

ST. JOHN THE BAPTIST GREEK ORTHODOX CHURCH

# OUR DAILY BREAD

• FAMILY FASTING RECIPES •



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## FASTING AS A FAMILY

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LET'S TRY  
SOMETHING  
NEW





# Build Your Own Salad

## Ingredients

**Lettuce:** iceberg, romaine, spring mix, spinach, etc

**Add-ons:**  
chickpeas, black beans, lentils, pepita seeds, pecans, tofu  
tomatoes, cucumbers, bell pepper, radishes, red onion, avocado

**Dressing:**  
lime / lemon wedge, tahini dressing, romesco

## Directions

1. Prep a selection of items and place into individual containers
2. Set out the containers on the table for a buffet style / choose your own salad
3. Leave out any ingredient your family will not eat and add any ingredient your family would prefer
4. If you have time to prep these ingredients ahead of time, it makes for a quick meal as well.

### Tips:

These ingredients can also be repurposed for a different meal:  
burrito, taco, tostada, sandwich, lettuce wrap, rice bowl



# Build Your Own Sandwich / Wrap

## Ingredients

**Sandwich base:** sliced bread, bun, bagel, pita, lettuce, rice paper

**Protein base:**

nut butter, hummus (chickpea, black bean), tofu, falafels

**Add-ons:**

sprouts, lettuce, sliced cucumber, tomato, bell pepper, romesco, avocado, onion

## Directions

1. Prep a selection of items that pair nicely together and place into individual containers
2. Set out the containers on the table for a choose your own sandwich / wrap
3. Remember, if it goes well together in a salad, it will also pair well with a slice of bread

### Tips:

When buying ingredients, think about Panera's Mediterrean Veggie Sandwich, Spring Rolls, Peanut Butter & Sliced Banana, or search Pinterest



# Build Your Own Fasting Bowl

## Ingredients

**Base:** rice, quinoa, millet, lentils, noodles

**Add-ons:**

chickpea curry, spiced lentils, dal, mexican flavored beans, shrimp green onion, chives, broccoli, brussel sprouts, green beans, peas

**With:**

warm bread, pita, naan, tortilla chips or side salad

## Directions

1. Prep a selection of items and place into individual containers
2. Set out the containers on the table for a buffet style / choose your own bowl
3. Leave out any ingredient your family will not eat and add any ingredient your family would prefer
4. If you have time to prep these ingredients ahead of time, it makes for a quick meal as well.

**Tips:**

When you prep the ingredients separately, it makes it very easy to repurpose them into a completely different meal using what is leftover.



# Vegetable Soup

## Ingredients

- 2 cups tomato pasta sauce
- 4 cups water
- 1 yukon gold potato, peeled and cubed
- 1 small onion, chopped (optional)
- 2 carrots, chopped
- 1 celery rib, chopped
- 1 cup frozen green beans
- 5 cloves garlic, minced
- 2 tsp dried oregano
- 1 bay leaf or 1 tbs chopped fresh basil
- Salt and pepper, to taste
- 1/2 cup chopped parsley, optional

## Directions

1. Pre-heat your pot over medium-low heat. Lightly toast the pepper and oregano until you begin to smell the fragrance.
2. Then add the rest of your ingredients to the pot, except the parsley
3. Cover and simmer for 1 hour
4. Stir in parsley just before serving

### Variation:

You can use leftover vegetables from your fridge or your family's favorites as well. Make ahead and reheat, when needed.



# Bean Soup

## Ingredients

3 cans cannellini beans, drained  
1 yellow onion, chopped  
6 cloves garlic, minced  
3 carrots, chopped  
2 tbs tomato paste  
2 bay leaves  
1 tsp dried oregano  
1 tsp dried sage or thyme  
3 cups water or vegetable broth  
1 fistful of chopped kale or spring mix (add at end)

## Directions

1. Pre-heat soup pot over medium-low heat.
2. Lightly toast ground pepper, oregano, sage, and bay leaves in the pot - as soon as you smell their fragrance add everything but the spinach
3. Cover the pot and simmer for about 45 minutes - 1 hour
4. Add salt, if needed; add greens & serve

### Variations:

You can use any type of beans your family enjoys and change it up a bit with different veggies and spices. Serve with warm bread and / or salad.





# Lentil Soup

## Ingredients

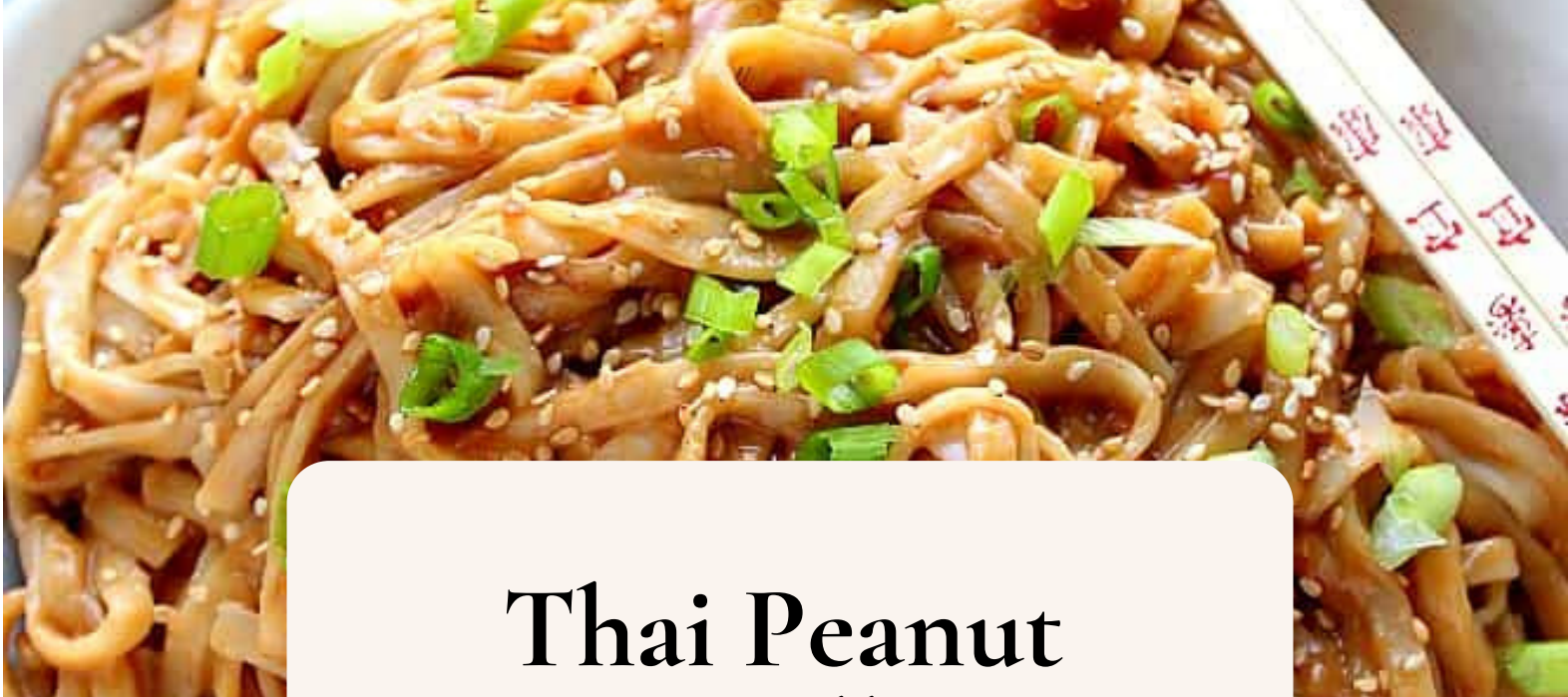
- 1 pound lentils
  - 1 onion, chopped (optional)
  - 3 carrots, chopped
  - 5 cloves garlic, minced
  - 1/2 cup tomato sauce (optional)
  - 2 bay leaves
  - 2 tsp dried oregano
  - 1 tsp kosher salt; pepper to taste
- Add at the end:
- 2 large fistfuls of spinach, kale, or spring mix lettuce

## Directions

1. Pre-heat soup pot over medium-low heat.
2. Lightly toast ground pepper, oregano and bay leaves in the pot - as soon as you smell their fragrance add everything but the spinach
3. Cover lentils with water - about 2 quarts
4. Cover the pot and simmer for about 1 1/2 hours
5. Add salt, if needed; add greens & serve

### Tips:

You can make soups ahead of time and reheat when needed.  
Serve with bread and / or salad.



# Thai Peanut Noodles

## Ingredients

8 oz of lo mein or fettuccine  
1/4 cup peanut butter (or tahini)  
1/4 cup soy sauce (or coconut amino acids)  
2 tbs honey (or brown sugar)  
2 tbs sweet chili sauce  
2 tbs balsamic vinegar (or apple cider vinegar)  
2 cloves garlic, minced  
1/2 tsp ginger, minced  
3 tbs water  
green onions & sesame seeds, optional

## Directions

1. Prep your sauce by combining peanut butter, soy sauce, honey, sweet chili sauce, balsamic vinegar, garlic, ginger and water in a medium size bowl.
2. Stir together using a whisk until the sauce is smooth
3. Cook your noodles per the directions on the package or to taste
4. Drain the noodles and then fold the sauce into the pasta.
5. Top with green onions & sesame seeds

### Tips:

Chopped cucumber goes well with this dish



# Lentils & Rice\*

## Ingredients

1 cup rice of your choice  
1 cup brown or french  
lentils  
1 tsp ground cumin  
1 tsp garlic powder  
4 yellow onions, sliced  
1/4 cup olive oil  
Salt, sprinkled on top of the  
onions

## Directions

1. In a medium pot, bring 1 3/4 cups water to a boil. Then add 1 cup of rice, stir and cover with a lid. Simmer until the rice is no longer covered with water. Then turn off the heat and let sit until you're ready to serve.
2. In another medium pot, place your rinsed lentils and 4 cups of water. Bring to a boil, then cover and reduce to a simmer. Cook until tender - approximately 30 min.
3. In a medium to large pan, sauté sliced onions in olive oil. Fold over every few minutes, but do not constantly stir, until the onions are a deep brown. (Not burnt)
4. When lentils are tender, drain any excess water left in the pot. Then carefully fold in the cumin and garlic powder. Layer rice, lentils, & onions onto plates.

### Tips:

It will take about 30 minutes to caramelize the onions over medium heat. Do not try to rush it. \*Oil is allowed on Saturdays (except Holy Sat), Sundays, the Annunciation, and Palm Sunday.



# Palm Sunday Garlic Dill Salmon & Roasted Potatoes

## Ingredients

Salmon - enough for your family

2 cloves garlic, minced

fresh dill, chopped

1/2 - 1 lemon, juiced

Salt & Pepper, to taste

4 large gold potatoes, cubed

3 cloves garlic, minced

olive oil

1 tsp dried oregano

Salt and pepper

water

## Directions

1. Preheat oven to 400 F
2. Place potatoes, garlic, oregano, salt & pepper in a bowl. Drizzle generously with olive oil and mix.
3. On a baking sheet, pour out the potatoes until they are all one layer. Then pour enough water between the potatoes (not over them) to just cover the bottom of the baking sheet. Bake for 45 minutes.
4. Place salmon on a baking sheet with parchment paper. Then cover with garlic, dill, lemon juice, salt & pepper. Bake for 12 minutes.

### Tips:

Serve with roasted broccoli, brussel sprouts, or a salad

# GOTTA GET TO CHURCH!



A close-up photograph of a white bowl filled with Southwest Bean Chili. The chili is a rich, reddish-brown color and contains various beans, including kidney beans, black beans, and pinto beans, along with corn and tomatoes. A silver spoon is resting in the bowl, and a slice of lime is visible in the bottom left corner. The background is a striped fabric.

# Southwest Bean Chili

## Ingredients

3 cans tri-beans (pinto, black bean, and kidney beans)  
24 oz jar of tomato pasta sauce  
3 cloves garlic, minced  
1 tbs ground cumin  
2 tsp smoked paprika  
1 cup frozen corn, optional  
1/2 chopped bell pepper, optional  
Salt and pepper

## Directions

1. Combine all ingredients in a pot over medium heat.
2. Cover and reduce to medium-low for about 30 minutes or until hot
3. Serve with tortilla chips, avocado, and diced raw onion

### Tips:

You can adjust this recipe to fit the needs of your family. If your kids will only eat pinto beans, use 3 cans of pinto beans. Leave out anything your family doesn't like and substitute what they do like.



# Chickpea Curry & Rice

## Ingredients

2 cups rice  
2 cans chickpeas  
12.5 oz Maya Kaimal Kashmiri  
Curry

## Directions

1. In a medium pot, bring 3 1/2 cups water to a boil. Then add 2 cups of rice, stir and cover with a lid. Simmer until the rice is no longer covered with water. Then turn off the heat and let sit until you're ready to serve.
2. In another pot, combine chickpeas and curry sauce. Heat over medium-low heat while the rice is cooking.
3. Layer rice and chickpea curry on plates

### Tips:

You can find this curry in the asian food aisle of most grocery stores.  
Peas pair well with this dish as well.



# Burrito or Tostada

## Ingredients

Vegetarian refried beans or black  
beans  
lettuce  
avocado  
tomatoes  
onions & peppers, optional  
Salsa  
tortillas or tostada shells

## Directions

1. Prep individual ingredients
2. Then place individual ingredients out  
for everyone to make their own

### **Tips:**

This is a super fast meal and can also be used for when you come home from church and everyone has the munchies.





# Medley Plate

## Ingredients

Veggies

Fruit

Bread, chips, or crackers

Dip: For example - almond butter, guacamole, salsa, tahini dressing

Nuts / Seeds

## Directions

1. This is really easy to take with you to school, work, or when you're out of time to make food before a church service.
2. Think - Fasting Bento Box

### Tips:

Don't forget to check out the included lists of food ideas before going to the grocery store!

# FRUITS



**Apple**



**Pear**



**Grapes**



**Orange**



**Watermelon**



**Berries**



**Mango**



**Cantaloupe**



**Banana**



**Dried Apricot**



**Figs**

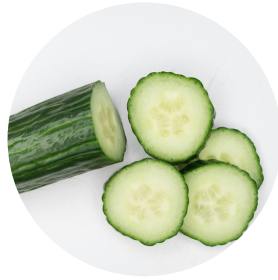


**Raisins**

# VEGETABLES



**Peppers**



**Cucumber**



**Carrot**



**Broccoli**



**Cherry Tomatoes**



**Cauliflower**



**Potato**



**lettuce**



**Snap Peas**



**Radish**



**Celery**



**Green Beans**

# PROTEINS & FATS



**Nuts**



**Olives**



**Seeds**



**Beans**



**Avocado**



**Lentils**



**Quinoa**



**Millet**



**Oats**



**Chickpeas**



**Tofu**



**Wild Rice**

# DIPS, RELISHES, & SAUCES



**Nut Butter**



**Tahini**



**Hummus**



**Salsa**



**Guacamole**



**Cowboy Caviar**



**Babaganoush**



**Tomato Sauce**



**Peanut Sauce**



**Romesco**



**Hot Sauce**



**Dal**

# MORE IDEAS



**Naan**



**Homemade Bread**



**Tortilla Chips**



**Tortillas**



**Pita Bread**



**Bagels**



**Pasta**



**Pepperoncini**



**Sauerkraut**



**Kimchi**



**Pickles**



**Pickled Onions**



# Potatoes & Veg in Tomato Sauce

## Ingredients

24 oz jar of tomato pasta sauce  
6 gold potatoes, cubed  
1/4 cup water  
1 small bag of frozen green beans  
3 cloves garlic  
1 tsp oregano  
Salt and pepper, to taste

## Directions

1. Combine all ingredients, except green beans, into a pot.
2. Cover and simmer for 45 minutes
3. Then add green beans and stir. Cover and simmer for about another 15 minutes or until potatoes are soft and green beans are warm.
4. Serve with bread and/or salad

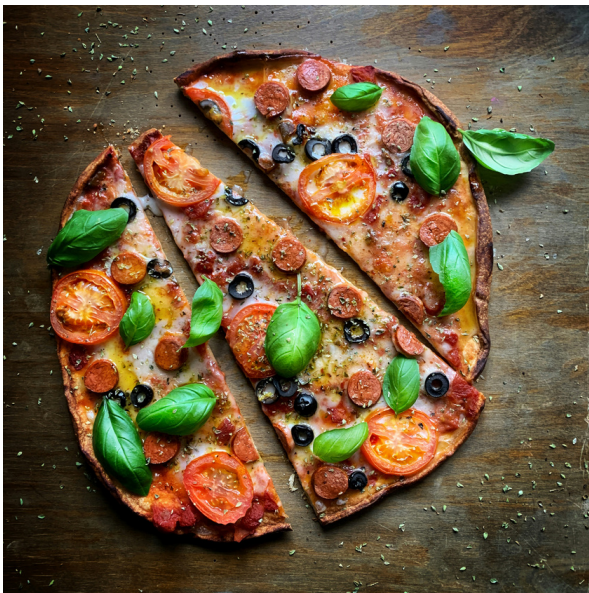
### Variation:

Make ratatouille! In a roasting pan, place sliced or chopped tomato, zucchini, eggplant, bell pepper, onion, garlic, and pasta sauce.

Bake at 400 F until sauce is bubbly.



# Glorious Leftovers!



1. Our goal is to get to as many of the services as possible during Lent. Leftovers make this goal much easier.
2. You can easily repurpose leftovers for pizza, pasta, stir frys and more.

## **Pizza Dough:**

500 g all-purpose flour, 375 g warm water, 1 g active dry yeast, 10 g salt

Bake at 500 F for 5 minutes.



# SIDES & SAUCES





# Crusty Homemade Bread

## Ingredients

1000 g or 7 3/4 cups bread

flour

720 g or 3 1/8 cups warm

water (105 - 115F)

4 g or 1 tsp active dry yeast

10 g or 1 1/2 tsp salt

## Directions

1. Combine all the ingredients in a bowl or mixer (using a dough hook).
2. Knead.
3. Then place the dough in a large bowl and cover. Let rise until doubled, about 45 minutes.
4. Preheat oven to 425 F and place a large dutch oven (and lid) inside.
5. Shape the dough into a ball and let rise for about 30 minutes.
6. Carefully remove the dutch oven from your oven. Remove the lid and quickly drop the dough ball inside. Put the lid back on.
7. Bake with the lid on at 425 for 30 min. Then remove the lid and continue baking at 400 for 15 min.
8. Place bread on a cooling rack after baking



# Mediterranean Salad

*served on the side, as a topping, or as the main dish*

## Ingredients

1/2 lb San Marzano or cherry tomatoes, quartered  
1 large cucumber, chopped  
1/4 of a red onion, finely chopped  
1 1/2 of a freshly squeezed lemon  
salt and pepper, to taste

Add-ons:

cooked chickpeas or French lentils  
bell pepper, chopped  
parsley, chopped  
tahini dressing

## Directions

1. Prep the tomatoes, cucumber, and red onion. It is up to you how big or small you want to cut your ingredients.
2. Squeeze your lemon over the salad and sprinkle with salt and pepper.
3. This salad can be prepped ahead of time and stored in the refrigerator for when you need something quick.

### Tips:

This salad also makes a great topping for falafels.



# Tahini Dressing

## Ingredients

2 large lemons, juiced  
2 cloves garlic  
1/2 tsp kosher salt  
1/2 cup tahini  
1/4 cup water  
pepper, to taste

## Directions

1. Place all of the ingredients in a blender and combine until smooth.
2. If the tahini dressing is too thick, add a little more water.

### Tips:

This dressing goes well with lentils and rice, falafels, and salads.



# Romesco Sauce

## Ingredients

4 red bell peppers  
1/4 cup slivered almonds  
2 cloves garlic  
1 tbs sherry or apple cider vinegar  
1/2 lemon  
Salt and pepper, to taste

## Directions

1. Preheat oven to 400 F.
2. Place bell peppers on a baking sheet and roast in the oven for approximately 30 minutes, until the the peppers are charred and soft.
3. Let the peppers cool until you can comfortably remove the stem, skin, and seeds.
4. Place the peppers, almonds, garlic, vinegar, lemon juice, salt and pepper into a blender or food processor. Blend until smooth.

### Tips:

This sauce goes great with fasting bowls, burritos, tostadas, and salads.



# Tomatillo Avocado Salsa

## Ingredients

1 lb tomatillos, peeled  
1 medium jalapeno, seeds  
removed  
2 cloves garlic  
1/3 cup fresh cilantro  
1/4 cup onion  
juice of 1 lime  
1 tsp kosher salt  
1 medium avocado

## Directions

1. In a blender or food processor, place all of the ingredients.
2. Blend until combined.

### Tips:

This salsa goes well with any Mexican dish, but also with your fasting bowls and salads.

Family Name .....

# Our Favorite Fasting Recipe

Name of Recipe .....

Time .....

Serves .....

## INGREDIENTS

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## INSTRUCTIONS

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