1}{2}$ rolled oats

Baked Fruit

Baked apples, pears, or peaches are a quick and delicious dessert. Sprinkle with cinnamon, drizzle with honey, baked in a bit of juice with mint leaves, add some crunch with nuts or granola.

