



Eat Clean

Calvary Cooks 2021



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Acknowledgement

Calvary's Creation Care Team curated these recipes with health and longevity in mind. This collection features meals that encourage sustainable eating, without compromising on taste. Equipped with this resource, we are all empowered to do our part as good stewards by taking care of ourselves and our planet. We hope this book serves as a reference for years to come, as we reduce our carbon footprint together and
Eat Clean.

Thank you to all those Calvary members and friends who made this book possible, and a special thanks to my sister, Jessica Lewis, we could not have done it without you!

-Christine M. Lewis

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BREADS and BREAKFASTS

“For I was hungry
and you give me
something to eat. I
was thirsty and you
gave me
something to
drink.”

-Matthew 25:35



Jim Dunson



BREAKFAST

FRIED GREEN EGGS and HAM

CHEFF'S WORDS

Red cabbage juice contains a natural pH indicator that changes color from purple to green under basic (alkaline) conditions. You can use this reaction to make a fried green egg. This is a great chemistry project or you can just make green eggs to gross out your family. It's all good.

INGREDIENTS

- Egg
 - Red (purple) cabbage
- Coarsely chop about a half cup of red cabbage.
- Microwave the cabbage until it is soft.
This took me about 4 minutes.
- Allow the cabbage to cool. You may wish to set in a refrigerator to speed things up.
- Wrap the cabbage in a coffee filter or paper towel and squeeze the cabbage.
Collect the juice in a cup.
- You can refrigerate or freeze leftover juice for later experiments.

DIRECTIONS

- Spray a pan with cooking spray. Heat the pan over medium-high heat.
- Crack an egg and separate the egg white from the yolk, set the yolk aside.
- In a small bowl, mix the egg white with a small amount of red cabbage juice. Did you see the color change? If you mix the egg white and red cabbage juice thoroughly then the 'white' of the fried egg will be uniformly green. If you only lightly mix the ingredients you will end up with a green egg that has white splotches. Yummy!
- Add the egg white mixture to the hot pan. Set the egg yolk in the middle of the egg. Fry and eat.



Jessica Lewis



BREAKFAST

CANDIED GINGER OATMEAL

CHEFF'S WORDS

Serves: 2. Small bits of candied ginger add texture and interest to oatmeal.

INGREDIENTS

- 1 cup water
- ½ cup dry rolled (old-fashioned) oats
- ¼ cup candied ginger (small pieces), or large piece cut into smaller pieces
 - ⅛ teaspoon cinnamon
- ¼ cup walnuts, chopped (lightly toasted, if desired)
- honey or maple syrup to taste

DIRECTIONS

- Boil water in small pot. Add oats, candied ginger, and cinnamon, decreasing heat to medium.
- Stir until desired consistency is achieved; the oatmeal should have absorbed the water but not be paste-like.
- Remove from heat and stir in walnuts. Add honey or maple syrup to sweeten.



Jessica Lewis



BREAKFAST

HEMP BREAD

CHEFF'S WORDS

Serves: 4 - 6. Makes 1 Loaf Serve with Peanut Butter (recipe follows), clementine segments. Hemp seeds contain over 30 percent fat - the good fats which our skin needs to stay firm. The two richest fatty acids contained in the seeds are omega-6 and omega-3. They are also a great source of vitamin E and other minerals.

INGREDIENTS

- 1 cup water
- ½ cup dry rolled (old-fashioned) oats
- ¼ cup candied ginger (small pieces), or large piece cut into smaller pieces
 - ⅛ teaspoon cinnamon
- ¼ cup walnuts, chopped (lightly toasted, if desired)

- honey or maple syrup to taste

Mix the yeast, honey, and warm water together in a small mixing bowl. Leave somewhere warm for 10 minutes to activate the yeast - the mixture will become frothy. Put the spelt flour, salt and hemp seeds into a separate large mixing bowl and stir together. Make a well in the middle of the bowl. When the yeast mixture is ready, pour it into the center, add the oil and stir everything together until it starts to come together as a dough.

Use your hands to form a ball. Tip the dough into a lightly floured work surface and knead it for 8 minutes, until smooth and stretchy. Return the dough to the bowl, cover with a damp kitchen cloth and leave in a warm place

DIRECTIONS

for 1½ hours, or until doubled in size. Knot out the air from the dough and tip out onto a floured work surface to give it another quick knead (just for a couple of minutes this time). Put the dough into the loaf pan, cover again with a damp kitchen cloth and leave somewhere warm for 30 minutes. It will settle in the pan and rise again. Preheat the oven to 400°F (200°C). Brush the top of the loaf with beaten egg to develop a hard crust. This is optional. Sprinkle about 1 tablespoon of extra hemp seeds on top to garnish the loaf. Pop into the preheated oven to bake for 25-30 minutes. A good way to test if it is cooked through is when you take the loaf out of the oven, it will be firm, and the top should be hard when tapped. Take the loaf out of the pan and turn it upside down, knock the bottom of the loaf and it should sound hollow when properly baked all the way through. Leave to cool, then serve - spread slices of this bread with a thick layer of peanut butter and serve segments of fresh clementines on the side.



Jessica Lewis



BREAKFAST

PEANUT BUTTER

CHEFF'S WORDS

Makes ½ cup. Can be used with the Hemp Bread recipes or as a snack with apple slices or celery sticks; you can also use this recipe to make a breakfast smoothie along with some almond milk and a banana.

INGREDIENTS

- 1 cup roasted and lightly salted peanuts
 - 1 tablespoon raw brown sugar or coconut sugar
 - 1 tablespoon peanut oil
 - A food processor

DIRECTIONS

- Add all the ingredients to a food processor and blend until smooth.
- Done.



Jessica Lewis



BREAKFAST

CHEFF'S WORDS

Serves: 2-4. The papaya, or 'papaw' as it is commonly known around the world, is a fruit exceptionally good for your eye health, as well as being great for digestion, and skin protection. The ripe orange flesh is a great source of beta-carotene and also two phyto-nutrients called lutein and zeaxanthin, which are crucial for eye health and can help reduce the risk of age-related macular degeneration - a common cause of blindness. The grapefruit and raspberries are a fantastic source of vitamin C and antioxidants which are also critical to eye health.

INGREDIENTS

- 1 ripe small papaya, peeled
- 1 ripe ruby red grapefruit, peeled
- 1 cup fresh raspberries (or frozen, thawed)
 - zest of 1 lime
- 1 tablespoon honey (optional)
 - lime wedges, to serve

DIRECTIONS

- First, cut the papaya in half. Scoop out the seeds and pulp leaving just the flesh shell. Cut into bite-size cubes and put in a large bowl.
- Cut the grapefruit segments from their skins and cut the flesh into bite-size cubes. Add to the bowl with the papaya.
- Add the raspberries, lime zest and honey (if using) and give everything a good stir.
- Serve straight up with a wedge of lime to squeeze over, or save some, cover, and store in the fridge to have the next day.



Jessica Lewis

BREAKFAST

COCONUT YOGURT

CHEFF'S WORDS

Makes 2 Cups. You can use a yogurt maker or just let it ferment in your oven, and you'll get a delicious ingredient to enjoy with fruit for breakfast or as a buttermilk replacement in pancakes, waffles, and more. You can also make an unsweetened version of this yogurt by leaving out the vanilla extract and maple syrup.

INGREDIENTS

- Two 13.5-ounce cans full-fat coconut milk, refrigerated overnight
 - 2 probiotic capsules
- ½ teaspoon raw honey, or maple syrup
 - ½ teaspoon vanilla extract, optional

DIRECTIONS

- Remove the solid coconut cream that has risen to the top of the cans and spoon it into a large, sterilized glass jar, leaving just enough room to add the additional ingredients.
- Open the probiotic capsules and stir the contents into the coconut cream along with the honey or maple syrup and the vanilla, if using. Loosely screw on the lid.
- Place the jar in a dehydrator set to 110°F for 18 to 24 hours. If you don't have a dehydrator, place the jar in your oven with the light on. The light emits a bit of heat, making the oven a good place for fermentation. After the fermenting period, refrigerate the yogurt until ready to use, for up to 1 week.



Jessica Lewis



BREAKFAST

VANILLA- SCENTED WAFFLES

CHEFF'S WORDS

Makes 2 - 4. Waffles Fluffy, barely sweet waffles topped with loads of coconut whipped cream and fruit are about as close as you can get to breakfast perfection. Add berries, nuts, chocolate, spices, or whatever else you like to mix it up. You can even remove the vanilla and maple syrup and serve the waffles with eggs and hot sauce.

INGREDIENTS

- ⅓ cup full-fat coconut milk
- 3 tablespoons coconut oil, melted
 - 1 tablespoon maple syrup
 - 2 teaspoons vanilla extract
- ¼ teaspoon apple cider vinegar
 - 1¼ cups almond flour
 - 1 teaspoon baking powder
- ¼ teaspoon Himalayan pink salt
 - 3 large eggs
- Coconut oil cooking spray, or coconut oil with a pastry brush, for greasing the waffle iron
- Fresh fruit and Coconut Whipped Cream (recipe follows), for serving
 - A waffle iron

DIRECTIONS

- Preheat your waffle iron according to the manufacturer's instructions.
- Combine the coconut milk, coconut oil, maple syrup, vanilla, vinegar, flour, baking powder, salt, and eggs in a blender and pulse until a batter forms.
- Spray the waffle iron with cooking spray (or, if you prefer, carefully coat the iron with melted coconut oil using a pastry brush). Pour a quarter of the batter into the waffle iron, spread with a spatula--the batter will be quite thick--and cook according to the manufacturer's instructions. Repeat with the remaining batter, greasing the iron between each waffle.
- Serve the waffles hot with fresh fruit and lots of coconut whipped cream.



Jessica Lewis



BREAKFAST

COCONUT WHIPPED CREAM

CHEFF'S WORDS

Makes 2 Cups. First, be sure your coconut milk is left untouched in the coldest part of your fridge, at least overnight. This gives the thick, white cream a chance to rise to the top and settle, making it easy to separate the cream from the clear, liquid coconut water. Second, whip still-solid coconut cream until completely smooth, but no further. This sounds counterintuitive, but if you overwhip the coconut cream, it will soften and become liquid. Once it's whipped to soft or stiff peaks, you can use it as is, or pop it in the fridge overnight for a super-stable cream to fill cakes.

INGREDIENTS

- ⅓ cup full-fat coconut milk
- 3 tablespoons coconut oil, melted
 - 1 tablespoon maple syrup
 - 2 teaspoons vanilla extract
- ¼ teaspoon apple cider vinegar
 - 1¼ cups almond flour
 - 1 teaspoon baking powder
- ¼ teaspoon Himalayan pink salt
 - 3 large eggs
- Coconut oil cooking spray, or coconut oil with a pastry brush, for greasing the waffle iron
- Fresh fruit and Coconut Whipped Cream (recipe follows), for serving
 - A waffle iron

DIRECTIONS

- NOTE: For filling cakes, chill the coconut whipped cream in the fridge overnight, covered. This will stiffen the cream and make it stronger for holding layers of cake together. However, it becomes more difficult to style the cream on top of the cake, so tend to do this only for the filling between cake layers.
- Remove the solid coconut cream that has risen to the top of the can, and spoon it into a stand mixer fitted with the whisk attachment. Beat the coconut cream on high speed until it begins to thicken and peaks form. The remaining coconut water can be added, a teaspoon at a time, if the whipped cream is too thick. Otherwise, discard it. Using a rubber spatula, slowly fold in the maple syrup and vanilla. Transfer the whipped cream to a metal or glass bowl, cover, and refrigerate until ready to use. The brand of coconut milk you purchase is not the only thing that can affect the final outcome. If coconut milk has accidentally been frozen or overheated, it can struggle to separate properly. For this reason, we recommend you're not ⁹ ordering coconut milk online, but buying it from a store familiar with storing the product properly.



Jessica Lewis



BREAKFAST

SUPER BERRY GRANOLA

CHEFF'S WORDS

Serves: 8 - 10 Super berries, such as açai, goji, inca/golden, cranberries and blueberries, to name a few, have been hailed as anti-aging superfoods due to their high levels of antioxidants, vitamins and phytochemicals that help to keep your skin glowing. Nowadays you can buy mixed bags of these super berries and add them to homemade, gluten-free granola every morning.

INGREDIENTS

- 3 cups steel-cut oats
- ½ cup slivered almonds
- 1 cup shredded coconut
 - ½ cup chia seeds
 - ½ cup pumpkin seeds
 - ½ cup sunflower seeds
 - a pinch of salt
- scant ½ cup honey, plus extra to serve
- ½ cup coconut or sunflower oil
- 1 cup mixed dried super berries
 - plain yogurt, to serve

DIRECTIONS

- Put the oats, almonds, coconut, chia, pumpkin and sunflower seeds, plus a pinch of salt in a large mixing bowl and give it a good stir together. Drizzle the honey and oil over the top and stir in. Once the mixture starts clumping together and everything is coated in honey and oil, spread it out onto a couple of baking sheets and pop into the preheated oven to cook for 30 minutes. Give the granola a couple of stirs while it's cooking to make sure everything is evenly baked. It will be a lovely golden colour and crisp texture when cooked.
- Remove from the oven and leave to cool.
- Once cooled, stir in the super berries and keep in an airtight container for up to 2 weeks. Serve with yogurt and a drizzle of extra honey if desired.



Miriam Ramer

BREAKFAST

MAKE YOUR OWN YOGURT

CHEFF'S WORDS

Making your own yogurt means that your yogurt can cost just a tiny bit more than the price of whole milk. Combine it with fruit for dessert or cereal for breakfast. Use it like sour cream on baked potatoes or Mexican dishes. Use it as the base for many kinds of salad dressing or make your potato salad or cole slaw creamier without adding extra mayonaise.

INGREDIENTS

- 2 quarts whole milk

Bring whole milk (I usually use 2 quarts) up to 180° on the stove top.

Keep it near 180° for 30 minutes (This is the hardest part)

Let it cool to 120° Combine ¼ to ½ cup active culture yogurt with 1 cup of the milk. (Most brands will work but be sure it is one you really like since you are multiplying it.) Blend until smooth and return to remaining milk.

Pour the milk-yogurt mixture into clean containers (I like to use glass) and set the containers in a warm-water bath. The water bath should start at 120° to 125° and stay above 100° for 3 or 4 hours. At the end of this time check if the yogurt has set; if it is still runny, keep it warm another hour or two. If it is "solid" let the temperature drift down several hours or overnight, then refrigerate.

DIRECTIONS

Notes: The next time you make yogurt, you can use starter from the first batch. If you make it often, you can keep that up for a long time. If your yogurt gets a little old, you may want to use new commercial yogurt for the starter. Start over whenever you feel like the taste is not quite as good as it used to be. For this reason, I always use 1/3 cup from a 1 cup pot of yogurt and freeze two starts for another time.

I use a Dutch oven or stockpot with a lid and wrap it in a wool blanket. The lid doesn't quite fit, but it keeps the blanket out of the water. My daughter uses a narrow ice chest for the water bath. In the summer it is easy to maintain the temperature, but in the winter, you may need to add hot water after 2 or 3 hours if your system doesn't have enough insulation. After a couple of tries, you will know how much blanket you need until the weather changes and you have to adjust. When the yogurt is not yet set, try not to disturb it when you are checking the temperature. Check if it is set by tipping the jar a little bit; don't stir it.



Jessica Lewis

BREAKFAST

EVERYTHING BAGEL BREAD

CHEFF'S WORDS

Makes One 9 x 5-Inch Loaf. Once you smell this bread baking in the oven, all bets are off! This recipe is the result of a strong craving for an everything bagel with cream cheese. Try this bread toasted with herbed “cream cheese” that follows and you’ll find your new favorite brunch snack. Now pass the lox!

INGREDIENTS

- ½ cup plus 1 tablespoon almond flour
 - 1 teaspoon baking soda
- ½ teaspoon Himalayan pink salt
 - 1 cup tahini or cashew butter
- 2 large eggs plus two large egg whites
 - 1 tablespoon apple cider vinegar
 - 1 teaspoon sesame seeds
 - 1 teaspoon poppy seeds
- 1 teaspoon dehydrated garlic, or garlic powder
- 1 teaspoon dehydrated onion, or onion flakes
- Herbed “Cream Cheese” (recipe follows), for serving
 - a mixer, high-speed blender

DIRECTIONS

- Preheat the oven to 350 degrees. Line a 9 x 5-inch loaf pan with parchment paper, letting the paper hang over the sides for easy removal, or grease the pan with coconut oil.
- In a medium bowl, wish together the flour, baking soda, and salt. In the bowl of a stand mixer fitted with the paddle attachment, beat the tahini, eggs, and egg whites until smooth. Slowly add 1 tablespoon water and the vinegar to the mixture on low speed. A little at a time, add the dry ingredients to the wet, beating on medium speed until well blended. Pour the batter into the prepared loaf pan.
- In a small bowl, combine the sesame seeds, poppy seeds, garlic, and onion. Sprinkle the mixture evenly over the top of the batter. Bake for 20 to 30 minutes, until a toothpick inserted into the center comes out clean. Remove the bread from the pan, set on a rack, and allow to cool completely before slicing. Serve with herbed “cream cheese” for the full experience.



Jessica Lewis

BREAKFAST

HERBED CREAM CHEESE

CHEFF'S WORDS

Makes 1 cup.

INGREDIENTS

- ¾ cup whole raw cashews, soaked overnight in water
- 6 tablespoons coconut oil, solid
 - ¼ cup fresh lemon juice
 - 1 tablespoon tahini
- 1¼ teaspoons Himalayan pink salt
 - 1 teaspoon chopped fresh chives
- 1 teaspoon chopped fresh mint leaves
 - 1 teaspoon chopped fresh parsley
- 1 teaspoon chopped fresh dill
- 1 teaspoon freshly ground black pepper
 - a food processor

DIRECTIONS

- Drain the cashews and place in a food processor with the coconut oil, lemon juice, tahini, and salt. Blend until creamy. If the mixture is too thick, add a little bit of water to loosen it up. Stir in the herbs and pepper by hand.
- Place the mixture in a cheesecloth bag and lightly squeeze out any liquid. Transfer the “cream cheese” to a bowl or ramekin and refrigerate for at least 8 hours. Before serving, take out of the fridge for at least 2 hours to take the chill off, as coconut oil solidifies in the cold. Store in a sealed container in the fridge for up to a week.



Jessica Lewis



BREAKFAST

CHOCOLATE FLAXSEED SMOOTHIE

CHEFF'S WORDS

Serves: 1. This smoothie has a good dose of ground flaxseeds, which are a great source of soluble fibre that helps the elimination process. Flaxseeds are also packed full of lignans and omega-3 fats. Lignans are an antioxidant phytonutrient that reduces cholesterol and the risk of cardiovascular disease. Omega-3s are a natural anti-inflammatory so can help with any inflammation problems in the digestive tract.

INGREDIENTS

- 1½ tablespoons cacao powder
- 1 tablespoon dark/ bittersweet chocolate chips
 - 1 frozen peeled banana
 - 1 cup almond milk
- 2 tablespoons ground flaxseeds
- 1 tablespoon honey or agave
 - dark/bittersweet chocolate shavings, to garnish
 - a high-speed blender

DIRECTIONS

- Simply pop all the ingredients into a blender and blend until smooth. Pour, garnish with chocolate shavings and serve.
- NOTE: Depending on the capacity of your blender you could double, triple or quadruple the ingredients here to make a larger batch of smoothies to share.



Jessica Lewis
Williamson

CALCIUM CHAI GREEN SMOOTHIE

BREAKFAST

CHEFF'S WORDS

Serves: 1. For those who choose not to (or cannot) have dairy in their diet it's important to remember to include enough calcium from alternative sources. All the ingredients in this smoothie are packed full of calcium from plant sources, with a touch of chai spice, making this a delicious way to keep your bones and teeth strong and healthy. (Use the recipe for chai tea concentrate on pg. 1 submitted by Cam Dunson in Calvary Cooks 2009 Edition if desired).

INGREDIENTS

- ½ tablespoon dried seaweed
- 1 cup baby spinach leaves
 - 1 cup baby kale
- 1 cup almond or soy milk
- 3 dried figs, stalks removed
- 2 teaspoons chai tea powder, or
½ cup chai tea concentrate
 - a high-speed blender

DIRECTIONS

- Soak the dried seaweed in 1 cup of water for 15 minutes to rehydrate it. Once it is soft, add it to a blender with all the other ingredients, discarding the water, and blend until smooth. Pour the creamy green goodness into glass(es) and enjoy.
- TIP: Be sure to rinse the baby spinach and kale to get rid of any grit before blending.
- NOTE: Depending on the capacity of your blender you could double, triple or quadruple the ingredients here to make a larger batch of smoothies to share.



BREAKFAST

STUFFED APPLES

CHEFF'S WORDS

Serves: 4.

INGREDIENTS

- 4 large apples
- ¼ cup brown sugar
- 1 cup rolled oats
- ½ cup of raisins
- 1 teaspoon cinnamon
- ¼ cup butter
- ¼ cup crushed or chopped walnuts (optional)

DIRECTIONS

- Preheat oven to 350 degrees.
- Remove the core from the apple.
- Stuff, cover with foil, and bake until the apple is tender.



Miriam Ramer



BREAKFAST

EASY FRENCH TOAST CASSEROLE

CHEFF'S WORDS

Prep 15 m. Cook 35 m. Ready In 8 h 50 m. Recipe By: Heather Bogle. ALL RIGHTS RESERVED © 2019 Allrecipes.com. Printed From Allrecipes.com 12/22/2019.

INGREDIENTS

- 1 cup brown sugar
 - 1/2 cup butter
- 1 (8 ounce) loaf crusty French bread, cut into bite-size pieces, or as needed
 - 2 cups milk
 - 6 eggs
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon, or to taste
 - 1 tablespoon brown sugar, or as needed

DIRECTIONS

- Grease a 9x12-inch baking dish.
- Stir 1 cup brown sugar and butter together in a saucepan over medium-low heat until butter melts and sugar dissolves into butter, 2 to 4 minutes. Pour into prepared baking dish and spread a 1 1/2- to 2-inch layer of bread pieces over the top.
- Beat milk, eggs, and vanilla extract together in a bowl; pour milk mixture over bread into the baking dish and move bread as necessary to ensure all bread is absorbing liquid. Sprinkle cinnamon over the top. Cover the dish with plastic wrap and refrigerate, 8 hours to overnight.
- Preheat oven to 450 degrees F (230 degrees C). Remove and discard plastic wrap from baking dish and sprinkle remaining brown sugar over the top of the bread mixture.
- Bake in the preheated oven until browned and bubbling, about 30 minutes.



Becca Boothe

BREAKFAST

SOURDOUGH COUNTRY LOAF

CHEFF'S WORDS

- Serves: 12. This sourdough country loaf recipe produces a slightly open, even crumb with a mildly sour flavor. Delicious as toast, dipped in soup or hearty sandwiches! **INGREDIENTS:** 1/2 cup (100 g) sourdough starter (levain) (active) 1 1/4 cups + 3 tablespoons (360 g) water (30 grams divided) 1/3 cup + 2 teaspoons (50g) whole wheat flour 3 1/2 cups + 1 tablespoon (450 g) bread flour 2 teaspoons (10 g) fine sea salt.

DIRECTIONS

Prepare sourdough starter in advance: You will need to prepare the "levain" before you begin mixing the dough. To a clean jar add 12g starter (1 tablespoon) + 50g water (1/4 cup) + 50g flour (1/2 cup) and let rise until doubled. Depending on the temperature of your kitchen and the maturity of your starter, this can take anywhere from 4-12 hours. Autolyse (1 hour): In a mixing bowl, combine 330 grams of water and 100 grams active sourdough starter, stir to combine. Add 50 grams whole wheat flour and 450 grams bread flour and use your hands to combine the ingredients until there are no dry bits and the dough looks like a shaggy mass. Cover the bowl and let the dough rest on the counter for 1 hour. Add salt (1 hour): Add 10 grams of salt to 30 grams of water in a small bowl and stir to dissolve. Add the salt water to the dough and use your hands to work it in until well combined. Cover the bowl and let rest on the counter for 1 hour.

Bulk Fermentation (3-5.5 hours): Perform 3 sets of stretch and folds, 30 minutes apart. To perform a set, while the dough is still in the bowl, pick up one side with a wet hand. Pull it up and over itself. Turn the bowl and repeat this action on 4 sides of the dough until the bowl has come full circle. (See notes). Cover the dough and allow to ferment at room temperature for 1-3 more hours according to the following temperatures: 68°F (20°C) 2-3 hours, 70°F (21°C) 2-2.5 hours, 72°F (22°C) 1.5-2 hours, 75°F (24°C) 1-1.5 hours. The dough is ready for shaping when it has risen about 20-30% and has bubbles around the edges of the bowl. Shaping: Turn the dough out onto a lightly floured surface and use a bench scraper to form it into a loose ball. Cover and let rest for 20 minutes. Lightly flour the surface of the dough ball and use a bench scraper to turn it over. Final shape the dough by pulling the side nearest yourself up and towards the center of the dough. Repeat on all four sides of the dough. Flip the dough over, seam-side down, and use your hands to twist the dough on the counter. Cup the dough with your hands and gently pull it towards yourself to create a tight skin on the outside. Flour the outside of the dough ball. Flour the inside of a banneton and place the dough ball into the banneton, seam-side up. Cover the bowl with a large plastic bag and let rest on the counter for 30 minutes. (CONTINUED)



Becca Boothe

BREAKFAST

SOURDOUGH COUNTRY LOAF

CHEFF'S WORDS

- Serves: 12. This sourdough country loaf recipe produces a slightly open, even crumb with a mildly sour flavor. Delicious as toast, dipped in soup or hearty sandwiches! **INGREDIENTS:** 1/2 cup (100 g) sourdough starter (levain) (active) 1 1/4 cups + 3 tablespoons (360 g) water (30 grams divided) 1/3 cup + 2 teaspoons (50g) whole wheat flour 3 1/2 cups + 1 tablespoon (450 g) bread flour 2 teaspoons (10 g) fine sea salt.

DIRECTIONS

Second Rise (8-36 hours): Place the covered dough in fridge to cold ferment 8-36 hours. Score and Bake: Remove the dough from the fridge and let sit at room temperature for 30 minutes. Preheat the oven, with the dutch oven inside, to 500°F (260°C) for 30 minutes. Turn the dough out onto a piece of parchment paper and score the top with a razor.

Remove the dutch oven and place on stove-top.

Use the parchment paper as a sling and lift the dough up and into the dutch oven. Cover, turn oven down to 450°F (232°C) and bake for 20 minutes.

Remove the cover and bake an additional 25-30 minutes or until the crust is at the desired color. Let the bread cool on a cooling rack for 2 hours before cutting. **Notes:** This recipe is my original "Beginners Sourdough Recipe" from Amy in the Kitchen, cut in half. Double the quantities for 2 loaves. Use a spoon to scoop the flour into a measuring cup until it is heaped on top. Take a butterknife and level off the top. This should give you the most accurate measurement for flour. Take care to be gentle with the dough during the stretch and fold process. Only stretch the dough until it starts to tighten and no more.

These 3 sets should take 1.5 hours to complete. Use large silicone gloves when bread baking to protect hands and forearms from burns. During the first rise (bulk fermentation), if your kitchen temperature is warmer than 68°, check the dough 1.5 hours after the last stretch and fold to make sure that it does not over proof. The dough is ready for shaping when it has risen about 20-30% and has bubbles around the edges of the bowl. Tips for baking in warm and/or high humidity areas - When baking in high humidity and/or warmer areas, it's often a good practice to use less water and bake a little longer than the recipe calls for. Reduce the water by 50 grams in the initial mix and then slowly add the remaining water until you achieve the correct hydration level. Bake the bread about 5-10 minutes longer with the lid on, remove the lid and bake until done. This will take some trial and error. Let the loaf cool completely before slicing to prevent the crumb from becoming gummy in texture. Store your bread at room temperature, wrapped in a kitchen towel or beeswax wrap. You can also store the bread, slice down, on a cutting board with a cake stand top covering the bread. It is not recommended to store sourdough bread in the fridge as it will become hard. Freeze full loaves or individual slices wrapped tightly in plastic wrap and inserted into a freezer-safe container for up to 3 months.



Jean ~~Ann~~son
Wedgewood

BREAKFAST

GOLDEN APPLE CHUNKS

CHEFF'S WORDS

Serves 4. Microwave: 7-8 minutes cooking time. These are good on almost anything: French toast, pancakes, ice cream, cake or pudding.

INGREDIENTS

- 4 medium cooking apples, peeled, quartered and cored
 - $\frac{1}{4}$ cup honey
 - 1 teaspoon cinnamon
- 2 tablespoons butter or margarine.
 - 1 teaspoon lemon juice

DIRECTIONS

- Place apples in a 1-quart micro-proof casserole.
- Combine honey and cinnamon in small bowl.
- Drizzle over apples.
- Dot with butter and sprinkle with lemon juice.
- Cook covered on high for about 4 minutes, stir.
- Cook another 3-4 minutes, or until apples are tender.



BREAKFAST

CHEFF'S WORDS

Since this dish requires a lot of preparation, I usually make a large amount (6 to 8 servings). Leftovers are refrigerated and can be rewarmed during the week. Scale recipe as desired.

INGREDIENTS

- Basting oil (You can make your own with canola or olive oil by adding thyme, parsley, garlic powder, and other herbs. To add a kick, add crushed red peppers. Allow oil to sit a few days before using)
 - 4 large Garlic cloves (diced)
 - 1 medium Onion (diced)
- 1 large Carrot (diced) (can substitute parsnips, kohlrabi, turnips, etc.)
 - 2 Lg Bell Peppers (diced)
- (I use one-half of a green, yellow, red, and orange, to add color)
 - 2 tbsp pesto
- 1 lb of fresh Spinach (coarsely chopped)
- (can substitute or use a mixture of greens like kale, dandelion, beet, turnip, etc.)
 - 9 Lg Eggs (beaten)
- 1 -2 cups of grated Parmesan Cheese (add to taste) (can substitute grated cheddar or other favorite cheese)
 - Optional (add one or the other)
 - Add to taste your favorite diced Hot Pepper (Jalapeno, Habanero, Poblano, etc.) with salt/pepper OR 1 cup of your favorite sliced Mushroom

DIRECTIONS

- Prepared in a 12-inch frying pan with high sides
- Lightly coat pan with basting oil.
- Warm oil and then cook over medium heat.
- Add diced garlic and onions to warmed oil, stir until slightly caramelize.
- Add diced carrot and cook until carrot begins to soften.
- Add diced bell peppers. (This is when you would add optional hot peppers)
- Add chopped spinach. (This is when you would add the optional mushrooms)
- Stir mixture until spinach is cooked.
- Mix in beaten eggs. Continuously scrap thin layers of cooked egg off the pan to ensure that it is well mixed into the vegetables.
- When the eggs are cooked, add cheese to taste, melt and blend into dish.



Eat Clean

Calvary Cooks 2021

SOUPS

“Let them give
thanks to the Lord
for his unfailing
love and his
wonderful deeds
for men, for he
satisfies the thirsty
and fills the hungry
with good things.”

--Psalm 107-:8-9



Jessica Lewis

SOUP

LENTIL SOUP WITH BACON

CHEFF'S WORDS

Serves 10. Every time I make lentil soup, I always wonder why I don't make it more often. Its healthy, filling, and super budget-friendly; it freezes perfectly; and it is seriously delish. I make mine over-the-top flavorful by adding bacon, scallions, cilantro, and sazon seasoning, which infuses so much flavor into the soup that everyone will be begging for seconds. Plus, you'll feel good about serving it because it is packed with vegetables and nutrients. Add a big salad and warm crusty bread and dinner is done!

INGREDIENTS

- 1 ½ cups chopped carrots
- 1 pound uncooked small green lentils, rinsed well
- 1 (48-ounce) carton reduced-sodium chicken broth
 - 2 bay leaves
- 3 slices center-cut bacon, chopped
- ¾ cup chopped scallions (from 5 to 6)
- 1 ½ cups diced tomatoes (from 2 medium)
- 1 tablespoon sazon seasoning (I like Badia)
- ½ cup chopped fresh cilantro

DIRECTIONS

- Combine the carrots, lentils, broth, bay leaves, and 2 cups of water in a large pot or Dutch oven. Bring to a boil, cover, and reduce the heat to low. Cook until the lentils are tender, about 30 minutes. Meanwhile, heat a large skillet over medium heat and add the bacon. Cook, stirring occasionally, until browned, 4 to 5 minutes, then remove with a slotted spoon to a paper towel to drain. Add the scallions and garlic to the skillet and cook until they begin to soften, 2 to 3 minutes. Add the tomatoes and sazon seasoning, and cook, stirring frequently, until the tomatoes are soft, 2 to 3 minutes. Once the lentils are cooked, stir the tomato mixture into the pot along with the cilantro. Cover and cook until the flavors meld, 8 to 10 minutes. Discard the bay leaves, stir the bacon into the soup, and serve.
Freeze and serve later: Let cool and then transfer to one large or individual containers and freeze. Thaw overnight in the refrigerator, then reheat on the stove or in the microwave.



Jessica Lewis

SOUP

ROASTED TOMATO SOUP

CHEFF'S WORDS

Serves 4. Oh, how I love thee. I get excited just thinking about pulling a perfectly roasted tomatoes, sizzling in olive oil, out of the oven. The smell fills your house, and you're still on step one. Tomato soup, in all its simple glory, tastes like love. I can't imagine a human being who wouldn't love every spoonful of this soup.

INGREDIENTS

For the Tomatoes

- 4 pounds ripe tomatoes (Roma, plum, vine-ripened, whatever)
 - ¼ cup extra-virgin olive oil
 - 1 tablespoon kosher salt
- ½ teaspoon freshly ground black pepper

For the Soup

- 3 herb sprigs (rosemary, thyme, oregano, whatever), plus more for garnish
- 2 tablespoons extra-virgin olive oil
 - 1 small onion, finely diced
 - 5 cloves garlic, minced
- 2 ½ cups low-sodium chicken broth
- Kosher salt and freshly ground black pepper

DIRECTIONS

- **Roast the tomatoes:** Preheat the oven to 450 degrees. Line a baking sheet with foil.
- Core and halve the tomatoes (or quarter if they're big). Arrange the tomatoes, cut side up, on the baking sheet. Drizzle with the oil, then sprinkle with the salt and pepper. Roast until softened and the edges are charred. 35 to 40 minutes. **Make the soup:** Tie the herbs with a piece of twine into an herb bundle.
- In a large saucepan, heat the oil over medium-high heat. Add the onion and cook, stirring, until softened, 6 to 8 minutes. Add the roasted tomatoes to the pan and break them up with a spoon. Add the broth and herb bundle and bring to a boil, then reduce the heat and simmer until thickened, 20 to 30 minutes.
- Discard the herbs. Transfer the soup to a blender and puree until almost smooth but a few chunks remain. Season to taste with salt and pepper. Use your powers as SoupMaster responsibly.



Jessica Lewis

SOUP

CURRIED CRAB GUMBO

CHEFF'S WORDS

Serves 6-8. I don't mean to insult anyone by offering up this fast alternative to the classic Louisiana gumbo. But browning the ever-critical roux to a perfect mahogany takes a back seat to picking up children after school, meeting work deadlines, washing shoes, and other daily tasks! So, I've come up with a quick but unconventional alternative. I thicken my gumbo with a tablespoon of rice, which I always have in the pantry and which is a good partner for the tomatoes and okra. And I rely on sauteed onion, curry powder, and hot pepper sauce to provide depth of flavor to an otherwise unfussy dish. It isn't traditional but it is delicious.

INGREDIENTS

DIRECTIONS

- 1 tablespoon olive oil
- ½ cup chopped onion (from 1 small onion)
- 1 can (14.5 ounces) diced tomatoes with green peppers, celery, and onions, with their liquid
- 3 cups low-sodium chicken broth (from two 14 to 14.5 ounce cans) or water
 - 1 bay leaf
 - 1 teaspoon curry powder
 - 1 tablespoon rice
- 1 can (6 to 8 ounces) jumbo lump crabmeat
- 1 package (9 ounces) frozen sliced okra, or 1 cup sliced fresh okra
- 1 teaspoon hot pepper sauce, or more to taste
 - Crusty bread, for serving

- Place the olive oil in a large saucepan over medium-high heat. Add the onion and cook, stirring with a wooden spoon, until it softens and begins to brown, 3 minutes.
- Add the tomatoes with their liquid and the chicken broth, bay leaf, and curry powder. Bring to a boil, then add the rice, crabmeat, and okra and stir. Reduce the heat to low, cover the pan, and let simmer until the rice cooks through and the flavors blend, 15 to 20 minutes.
- Stir in the hot pepper sauce. Remove and discard the bay leaf from the gumbo. Ladle the gumbo into serving bowls and serve at once with crusty bread.



Jessica Lewis

SOUP

WARM CURRIED CARROT SOUP

CHEFF'S WORDS

Serves 4-6. Canned sliced carrots are the speedier alternative to those tiny carrots that come peeled in bags. They are a brilliant time-saver to keep on the pantry shelf, for they're tender after cooking less than ten minutes. And they marry with all sorts of flavors like curry and ginger and cinnamon. Serve this soup in cool weather, with whole-wheat bread and a salad of cubed apples, walnuts, and blue cheese tossed with a bag of your favorite greens.

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion (from 1 medium-size onion)
 - 2 cans (14.5 ounces each) sliced carrots, drained
- 1 can (14 to 14.5 ounces) low-sodium chicken broth
 - 1 tablespoon sugar
- 1 teaspoon pre-chopped ginger or peeled chopped fresh ginger
 - 1 teaspoon curry powder
 - ½ cup plain yogurt
- 2 tablespoons minced fresh chives, for garnish

DIRECTIONS

- Place the olive oil in a 2-quart sauce-pan and heat over medium-high heat. Add the onion and sauté, stirring until soft, 2 to 3 minutes. Add the carrots, chicken broth, sugar, ginger, curry powder, and ½ cup of water. Cover and bring to a boil, then reduce the heat to low and let simmer until the carrots are quite soft, 7 to 8 minutes.
- Transfer the soup to a food processor and process until smooth, or puree it in batches in a blender. Return the soup to the saucepan, stir in the yogurt, then reheat it over the medium-low heat. Ladle the soup into serving bowls and sprinkle some of the chives on top of each serving.



Marcia
Williamson



SOUP

PARMESAN KALE TORTELLINI SOUP

CHEFF'S WORDS

Serves 4. There are several different types of kale. They come in bunches that have small to medium leaves. Kale can be stored in a plastic bag for up to 5 days in the coldest part of the refrigerator. Make sure to wash thoroughly before eating. Remove the stalk and center vein by hand or with a knife. Depending on the recipe, chop or tear the leaves.

INGREDIENTS

- 2 cups chicken stock
 - 4 cups water
- 1 3oz cheese tortellini, frozen
- 4 inch rind of Parmesan cheese
 - 3 garlic cloves, chopped
- 4 cups kale, deribbed, chopped
- ½ cup Parmesan cheese, shaved

DIRECTIONS

- In a large pot, combine chicken stock and water. Bring to a boil. Add Parmesan cheese rind.
- Add frozen tortellini to boiling pot, cook according to package instructions. During last two minutes, add in chopped garlic and kale. Cook until kale is tender. Do not drain. Remove cheese rind.
- Top each bowl with shaved Parmesan cheese.



Darlene Battle



SOUP

ROASTED TOMATO AND GARLIC SOUP

CHEFF'S WORDS

Serves 6.

INGREDIENTS

- 32 oz of Vegetable broth/stock
- One small can of tomato piece
 - Heavy cream is optional
 - 6 plum tomatoes,
 - 1 bulb of garlic
 - 2 stalk Leeks
 - 2 Carrot
 - 1 Onion
 - 1 tbsp thyme
 - Olive oil

DIRECTIONS

- You would need a baking sheet covered with aluminum foil.
- Slice tomatoes in half place them on a baking sheet along with carrots, onion, and garlic. Sprinkle olive oil on all the vegetables and mix well (Make sure that you turn all the tomatoes slice sided up). Then salt and thyme.
- Place the tray in the 350 degree oven for about 45 minutes to an hour.
- Put the vegetable stock and tomato paste in a pot. Then place roasted vegetables into the same pot, stir thoroughly Let simmer for about 15 minutes to a half an hour.
- Place into the food processor and pulse (You can add heavy cream if desired).



Jean Dunson

SOUP

CORN AND CHICKEN CHOWDER

CHEFF'S WORDS

Serves 6. Served on Code Purple evenings.

INGREDIENTS

- ½ cup diced salt pork or bacon, optional
may use another oil
 - 1 medium onion, chopped
 - ½ cup chopped celery
 - ¼ cup chopped green and or red
pepper
 - 2 cups chicken broth
 - 1 medium potato, cubed
 - ½ bay leaf
 - ¼ teaspoon paprika
 - ½ teaspoon salt
 - 3 tablespoons flour
 - ½ cup milk
- 2 cups whole kernel corn (2 15oz cans),
or frozen
 - 2 cups cooked chicken, cubed
- 1 ½ cups light cream or half-and-half
 - Parsley for garnish

DIRECTIONS

- Brown the salt pork (or bacon), remove and
reserve. Brown the onion, celery and pepper in
the pork drippings. Add chicken broth, potato,
bay leaf, paprika and salt and simmer until
potato is tender.
- Blend the flour with the milk; stir into the soup
and boil 1 minute. Add the corn, chicken, cream
and reserved salt pork or bacon. Heat through.
Garnish with parsley.



Jean Dunson

SOUP

PEANUT SOUP

CHEFF'S WORDS

Serves about 6. My Brother-in law's Peanut Soup. Enjoy!

INGREDIENTS

- 1/4 cup butter (1 stick) or less
 - 1 small onion diced
 - 3 stalks celery, diced
 - 3 tablespoons flour
- 2 quarts warmed chicken broth
 - 2 cups peanut butter
- 1/2 teaspoon salt, optional
 - 1 tablespoon lemon juice
- Chopped peanuts for garnish.

DIRECTIONS

- In a large pot, sauté onions and celery in melted butter for about 5 minutes, but do not brown.
- Add flour and mix well.
- Mix in warm chicken broth and simmer 1/2 hour.
- Remove from heat. (if you want a smooth soup, puree before adding remaining ingredients.)
- Stir in peanut butter, salt and lemon juice.
- Gently reheat until serving temperature is reached.
- Sprinkle peanuts on just before serving.



Marcia
Williamson



SOUP

PUMPKIN CURRY SOUP

CHEFF'S WORDS

Serves 8. Store pumpkins at room temperature up to a month or in a refrigerator up to 3 months. Wrap cut pumpkin in plastic and refrigerate up to 5 days. To prepare pumpkins, wash pumpkin and cut lengthwise. Remove and discard the seeds and excess fiber. Trim skin with a pairing knife or peeler if desired. Cook as desired.

INGREDIENTS

- 3 lb sugar pumpkin
 - 1 Tbsp olive oil
- 1 medium onion, finely chopped
 - 3 garlic cloves, minced
 - 3 cups chicken broth
 - 1 Tbsp curry powder
 - 1 tsp chili powder
 - Pinch salt
 - Pinch black pepper

DIRECTIONS

- Preheat oven to 350 degrees.
- Wash and dry pumpkin before halving. Remove seeds and stringy innards. Brush the flesh of pumpkin with olive oil. Place the pumpkin on a cookie sheet, cut side down and roast for 45 minutes until fork tender. Remove and cool.
- Separate the pumpkin flesh from the skin. Puree the flesh in a food processor until smooth.
- In a stock pot, sauté onion and garlic over medium heat. Stir in chicken broth, pumpkin, curry powder, chili powder, salt, and pepper. Bring to a boil and reduce to simmer, cook for another 10 minutes.



Eat Clean

Calvary Cooks 2021

SALADS

“But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.”

--Luke 14:13



Jessica Lewis

SALAD

DUMP and DONE RAMEN SALAD

CHEFF'S WORDS

Serves 8. Little did I know that when I reached the end of the buffet line, I would be greeted by a magical delight called ramen salad. I swear it had a glow and a halo. I shoved everything else to the side. I have never been so excited to re-create something in my life. The only way the crushed-up ramen noodles “cook” is in the vinegar dressing. And you use the packet of seasoning!!! I CAN'T EXPRESS HOW HAPPY THIS SALAD MAKES ME. Your friends will laugh, oh yes, they'll laugh.

INGREDIENTS

- 3 (3-ounce) packages chicken-flavored ramen
- 1 (12-ounce) package broccoli slaw
 - 1 cup thinly sliced red onion
- 1 cup frozen peas (or edamame)
 - $\frac{3}{4}$ cup corn kernels (fresh, frozen, or canned--but c'mon, it's got to be canned)
 - $\frac{1}{2}$ cup sugar
 - $\frac{1}{3}$ cup vegetable oil
 - $\frac{1}{2}$ cup apple cider vinegar
- 1 cup roasted, salted sunflower seeds

DIRECTIONS

- Set the seasoning packets from the ramen aside. Crush the ramen noodles into a salad bowl, then add the slaw, onion, peas, and corn and toss.
- In a microwave-safe bowl, combine the sugar, oil, vinegar, and ramen seasoning packets and microwave on high for 1 minute. Pour the hot dressing over the slaw mixture and toss. Refrigerate 3 hours or overnight.
- Toss in the sunflower seeds just before serving.



Jessica Lewis

SALAD

TUNA and WHITE BEAN SALAD

CHEFF'S WORDS

Serves: 2. Fridge: Up to 3 Days. I always have albacore tuna and a variety of canned beans in the pantry, which makes this easy no-mayo tuna salad a great fix whenever hunger strikes. It's made with just a few simple ingredients, so you can whip it up anytime. For variety, you can swap the white beans for chickpeas, or you can use olives instead of capers. If you want to add some fresh leafy greens, stir in some baby arugula, spinach, or torn radicchio.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
 - 2 tablespoons finely chopped fresh parsley
- 1 tablespoon fresh lemon juice
 - ¼ cup chopped red onion
- 2 tablespoons capers, drained (reserve 1 tablespoon brine)
- 2 (5-ounce) cans albacore tuna in water, drained and flaked
- 1 (15-ounce) can small no-salt-added white beans, such as navy, rinsed and drained

DIRECTIONS

- In a large bowl combine the oil, vinegar, parsley, and lemon juice. Add the red onion and capers, plus the reserved brine. Toss in the tuna and beans and mix well. Serve or divide between 2 airtight containers to store.
- NOTE: for eco-friendly tuna brands that protect marine life, look for packages labeled as "pole-and-line caught," "troll caught," or "FAD-free."



Jessica Lewis

SALAD

CHINESE CHICKEN SALAD with CRISPY WONTON SKINS

CHEFF'S WORDS

Serves 2-4. In a rush, many airports are home to my go-to, bring-on-the-plane Wolfgang Puck Chinois Chicken Salad. Shredded veggies on crunchy romaine, wontons IN A BAG SO THEY DON'T GET SOGGY--WHY CAN'T ANYONE BUT WOLFGANG FIGURE THIS OUT I DO NOT KNOW--and a dressing so delightful you may buy two salads just to double up on it. So either buy a plane ticket to somewhere and enjoy your \$600 salad, or make the thing at home over and over again, because I promise, you will want this all. The. Time

INGREDIENTS

- For the CRISPY WONTONS: 3 (8-inch) square wonton wrappers or 6 (4-inch) square wrappers, vegetable oil, for frying, Kosher salt. For the SALAD: ½ rotisserie chicken, ½ medium head napa cabbage, cut into ½-inch slices (6 cups), 1 cup shredded red cabbage, 1 cup cilantro leaves, roughly chopped, 1 small carrot, cut into julienne strips, ½ cup thinly sliced red onion, 4 scallions, thinly sliced. For the DRESSING: ½ cup peanut or vegetable oil, ⅓ cup unseasoned rice vinegar, 1 tablespoon Chinese hot mustard, 1 tablespoon light soy sauce, 1 teaspoon Sriracha, 1 teaspoon sesame oil, 1 tablespoon honey, 3 cloves garlic, ½ teaspoon kosher salt. MAKE THE CRISPY WONTONS: Stack the wonton wrappers on top of each other. Cut the wrappers into strips ½ inch wide and 4 inches long.

DIRECTIONS

- (If you're using the 8-inch wrappers, first cut them in half into 4 x 8-inch rectangles). In a medium saucepan, heat 3 inches of oil over medium-high heat until one of the strips puffs up and sizzles as soon as it hits the oil. Working in batches, drop a handful of the wonton strips at a time into the oil and fry until puffed and golden, about 30 seconds. Using a slotted spoon, transfer the fried strips to paper towels and sprinkle generously with salt. Repeat until done. MAKE THE DRESSING: In a blender, combine the peanut oil, rice, vinegar, mustard, soy sauce, Sriracha, sesame oil, honey, garlic, and salt and blend until smooth. MAKE THE SALAD: Remove the skin from the chicken and discard. Using your hands, shred the meat into very thin pieces you would want to eat in a salad (about 3 cups of meat in the end). Place the meat in a bowl with the napa and red cabbages, cilantro, carrot, red onion, and scallions. Pour in ½ cup of the dressing, toss to coat, and top with the wonton skins. Serve the remaining dressing on the side for salad touch-ups.



Jessica Lewis

SALAD

GREEK CHICKPEA SALAD

CHEFF'S WORDS

Serves: 4. Fridge: Up to 5 Days. I'm obsessed with chickpeas and with Greek salad, so this combo is one that I could eat every day! When I visited Greece, I ate traditional Greek salad every chance I got. Since they never use lettuce in the salad--just cucumbers, olives, red onion, bell pepper, and feta cheese--it's perfect for meal prep because you don't have to worry about the greens wilting. Fiber-and protein-packed canned chickpeas keep you feeling satiated longer, and it can't get easier because there's nothing to cook!

INGREDIENTS

DIRECTIONS

for the SALAD

- 1 (15-ounce) can chickpeas, rinsed and drained
 - 2 cups diced Persian cucumber
 - 1 green bell pepper, sliced
 - 1½ cups halved grape tomatoes
 - 20 pitted Kalamata or Gaeta olives
 - ¼ cup sliced red onion (sliced lengthwise)
 - 4 ounces fresh feta cheese, cut into 4 thick slices

for the DRESSING

- Juice of 2 fresh lemons
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons minced fresh oregano leaves
 - ¼ teaspoon kosher salt
 - Freshly ground black pepper

- PREPARE THE SALAD: In each of four 4-cup containers or bowls, arrange ⅓ cup chickpeas, ½ cup cucumber, ¼ bell pepper, ⅓ cup tomatoes, 5 olives, and 1 tablespoon red onion. Top each with 1 ounce feta.
- PREPARE THE DRESSING: In a small bowl, whisk together the lemon juice, oil, oregano, salt, and pepper to taste. Serve about 1½ tablespoons dressing on the side with each salad.



Jessica Lewis

SALAD

THE KALE SALAD THAT STARTED it ALL

CHEFF'S WORDS

Serves: 2 - 4. I created this kale salad in rebellion against miserable greens, having no idea it would take the world by storm. But once it got written up in the New York Times, the world seemed to have an unending hunger for kale salads!

INGREDIENTS

- 1 bunch lacinato kale (aka Tuscan kale or cavalo nero), thick ribs cut out
 - ½ garlic clove, finely chopped
 - ¼ cup finely grated Pecorino Romano cheese, plus more to finish
 - Juice of 1 lemon
 - ⅛ teaspoon dried chile flakes
 - Kosher salt and freshly ground black pepper
 - ¼ cup dried breadcrumbs
 - Extra-virgin olive oil
- Stack several kale leaves on top of one another and roll them into a tight cylinder. With a sharp knife, slice crosswise into very thin, about 1 / 16-inch, ribbons (this is called a chiffonade). Put the kale in a salad spinner, rinse in cool water, and spin until completely dry. Pile the kale into a bowl.

DIRECTIONS

- Put the chopped garlic on a cutting board and mince it even more until you have a paste (you can sort of smash and scrape the garlic with the side of the knife as well). Transfer the garlic to a small bowl, add ¼ cup pecorino, a healthy glug of olive oil, the lemon juice, chile flakes, ¼ teaspoon salt, and plenty of twists of black pepper, and whisk to combine.
- Pour the dressing over the kale and toss well to thoroughly combine (you can use your clean hands for this, to be efficient). Taste and adjust with more lemon, salt, chile flakes, or black pepper. Let the salad sit for about 5 minutes so the kale softens slightly. Top with the breadcrumbs, shower with more cheese, and drizzle with more oil.
- NOTE: A general trick to ensure tender kale without long cooking: Freeze the kale raw (and trimmed) for a few hours; freezing will break down the fibers. Cook it straight from the freezer.



Jessica Lewis

SALAD

BLACK-EYED PEA and SPINACH SALAD with JASMINE RICE

CHEFF'S WORDS

Serves: 6 - 8 as a Side Dish. Don't save this recipe just for New Year's: Canned black-eyed peas make it quick enough to serve this salad any night of the week.

INGREDIENTS

- Salt (optional), for cooking the rice
 - 1 cup jasmine rice
 - 4 slices of bacon, cut into 1-inch pieces
 - 2 cans (15 - 16 ounces each) black-eyed peas
 - ½ cup thinly sliced red onion
 - ½ cup bottled olive oil and vinegar salad dressing
 - ¼ cup packed light brown sugar
 - 1 bag (6 ounces) spinach
- Pour 2 cups of water and the salt, if using, in a 1-quart saucepan and bring to a boil over high heat. Stir in the rice, cover the pan, and reduce the heat to low. Let the rice simmer until done, 15 to 20 minutes. Meanwhile, place the bacon in a skillet over medium heat. Cook the bacon until it is crisp on both sides, 3 to 4 minutes,

DIRECTIONS

- then drain on paper towels and crumble. Set aside both the crumbled bacon and the skillet with the bacon fat. Drain the black-eyed peas and place them in a large mixing bowl. Place the skillet with the bacon fat over medium heat. Add the onion and cook, stirring, until soft and lightly browned, 3 to 4 minutes. Add the salad dressing, brown sugar, and ¼ cup of water. Bring the mixture to a boil, scraping the bottom of the pan with a wooden spoon to loosen any bits of bacon. Let the mixture reduce a bit, 4 to 5 minutes. Pour the dressing over the black-eyed peas and toss well. Cover the bowl with plastic wrap and refrigerate until time to serve. When the rice has cooked, transfer it to a large serving platter and fluff it with a fork to separate the grains. Spoon the black-eyed pea mixture on top of the rice. Arrange the spinach and cherry tomatoes attractively around the peas and rice, then garnish the top with the reserved crumbled bacon.



Darlene Battle

SALAD

CAESAR SALAD

CHEFF'S WORDS

My best meal of today would be lunch. There was a time, like everyone else I will go out and buy my lunch. I would spend close to \$10 a day for lunch. One day I started adding up how much I was spending yearly. Which was \$2,400, so I decided to make my own salad, I was spending \$192 a year that is \$4 daily. I took that extra money to open a credit union account for my son and daughter, depositing \$3 weekly and their account. If I wanted chicken or salmon Caesar salad, I'd learned how to marinate my meat capturing the same flavor (better and fresher If I have to say so myself). I will make enough for the week to put into my salad.

INGREDIENTS

DIRECTIONS

For the SOAK:

- To remove potential bacteria, soak vegetables in three parts water to one part vinegar for about an hour

For the MARINATE:

- Crushed garlic
- Worcestershire sauce
 - Kosher salt
 - Pepper
- Italian dressing (optional)
- Let it sit in the refrigerator for a couple hours

For the SALAD:

- Romaine lettuce
- Cherry tomatoes
 - Red onions
- Hard-boiled eggs
- Parmesan cheese

- Combine salad ingredients and eat.
- Paris well with any of the following salad dressings.



Darlene Battle

SALAD

FRESH STRAWBERRY VINAIGRETTE

CHEFF'S WORDS

I make my own salad dressings to reduce unwanted preservatives. Enjoy!

INGREDIENTS

- 7 strawberries
- ¼ cup of olive oil
- ¼ cup of balsamic vinegar
- 2 tbsp of maple syrup

DIRECTIONS

- Mix well.



Darlene Battle



SALAD

APPLE CIDER VINAIGRETTE

CHEFF'S WORDS

Yields ½ cup. I make my own salad dressings to reduce unwanted preservatives. Enjoy!

INGREDIENTS

- ¼ cup apple cider vinegar
 - 2 tbsp lemon juice
 - 3 tbsp olive oil
- ½ tbsp coconut nectar or maple syrup
 - salt and pepper

DIRECTIONS

- Combine all ingredients in a bowl and whisk until well-combined.
- Store in a mason jar or in an airtight container for up to a week and a half.



Darlene Battle

SALAD

CREAMY BASIL DRESSING

CHEFF'S WORDS

Yields 1 cup. I make my own salad dressings to reduce unwanted preservatives. Enjoy!

INGREDIENTS

- 1 cup fresh basil
 - 1 garlic clove
 - 4-6 almonds
- 1 small zucchini
 - 4 tbsp olive oil
- 2 tbsp apple cider vinegar
 - salt and pepper

DIRECTIONS

- Peel the zucchini if not using organic.
- Combine all ingredients in a blender and blend until you reach a creamy consistency.
- Store in a mason jar or in an airtight container for up to 1 week.



Darlene Battle

SALAD

SIMPLE BALSAMIC VINAIGRETTE

CHEFF'S WORDS

Yields ½ cup. I make my own salad dressings to reduce unwanted preservatives. Enjoy!

INGREDIENTS

- ⅓ cup olive oil
- 2 tbsp balsamic vinegar
- 2 tsp Dijon mustard
- salt and pepper
- splash of soy sauce (optional)

DIRECTIONS

- Combine all ingredients in a bowl and whisk until well-combined.
- Store in a mason jar or in an airtight container for up to 2 weeks.



Darlene Battle

SALAD

ASIAN INSPIRED GINGERLY DRESSING

CHEFF'S WORDS

Yields ½ cup. I make my own salad dressings to reduce unwanted preservatives. Enjoy!

INGREDIENTS

- ¼ cup olive oil
 - 2 tsp tahini
- 1 tbsp sesame oil (or use more olive oil)
 - 1 tbsp lemon juice
 - 1 tbsp soy sauce
- 3 drops of liquid stevia (or 1 date/splash of maple syrup)
 - ½ inch fresh ginger
- pinch of cayenne pepper
 - 2 tbsp water
 - salt and pepper

DIRECTIONS

- Combine all ingredients in a blender and blend until you reach a creamy consistency.
- Store in a mason jar or in an airtight container for up to 1 week.



Marcia
Williamson



SALAD

CABBAGE AND TOMATO SALAD

CHEFF'S WORDS

Serves 8. Look for cabbage heads with shiny, compact leaves that are heavy for their size and free of blemishes. Store in the refrigerator for up to a week in an airtight plastic bag. If you store a section, cover it tightly with plastic wrap and use within 2 days. To prepare, remove outer leaves and cut cabbage into pieces, then wash well under running water.

INGREDIENTS

- 1 ½ lbs green cabbage, thinly sliced
 - 2 large tomatoes, cubed
 - 1 cup radishes
 - 1 Tbsp of olive oil
 - 2 Tbsp lemon juice
 - ¼ tsp salt
- ½ tsp fresh cracked black pepper
- ½ tsp crushed red pepper flakes
- 2 Tbsp fresh parsley, chopped

DIRECTIONS

- In a large bowl, mix together thinly sliced cabbage, cubed tomatoes, and sliced radishes.
- In a small bowl, whisk together olive oil, lemon juice, salt, black pepper, and crushed red pepper flakes.
- Pour whisked dressing over vegetables. Toss to coat vegetables.
- Top with chopped fresh parsley.



Everett Ramer

SALAD

BITTER LETTUCE and DRESSING

CHEFF'S WORDS

Leaf lettuce is wonderful in the spring when it is tender and sweet but becomes bitter when the hot weather arrives. Instead of pulling it out and getting rid of it, we have found a way to enjoy leaf lettuce well into summer. Pick the lettuce leaves carefully, without removing the center, growing top where new leaves are forming. The plant will continue to grow and add new leaves. It will get tall and may even lay down on the ground. When the lettuce leaves become bitter you can continue to eat them by changing the salad dressing to one with a stronger, more robust flavor. We like the following "Endive Salad" recipe.

INGREDIENTS

- 2 hard-cooked eggs
- 2 slices of bacon (or bacon bits)
 - 2 teaspoons sugar
 - 1 ½ teaspoon flour
 - 1 teaspoon salt
- 4 teaspoons vinegar
 - ¾ cup milk

DIRECTIONS

- Fry bacon to crisp and break into bits. Mix other ingredients, add to frying pan and bring to boil. Pour over lettuce and garnish with sliced hard-cooked eggs. The robust flavor and wilting of the hot dressing results in a delicious salad.



Miriam Ramer

SALAD

WINTER SALAD: SHREDDED BEET and VEGETABLES

CHEFF'S WORDS

Serves 3 or 4. We grill two 8-ounce steaks. Cut one steak to eat that day (4 ounces each) and refrigerate the remaining steak to add to salads the next two days. *Recipe from **Simply in Season** cookbook by Mary Beth Lind and Caathleen Hockman-Wert and slightly modified by Miriam Ramer.

INGREDIENTS

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons onion (chopped)
 - 1 tablespoon sugar
 - ½ teaspoon salt
 - pepper to taste
- ½ cup fresh parsley (optional)
- Mix the dressing and pour some over each of the following vegetables:
- **2 cups red beets** (fresh cooked, peeled, and shredded) or (canned, cut the slices a bit more), **1 cup carrots** (shredded and steamed for 2 minutes), **1 cup cabbage** (shredded and steamed for 2 minutes)
- Mix together and chill. Then arrange on serving dish or individual salad plates with hardboiled **eggs** and garnish with green olives.

DIRECTIONS

- Fresh red beets: Cut off the tops. If they are fresh, they can be cooked like any other greens that you might buy. Leave 1 to 2 inches on the beets so they won't bleed as much while cooking, and scrub. Place beets in a large saucepan, cover with water and bring to a boil. Reduce heat and simmer until beets are a bit tender when pricked with a fork. Cooking time varies tremendously depending on size and how old the beets are, usually 15 to 45 minutes. Drain the cooked beets and rinse with cold water. When beets have cooled enough to handle, slip peels off with fingers. This becomes more difficult if the beets cool too much. Slice or dice according to your recipe. Note that uncooked beets keep for several weeks, although they may get a little dehydrated. Cooked beets only keep 3 to 5 days. I learned long ago that if I came home from church with a couple more people invited for Sunday dinner than I had anticipated while preparing that morning, all I need is to add an additional simple vegetable to the menu, and everyone would find all they wanted in every dish.



Jean Dunson

SALAD

BARLEY SALAD

CHEFF'S WORDS

Serves 6-8.

INGREDIENTS

- 1 cup pearled barley
 - ½ cup pine nuts
 - 1 cup carrots, grated
 - ½ cup scallions, chopped
 - 1 sweet red pepper, seeded and finely chopped
 - Romaine lettuce, optional
- Dressing:**
- 2 tablespoons vinegar
 - 2 tablespoons olive oil
 - 1/8 teaspoon dry mustard
 - ½ teaspoon garlic powder
 - Salt & pepper to taste.
 - Or dressing of your choice.

DIRECTIONS

- Cook barley in boiling salted water 20 minutes, or until soft. Drain and cool.
- Toss barley with pine nuts, carrots, scallions, and sweet red pepper.
- Prepare a dressing of vinegar, olive oil, mustard, garlic powder, salt and pepper,
- Or a dressing of your choice.
- Mix well and pour on salad.
- Toss and chill.



Jean Dunson

SALAD

ZUCCHINI RED PEPPER SALAD

CHEFF'S WORDS

Serves 2-4.

INGREDIENTS

- 2 large zucchini
- 2 sweet red peppers, diced
- ¼ cup fresh parsley, chopped
 - ½ cup olive oil
 - ½ cup cider vinegar
 - ½ cup sugar
- 1 Tablespoon mustard

DIRECTIONS

- Cut zucchini into rounds. Stack several, then slice into matchsticks.
- Dice peppers. Mix peppers, zucchini, and parsley in a bowl.
- Prepare dressing with remaining ingredients or use the dressing of your choice.
- Pour over salad and toss.
- Marinate 2-3 hours before serving.



Eat Clean

Calvary Cooks 2021

SIDE DISHES

“Better a meal of
vegetables where
there is love than a
fattened calf with
hatred.”

--Proverbs 15:18



Jessica Lewis



SIDE DISHES

CAULIFLOWER MASH with ROASTED GARLIC and RICOTTA

CHEFF'S WORDS

Serves: 8 Makes 6 Cups Prep Time: 10 minutes Total Time: 30 minutes

INGREDIENTS

- Kosher salt
- 1 large head cauliflower, broken into florets
 - 1 cup ricotta cheese
 - 4 tablespoons (½ stick) butter
- 3 tablespoons Roasted Garlic (recipe follows), plus more for garnish
- 2 tablespoons Roasted Garlic Oil (recipe follows)
- Freshly ground black pepper

DIRECTIONS

- Bring a large pot of water to a boil and salt it until it tastes good. Add the cauliflower and cook until you can easily pierce it with a fork, 15 to 20 minutes. Drain it in a colander, then spread the cauliflower out on a paper towel to soak up extra moisture (you want it to be as dry as possible).
- Working in batches, place the cauliflower in a food processor with the ricotta, butter, roasted garlic, garlic oil, ¼ teaspoon pepper, and 1 teaspoon salt and process until almost smooth but some chunks remain, 20 to 30 seconds. Season to taste with more salt and pepper. Garnish with more cloves of roasted garlic and serve warm.



Jessica Lewis



SIDE DISHES

ROASTED GARLIC and GARLIC OIL

CHEFF'S WORDS

Makes 30 to 40 cloves and 2 Cups Oil Prep Time: 5 Minutes Total Time: 2 Hours

INGREDIENTS

- 2¼ cups olive oil
- 30 large or 40 medium cloves garlic, peeled

DIRECTIONS

- In a small saucepan, combine the oil and garlic. Set over medium-low heat and don't turn it any higher, you impatient people! The oil will heat up slowly and the garlic will start to sort of fizz and sizzle after 10 to 15 minutes. Continue to cook the garlic until it slowly turns golden brown but stays really soft, 30 to 40 minutes longer (if it gets dark or starts to develop a bubbly, sort of hard outer layer, turn the heat down).
- Remove from the heat and let the garlic sit in the oil on the counter for another hour or two, or up to 24. Strain the garlic cloves from the oil and keep them refrigerated separately in tightly sealed containers. Before using the oil, let it come to room temperature or run the jar under warm water for 1 minute to liquefy.



Jessica Lewis



SIDE DISHES

MISO BUTTER ONIONS

CHEFF'S WORDS

Serves: 6 These onions are a bit of a revelation, and the very definition of low effort/high impact, where just a few ingredients come together to create something truly spectacular. The size of your onions is also important; they should be small, weighing about 5¼ oz/150g each. If you can't get hold of small onions, use large shallots instead. These are best eaten straight out of the oven, but if you are making them ahead, warm the sauce up before serving, thinning it with a bit of water. Serve spooned over toast, rice, or mashed potatoes. Roasted chicken, predictably, is also a great match.

INGREDIENTS

- 8 small onions or 8 large shallots (about 5¼ oz/150g each; 2½lb/1.2kg total)
 - 7 tbsp/100g unsalted butter, melted
 - ⅓ cup plus 1 tbsp/100g white or other miso paste
 - 1 qt/1 L warm water
- Halve the onions or shallots lengthwise, discarding the papery skin, as well as the layer beneath if it is tough or dry.
 - Trim the tops and a little off the bottom (not too much--you want to ensure the onion halves stay held together at the base).

DIRECTIONS

- In a medium bowl, whisk together the melted butter, miso, and warm water until fully combined.
- Place the onion halves, cut-side down and spaced apart, in a 9 x 13-inch/23 x 33cm high-sided baking dish or pan and pour in the miso water.
- Cover tightly with aluminum foil and bake for 35 minutes, then remove the foil and turn the onions over so they are cut-side up (take care to ensure they remain intact).
- Baste the onions very well, then return to the oven, uncovered, for another 45-50 minutes, basting every 10 minutes, until the onions are very soft, deeply browned on top, and the sauce has reduced to a gravy consistency.
- Carefully transfer the onions to a platter, pouring the sauce over and around them, and serve at once.



Jessica Lewis



SIDE DISHES

TACO BROCCOLI

CHEFF'S WORDS

Serves: 2-4. Taco broccoli is delicious, even for people who say they don't like broccoli. The vegetable gets crisp and unrecognizable in the hot oven.

INGREDIENTS

- 1 head of broccoli
- ¼ cup taco seasoning (see Note, below)
 - 3 tablespoons olive oil
- Preheat oven to 450 degrees.
- Cut broccoli into florets. In a large bowl, combine broccoli, olive oil, and taco seasoning, mixing well until broccoli is evenly coated with oil and seasoning. Spread on a sheet pan, spacing the broccoli so there's space between florets, using two sheet pans if necessary. (You want the broccoli to roast, not to steam.) Roast until edges are brown and charred, about 25 minutes. Scrape into bowl and enjoy.

DIRECTIONS

- **NOTE: TACO SEASONING:** The vaguely referenced taco seasoning is as flexible as its namesake dish. You can't really go wrong with a base of garlic, onion, oregano, paprika, cumin, and some form of chili (many recipes simply reference chili powder, which unhelpfully adds only further vagueness). This is a great mix to experiment with, trying out different peppers, adding a secret ingredient (coriander is common), or adjusting ratios. The blend works whether your taco is soft or hard (or a burrito, fajita, or quesadilla) and on all manner of fillings: beef, chicken, pork, bean, and vegetables. It's less common in fish tacos, where citrus and cilantro flavors reign, but not unheard-of.



Jessica Lewis



SIDE DISHES

CRISPY SWEET POTATO FRIES

CHEFF'S WORDS

Serves: 2. Sweet potato fries cooked in the air fryer come out perfectly delicious, with just the right balance of crispy on the outside and creamy potato on the inside. Just be sure to try to cut the potatoes the same size. This way, all the fries finish at the same time, without pieces that are burnt, overcooked, or undercooked.

INGREDIENTS

- 2 (6-ounce) sweet potatoes, peeled
 - 2 teaspoons olive oil
 - ½ teaspoon garlic powder
 - ¼ teaspoon sweet paprika
- Freshly ground black pepper
 - ½ teaspoon kosher salt

DIRECTIONS

- Cut the potatoes lengthwise into ¼-inch-thick slices, then cut each slice into ¼-inch-thick fries. Transfer to a large bowl and toss with the oil, salt, garlic powder, paprika, and pepper to taste.
- Preheat the air fryer to 400°F.
- Working in batches, arrange a single layer of the fries in the air fryer basket. Cook for about 8 minutes, flipping halfway, until golden brown and crisp on the outside. (For a toaster oven-style air fryer, cook at 350°F for 8 to 10 minutes). Serve immediately.
- NOTE: A mandolin slicer is very helpful here in producing uniformly thin slices. Also note that if your fries are cut thicker than this, they will take longer to cook.



Jessica Lewis



SIDE DISHES

BBQ ROASTED GREEN PEAS

CHEFF'S WORDS

Serves: 4 Pantry: Up to 1 Week True story, I hate peas. Or should I say, I strongly dislike them--in fact, I never cook them unless they are mixed in a recipe with so many other ingredients that you can't really taste them. Surprisingly though, I'm completely addicted to these BBQ roasted peas! They're an ideal crunchy snack, but they would also make a great topper for salads or soups.

INGREDIENTS

- Olive oil spray
- 1 (16-ounce) package frozen green peas (not petite), thawed
 - 1 tablespoon onion powder
 - 1 tablespoon garlic powder
 - 1 teaspoon smoked paprika
 - 1½ teaspoons kosher salt
 - ½ teaspoon mustard powder
- 1 tablespoon packed brown sugar
 - ⅓ teaspoon cayenne pepper
 - 1 tablespoon olive oil

DIRECTIONS

- Preheat the oven to 350°F. Adjust two oven racks to the second position from the top and the second position from the bottom. Spray two large sheet pans with oil.
- Lay the thawed peas out on a kitchen towel or paper towels. Top with another towel and gently roll the peas between the towels to remove excess moisture.
- In a small bowl, combine the onion powder, garlic powder, paprika, salt, mustard powder, brown sugar, and cayenne. Set aside.
- Lay the peas out in an even layer on the prepared sheet pans and spritz all over with oil spray. Cook for about 20 minutes to partially roast them, then remove from the oven.
- Drizzle the peas with the olive oil and gently toss to evenly coat. Sprinkle the seasoning mix over the top and toss again to evenly coat the peas.
- Place the sheet pans back in the oven, rotating them on the racks for even cooking. Roast until crispy and golden, 45 to 50



Marcia
Williamson



SIDE DISHES

BUFFALOED SPAGHETTI SQUASH

CHEFF'S WORDS

Serves: 4. Store squash in a cool, dark place for up to a month. Once cut, wrap in plastic, and refrigerate up to 5 days. To prepare, rinse and cut lengthwise. Remove and discard the seeds. Peel skin if desired.

INGREDIENTS

- 2 medium spaghetti squash
- 1 Tbsp extra virgin olive oil
- 2 cups cooked shredded chicken
- 1 cup shredded monterrey jack
 - 2 Tbsp butter, melted
 - 1/3 cup hot pepper sauce
- 4 oz cream cheese, softened
 - Pinch of black pepper

DIRECTIONS

- Preheat oven to 400 degrees.
- Cut spaghetti squash lengthwise in half, remove seeds. Brush olive oil on flesh of the spaghetti squash. Place face down on lined sheet pan. Roast for 35 minutes.
- In a large bowl, combine $\frac{3}{4}$ cup of shredded cheese, melted butter, hot sauce, cream cheese, and pepper. Mix with a fork until well blended. Fold in shredded chicken.
- Using a fork, scrape out the strands of spaghetti squash, making sure to preserve the squash shells. Mix with chicken mixture. Divide the stuffing evenly between the 4 squash halved. Top with remaining shredded cheese.
- Turn oven down to 350 degrees. Place filled squash back on baking sheet. Cover loosely with aluminum foil so cheese does not stick. Bake for 10-15 minutes.



Marcia
Williamson



SIDE DISHES

BEETS, BEANS, and GREENS

CHEFF'S WORDS

Serves: 6. Cut the leaves off the beets, leaving about 1 inch stems. Store leaves in a plastic bag in the vegetable drawer for no more than 3 days. Use the leaves in salads. Place the beets in a separate plastic bag. Store beets in the refrigerator for up to a week, or a little longer. To prepare, scrub beets with a brush, remove roots, then cut as desired.

INGREDIENTS

- ¼ cup lemon juice
- 1 garlic clove, finely chopped
 - 2 tsp mustard
- 2 tablespoons of olive oil
- 2 cups cooked beets, sliced
- 1 head of lettuce, washed, torn
- 1 cup wax beans, cooked, rinsed
- 1 cup garbanzo beans, rinsed

DIRECTIONS

- To make the dressing, combine lemon juice, garlic, mustard, and olive oil in a large bowl.
- Place the sliced beets in a small bowl. Toss 1 tablespoon of dressing with the beets to coat.
- Add the torn lettuce along with the wax beans and garbanzo beans to the large bowl. Toss with the remaining dressing to coat.
- Place the mixed lettuce and beans on plates. Top with beets.



Marcia
Williamson



SIDE DISHES

ZESTY CORN SKILLET

CHEFF'S WORDS

Serves: 6. Choose ears with green husks, fresh silks, and tight rows of kernels. Refrigerate corn with husks on for use within 1-2 days. If corn is unhusked, put ears in a plastic bag and refrigerate until preparation time. To prepare, remove the husks immediately before cooking.

INGREDIENTS

- 14 ears sweet corn, shucked
- 1 Tbsp extra virgin olive oil
- 1 medium red onion, chopped
- 1 small green bell pepper, diced
 - 3 large tomatoes, diced
 - 1 tsp sugar
 - $\frac{3}{4}$ tsp salt
 - $\frac{1}{4}$ tsp black pepper
 - $\frac{1}{4}$ tsp hot pepper sauce
- $\frac{1}{2}$ pound small okra pods

DIRECTIONS

- Heat skillet over medium-high heat, add olive oil. Sauté onion and bell pepper for 1 minute or until tender.
- Stir in corn and tomatoes. Sprinkle with sugar, salt, black pepper, and hot pepper sauce, mix.
- Place okra pods on top of corn mixture. Cover skillet and reduce heat to low.
- Serve immediately.



Marcia
Williamson



SIDE DISHES

CARROT and TOMATO BOW- TIES

CHEFF'S WORDS

Serves: 4. When storing carrots, remove tops, which are edible, and refrigerate in a plastic bag for up to 2 weeks. Do not store next to apples and pears, which can speed up ripening. To prepare, do not wash carrots until ready to use. Gently scrub under cold water to remove all dirt surface. Next, trim the ends and peel if desired. If there is a bad spot on them, cut it out.

INGREDIENTS

- 1 Tbsp olive oil
- 1 small onion, chopped
- 6 carrots, peeled and sliced
- 4 plum tomatoes, diced
- ½ cup V-8 vegetable juice
 - ¼ tsp salt
- ¼ tsp fresh cracked black pepper
 - ¼ tsp sugar
- 2 Tbsp fresh parsley, chopped
 - 1 tsp butter
- 3 cups farfalle pasta, dry

DIRECTIONS

- Boil water, cook farfalle pasta. Drain and rinse.
- While the pasta cooks, in a saucepan, add olive oil and cook the chopped onion until soft. Do not brown.
- Add in carrots, tomatoes, V-8 vegetable juice, salt, pepper, and sugar. Stir.
- Cover and cook on low heat for 5 minutes. Remove lid and continue to cook for another 5 minutes, stirring occasionally.
- In a large bowl, mix the butter with the cooked pasta. Sprinkle with parsley and mix to coat. Top with carrot mixture, stir to mix evenly.



Marcia
Williamson



SIDE DISHES

ROASTED CAULIFLOWER

CHEFF'S WORDS

Serves: 2-4. This is a family favorite, please enjoy!

INGREDIENTS

- 1 bunch of scallions
- 1 head of cauliflower
- 3 tablespoons of olive oil
- Salt and pepper to taste (optional)
- ½ cup of parmesan cheese

DIRECTIONS

- Preheat oven to 400 degrees.
- Cut cauliflower into bite size pieces.
- Cut scallions into small pieces.
- Toss the cauliflower, scallions, olive oil and salt and pepper in a bowl and spread out on a sheet pan.
- Bake for 10 minutes, stir, and cook for an additional 10 minutes.
- Sprinkle the parmesan cheese evenly across the mixture and bake an additional 5 minutes.
- Can be baked longer or placed under the broiler to brown and caramelize further.



Marcia
Williamson



SIDE DISHES

ROASTED CARROTS

CHEFF'S WORDS

Serves: 4-6. This is a family favorite, please enjoy!

INGREDIENTS

- 2 pounds of carrots, peeled and cut in half horizontally and then cut into 2-3 inch pieces
 - 3 tablespoons of olive oil
 - ½ tsp fresh or dried thyme
- 1 tsp. chopped fresh or dried oregano
 - Salt and pepper to taste (optional)

DIRECTIONS

- Preheat oven to 400 degrees.
- Mix and toss all ingredients in a bowl.
- Place a single layer of carrots in a pan and cover with foil.
- Bake approximately 30 minutes.
- If needed, uncover and continue to bake until desired tenderness is achieved.



Marcia
Williamson



SIDE DISHES

HONEY CHILE- GLAZED BRUSSELS SPROUTS

CHEFF'S WORDS

Serves: 4-6. Eating Well Magazine April 2020.

INGREDIENTS

- 2 pounds of Brussels sprouts, trimmed and halved (about 6 cups)
 - 2 tablespoons olive oil
 - ¼ tsp salt (optional)
 - ¼ cup honey
 - 1 ½ tablespoon Siracha
 - 2 teaspoons lime juice
- 1 tablespoon toasted sesame seeds

DIRECTIONS

- Place a rimmed baking sheet in the oven; preheat oven to 450 degrees.
- Toss Brussels sprouts, oil and salt in a medium bowl. Spread on the hot baking sheet. Roast until browned and tender, 10-15 minutes.
- Meanwhile, whisk honey, Siracha, and lime juice in a bowl.
- Drizzle the Brussels sprouts with the honey mixture and stir to coat; continue roasting for 5 minutes more. Sprinkle with sesame seeds.



Jim Dunson



SIDE DISHES

HOPE DINING ROOM SWEET POTATO CASSEROLE

CHEFF'S WORDS

Hope Dining Room received and used donations of food. Outback Steak House consistently donated both white and sweet baked potatoes in-the-skin. Rhino and I came up with a "recipe" for using them that turned out to be fairly popular. Miriam even figured out how to get kids to eat them! Divide the recipe to suit your family size.

INGREDIENTS

- 60 large baked sweet potatoes, about 1 pound each, thawed
 - 2 pound package dark brown sugar
 - ¼ cup powdered cinnamon
 - 1 pound butter cut into 1 tsp slices

DIRECTIONS

- Skin sweet potatoes and assemble skinned potatoes into shallow full-sheet baking pan
- Mash with potato masher to homogenize
- Sprinkle with brown sugar and cinnamon, then stir to mix
- Arrange butter pats on top in rows
- Cover with aluminum foil and bake in bottom of oven below meat loaf at 375 degrees for one hour



Eat Clean

Calvary Cooks 2021

ENTREES

“Give me neither
poverty nor riches,
but give me only
my daily bread.
Otherwise, I may
have too much and
disown you and
say, ‘Who is the
Lord?’”

--Proverbs 30:8b-9



Darlene Battle

ENTREE

ZUCCHINI MEATBALLS

CHEFF'S WORDS

Serves 4-6.

INGREDIENTS

- 2 medium size zucchini, shredded
 - 3 cloves garlic, minced
 - 1 ¼ cups fresh breadcrumbs SEP
- ½ cup minced fresh Italian parsley leaves SEP
 - 1 teaspoon fine sea salt SEP
 - Pepper to taste
 - 1 ½ teaspoons dried oregano
 - 2 large eggs, slightly beaten with a fork
 - 2/3 cup freshly grated Pecorino Romano cheese SEP
 - ½ to ¾ cup flour
 - ¼ cup vegetable oil

DIRECTIONS

- Preheat oven to 350°F.
- Spread the zucchini on non-stick baking sheets and place them in the oven. Turn off the heat and let the zucchini dry out for a couple of hours to remove excess water. This step can be done a day ahead.
- In a large bowl, combine the garlic, breadcrumbs, parsley, salt, pepper, oregano, eggs, and cheese. Coarsely chop the zucchini and add it to the bowl and mix well. Refrigerate the mixture for 20 minutes.
- Scoop small amounts of the mixture into your hands and form meatballs the size of a small egg, (to make about 18,) or make them larger if you prefer. Roll the balls in the flour.
- Heat the vegetable oil in a large sauté pan, over medium-high heat and fry the meatballs, turning them occasionally so they brown evenly, or bake them in an oiled casserole dish in a preheated 350°F oven for 20 to 25 minutes. Transfer the meatballs to a serving dish; serve hot with tomato sauce if preferred.



Erica Chadick

ENTREE

SALSAFIED CHICKEN

CHEFF'S WORDS

Serves 5-6. My family loves this recipe. It is a quick one pot meal and I think it hits all the points in a Mediterranean diet. Chicken is in the name, but it is actually not the most prominent ingredient, but a variety of vegetables are. Although I never would, the chicken could be omitted altogether as there are other sources of protein in this recipe.

INGREDIENTS

- 1 tablespoon olive oil
 - 1 onion, diced
- 1 sweet pepper, diced
 - ½ cup celery, diced
 - 1 can black beans
 - 1 cup salsa
 - ½ cup rice
 - 1 cup chicken broth
- ½ pound pre-cooked chicken (shredded/fajita strips)
- 2 cup frozen mixed vegetables
 - shredded cheddar cheese

DIRECTIONS

- Heat onion, pepper and celery in oil until tender.
- Add black beans, salsa, rice, and chicken broth.
- Heat to boiling.
- Place chicken and mixed vegetables on top.
- Reduce heat to low, cover and simmer 15-20 minutes, or until rice is tender, mixing in chicken and frozen vegetables halfway through cook time.
- Top with cheese.
- Served with side of corn tortilla chips and guacamole.



Erica Chadick

ENTREE

ROASTED VEGETABLES with APPLE and SMOKED SAUSAGE

CHEFF'S WORDS

Serves 4-5. This is a family favorite. Enjoy!

INGREDIENTS

- 4 medium potatoes diced
- 9-12 oz smoked sausage, sliced
- 4 cups frozen vegetable blend (broccoli, cauliflower, carrots)
 - 2-3 cups frozen green beans
- 1 onion, peeled and cut into large slices
- 3 tablespoons olive oil, divided
- 2 teaspoons rosemary, divided
- 2 tablespoons parsley, divided
- salt & pepper to taste
- 1 medium Honeycrisp apple, cut into 16 wedges
- **Notes:** - I use a variety of chicken sausages (whatever is on sale)
 - Other vegetables can be substituted/added (Brussel sprouts, etc.)
 - If using raw vegetables cooking time and temperature may vary.

DIRECTIONS

- Preheat oven to 450 degrees.
- Toss potatoes in 1 tablespoon oil, 1/2 teaspoon rosemary, 1/2 tablespoon parsley, salt and pepper in a large bowl. Spread potatoes evenly on large greased baking pan. Bake for 15 minutes.
- Toss frozen vegetable blend, green beans and onion in 2 tablespoons oil, 1 1/2 teaspoons rosemary, 1 1/2 tablespoons parsley, salt and pepper in large bowl.
- Remove pan from oven, and turn potatoes. Spread sausage and seasoned vegetables evenly on pan. Bake for additional 20 minutes, turning halfway through baking.
- Preheat broiler to high. Add apple to pan; broil until apple is tender and vegetables are slightly caramelized, 5-6 minutes.



Erica Chadick

ENTREE

WHITE FISH BUBBLY BAKE

CHEFF'S WORDS

Serves 5-6. Serve with Awesome Rice Pilaf (recipe follows).

INGREDIENTS

- 2-2.5 pounds white fish fillets (Cod, Haddock, Flounder)
 - salt and pepper to taste
- 1 (10.75 oz) can condensed cream of celery soup
 - 1 onion, thinly sliced
- shredded sharp cheddar cheese

DIRECTIONS

- Preheat oven 350°F. Lightly butter 13x9 casserole dish.
- Arrange fish fillets in the bottom of the prepared casserole dish, and sprinkle with salt and pepper to taste. Layer onion slices over fish. Spread cream of celery soup over all, and top with shredded cheese.
- Bake in preheated oven for 40 minutes, or until bubbly and fish flakes easily with fork.



Erica Chadick

ENTREE

AWESOME RICE PILAF

CHEFF'S WORDS

Serves 5-6. Serve with White Fish Bubble Bake (previous recipe).

INGREDIENTS

- 1 teaspoon olive oil
- 3-4 stalks celery, finely chopped
 - 1 bell pepper, diced
 - 1 onion, finely chopped
 - 2 cloves garlic, minced
 - 2/3 cup white rice
- 1-2 cups frozen mixed vegetables
 - 1 1/3 cup chicken broth
 - 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
 - 1 teaspoon dried parsley
 - 1/4 teaspoon dried thyme
 - salt and pepper to taste

DIRECTIONS

- Heat oil in large saucepan over medium heat; cook and stir in celery, bell pepper, onion and garlic until vegetables begin to soften, about 5 minutes.
- Stir rice and mixed vegetables into pan to combine. Pour chicken broth, soy sauce and Worcestershire sauce into rice mixture. Season with parsley, thyme, salt and pepper. Bring to a boil and reduce heat to low. Cover and simmer until rice is tender, about 20 min.



Everett Ramer

ENTREE

MOIST and JUICY HAMBURGERS

CHEFF'S WORDS

Serves 4-6. Original recipe by Mrs. A. L. Troyer in Mennonite Community Cookbook, Mary Emma Showalter, Herald Press, 1950.

INGREDIENTS

- 1 pound ground beef
- 1 cup bread or cracker crumbs
 - 1 onion, chopped
 - ½ cup milk
 - 1 egg
 - 1 teaspoon salt
- 1/8 teaspoon pepper

DIRECTIONS

- Soak breadcrumbs in milk.
- Mix all ingredients (use your fingers).
- Shape into patties.
- To freeze, place patties on waxed paper on cookie sheet. Move to Ziploc bag when frozen.
- To cook grill, bake, or fry (165°F on meat thermometer).



Tom Parkins

ENTREE

COLONEL TOM'S CHICKEN

CHEFF'S WORDS

Makes 5 halves. This is the recipe for BBQ chicken that was so common years ago at the VFW Roadside Chicken BBQ on the way to the beach. Most of the recipes are guarded secrets but this is close.

INGREDIENTS

- ½ cup oil
- 1 cup cider vinegar
 - 4 tsp salt
 - ¼ tsp Pepper
- 1 ½ tsp Poultry seasoning
- 1 egg or 1-2 Tbsp Spoon
Mayonnaise

DIRECTIONS

- Mix in an old peanut butter jar, shaking well. Let it sit an hour or so, shake again.
- Place the chicken in a gallon Ziplock bag. Soak the chicken an hour or two or overnight.
- Cook over a carbon dioxide producing charcoal fire, pouring on extra juice frequently.
- Takes about 45 min -hour, but low and slow is mighty good.



Jim Dunson



ENTREE

CALVARY BAPTIST BBQ MEATLOAF

CHEFF'S WORDS

This recipe is popular with community at Hope Dining Room. Adapted by Jim Dunson from original 2010 recipe by Tom Seller. This recipe was made in 12 @ 9x5x3-pan batches, then slices served hot to 90-some clients along with mashed potatoes, gravy, green beans, salad, bread, and cake. During COVID takeout, cold slices are served as a sandwich along with a pickle spear, cherry tomatoes, bag of chips, cookie, and a mint.

INGREDIENTS

Shopping list for one 9x5x3-pan batch:

- 2 ½ pounds grass-fed lean ground beef

Wet ingredients:

- 3 large eggs
- ½ can condensed cream of mushroom soup
- 1 good shake bottled Worcestershire sauce
- 1 good shake bottled less-sweet BBQ sauce

Dry ingredients:

- 5 ½ ounce can seasoned cheesy bread crumbs such as 4C
- 2 ounce bottle chopped dry onions or 1 medium fresh onion chopped fine
- 1 tsp coarse ground black pepper
 - 1 tsp garlic powder

DIRECTIONS

- Combine wet ingredients and squish into ground beef until uniform.
- Combine dry ingredients and knead into squished ground beef. Texture will shift to bread-like when ready; do not over-knead, so as to get better texture.
- Place into 9x5x3 pan lined with non-stick foil, with non-stick side inside.
- Bake at 360 degrees for one hour; internal temperature will be near 150 degrees.
- Remove from oven, drain excess fat, spread top with a good squirt BBQ sauce.
- Brown at 375 degrees for ¼ hour; internal temperature will be near 165 degrees.
- Remove from foil, slice, and serve hot; or cool before slicing for sandwiches.



Christine
Lewis

ENTREE

PAN-SEARED HALIBUT with CREAMED CORN and TOMATOES

CHEFF'S WORDS

Serves 4. This recipe calls for halibut-line-caught from the Pacific Ocean is the most sustainable option. Can't find it? Swap in Pacific cod or U.S. farmed tilapia instead.

INGREDIENTS

- 4 ears corn, husked
- 1 ½ cups whole milk
- 3 cloves garlic, divided
 - 1 sprig fresh thyme
- 3 cups chopped tomatoes
- 3 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil, divided
 - ¼ teaspoon salt, divided
 - 1 tablespoon butter
 - ¼ cup chopped shallot
- 2 tablespoons all-purpose flour
- 2 tablespoons grated Parmesan cheese
- ½ teaspoon ground pepper, divided
 - 1 ¼ pounds halibut, cut into 4 portions

Cut kernels from cobs and set aside.

Cut or break the cobs in half and place in a large saucepan. Add milk, 2 garlic cloves and thyme. Cook over medium heat until starting to simmer around the edges.

DIRECTIONS

- Remove from heat, cover, and let steep for 10 minutes. Strain into a glass measuring cup or small bowl; discard the solids.
- Meanwhile, grate the remaining garlic clove into a medium bowl. Stir in tomatoes, basil, 1 tablespoon oil and ¼ teaspoon salt. Set aside.
- Melt butter in the pan over medium heat. Add the shallots and cook, stirring occasionally, until starting to soften, about 3 minutes. Sprinkle with flour and cook for 30 seconds. While stirring, slowly add the milk. Adjust heat to maintain a simmer, cover and cook until thickened, about 5 minutes. Stir in Parmesan and ¼ teaspoon each salt and pepper. Cover and set aside.
- Sprinkle halibut with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the halibut and cook, turning once, until lightly browned and just cooked through, 5 to 7 minutes total.
- Serve the halibut with the reserved creamed corn and tomatoes.



Christine
Lewis

ENTREE

CHARRED SHRIMP and PESTO BUDDHA BOWLS

CHEFF'S WORDS

Serves 4. These shrimp and pesto Buddha bowls are delicious, healthy and pretty, and they take less than 30 minutes to prep. In other words, they're basically the ultimate easy weeknight dinner. Feel free to add other vegetables and swap the shrimp for chicken, steak, tofu, or edamame.

INGREDIENTS

- ¼ cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
 - ½ teaspoon salt
 - ¼ teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16-20 count), patted dry
 - 4 cups arugula
 - 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
 - 1 avocado, diced

DIRECTIONS

- Whisk pesto, vinegar, oil, salt, and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both aside.
- Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
- Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture among 4 bowls. Top with tomatoes, avocado and the shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.



Christine
Lewis



ENTREE

WALNUT- ROSEMARY CRUSTED SALMON

CHEFF'S WORDS

Serves 4. Salmon and walnuts are both great sources of omega-3 fatty acids. Pair this easy salmon recipe with a simple salad and a side of roasted potatoes or quinoa.

INGREDIENTS

- 2 teaspoons Dijon mustard
 - 1 clove garlic, minced
 - $\frac{1}{4}$ teaspoon lemon zest
 - 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary
 - $\frac{1}{2}$ teaspoon honey
 - $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs
 - 3 tablespoons finely chopped walnuts
- 1 teaspoon extra-virgin olive oil
- 1 1-pound skinless salmon filet, fresh or frozen
 - Olive oil cooking spray
- Chopped fresh parsley and lemon wedges for garnish

DIRECTIONS

- Preheat oven to 425 degrees. Line a large rimmed baking sheet with parchment paper.
- Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. Combine panko, walnuts, and oil in another small bowl.
- Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.
- Bake until the fish flakes easily with a fork, 8 to 12 minutes, depending on thickness.
- Sprinkle with parsley and serve with lemon wedges, if desired.



Christine
Lewis

ENTREE

PROSCIUTTO PIZZA with CORN and ARUGULA

CHEFF'S WORDS

Serves 4. Prosciutto and arugula elevate this simple grilled pizza. If you have time, let the dough stand at room temperature for 10 to 15 minutes to make rolling it out easier. Thawed frozen corn works in place of fresh—just pat it dry before sprinkling it on the pizza.

INGREDIENTS

- 1 pound pizza dough, preferable whole-wheat or cauliflower
- 2 tablespoons extra-virgin olive oil, divided
 - 1 clove garlic, minced
- 1 cup part-skim shredded mozzarella cheese
 - 1 cup fresh corn kernels
- 1 ounce very thinly sliced prosciutto, torn into 1-inch pieces
 - 1 ½ cups arugula
 - ½ cup torn fresh basil
 - ¼ teaspoon ground pepper

DIRECTIONS

- Preheat grill to medium-high.
- Roll dough out on a lightly floured surface into a 12-inch oval. Transfer to a lightly floured large baking sheet. Combine 1 tablespoon oil and garlic in a small bowl. Bring the dough, the garlic oil, cheese, corn, and prosciutto to the grill.
- Oil the grill rack. Transfer the crust to the grill. Grill the dough until puffed and lightly browned, 1 to 2 minutes.
- Flip the crust over and spread the garlic oil on it. Top with the cheese, corn, and prosciutto. Grill, covered, until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more. Return the pizza to the baking sheet.
- Top the pizza with arugula, basil, and pepper. Drizzle with the remaining 1 tablespoon oil.



Shiyun Yao



ENTREE

MALAYSIAN STYLE SWEET and SOUR CHICKEN

CHEFF'S WORDS

Serves 2-3. Serve in a pot or with rice. If you add coconut milk and curry paste after all this, you can turn this into a yellow curry dish with chicken. Enjoy!

INGREDIENTS

- Half of an onion (chopped/sliced)
- Half of cut whole pineapple, cubed
 - 2 bell peppers, any color, sliced
 - A dash of chopped ginger
- 1 - 1.5 lb chicken breast, sliced or cubed
- 2 jalapenos, or any spicy pepper of your choice, chopped
 - Salt, to taste
 - Honey
 - Cooking oil
- Plenty of grape tomatoes, halved or regular size tomato, cubed
 - Half a lemon (or orange)

DIRECTIONS

- Marinate the chicken for 30 min beforehand with salt and honey.
- Heat up a pan with oil with medium heat.
- When the oil is heated, add ginger and jalapenos, stir for 1 min.
- Add chicken, stir fry till the color of chicken turns white, then press the lemon for juice.
- Add onion, stir fry for another minute or so, then add bell peppers.
- Until the peppers soften, add tomato, and lastly the pineapple.
- Cover the pot and steam for about 5 min till the pineapple. It's all done!



Sandra Swayne

ENTREE

VEGGIE PIZZA

CHEFF'S WORDS

Serves 4. This is a summertime favorite. Enjoy!

INGREDIENTS

- 2 Pillsbury croissant rolls
- 2 pkgs cream cheese (room temp)
 - ½ cup of Ranch dressing
- Any veggies of your choice, chopped finely, (we use mushrooms, tomatoes, olives, peppers, cucumbers, lettuce)
- 1 pkg shredded cheese of choice.

DIRECTIONS

- Place rolls on a large baking sheet stretching and pinching seams together.
- Bake at 350 until sides brown.
- Remove from oven and cool.
- Mix cream cheese and ranch together and spread on crust.
- Add veggies and cheese on top, cut into squares and enjoy.



Eat Clean

Calvary Cooks 2021

SWEET TREATS

“When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and the alien. I am the Lord your God.”

--Leviticus 23:22



Marcia
Williamson



SWEET
TREATS

SWEET POTATO BISCUITS

CHEFF'S WORDS

Serves 18. Select sweet potatoes that are small to medium in size with smooth skin, avoiding those with soft spots. Store in a cool, dry place for up to a month. Prior to preparing, scrub with a vegetable brush under cold water. You can peel sweet potatoes, but the skin is edible. Serving suggestion: Enjoy with a drizzle of honey.

INGREDIENTS

- 4 sweet potatoes
 - 2 cups flour
 - ½ cup shortening
 - 2/3 cups sugar
- ½ Tbsp baking powder
 - 1 tsp salt

DIRECTIONS

- Peel and cook sweet potatoes. Mash sweet potatoes into 2 cups.
- Preheat oven to 425 degrees.
- Mix dry ingredients together. Cut in shortening. Add mashed sweet potatoes to make a soft dough.
- Pat out on a floured surface and cut using a 2 ¼ inch biscuit cutter or floured drinking glass.
- Place on baking sheet. Bake for 10-12 minutes.



Marcia
Williamson



SWEET
TREATS

PUFFY APPLE PANCAKE

CHEFF'S WORDS

Serves 4. Apples should feel firm to the touch and be free of bruises. Place apples in a plastic bag and refrigerated in the crisper for up to a month. Do not peel or slice an apple until ready to use or it will begin to brown. Dip slices into lemon juice to slow down the browning process.

INGREDIENTS

- 2 Tbsp butter
- 2 Tbsp brown sugar
- ½ tsp ground cinnamon
- 1 medium apple (Gala, Fuji), cored, peeled, sliced
- 2 large eggs
- ½ cup milk
- ¼ tsp salt

DIRECTIONS

- Preheat oven to 400 degrees. Melt butter in a 9-inch pie plate.
- Remove from oven, brush butter on sides of a pie plate. Sprinkle brown sugar and cinnamon on bottom of a pie plate. Arrange thinly sliced apples over sugar.
- In a bowl, whisk together eggs, milk, and salt. Pour over apples.
- Bake for 30-35 minutes or until puffy and deep golden brown.
- Remove from oven and immediately loosed edge or pancake. Turn upside down to plate.



Jean Dunson

EASTER STORY COOKIES

SWEET
TREATS

CHEFF'S WORDS

Makes about 1 ½ to 2 ½ dozen cookies. A two-day process that is great to do with kids on the night before Easter. Cookies will not do as well if it is a humid day. Spiritual preparation goes along with the cookie making. **You will need:** Bible, 2 parchment paper lined baking sheets, medium-sized mixing bowl, plastic bag, measuring spoons and cup, plastic bag, measuring spoons and cup, mixer, teaspoons.

INGREDIENTS

- 1 cup pecan halves, or chocolate chips
 - 1 teaspoon white vinegar
 - 3 egg whites
 - 1 pinch salt
 - 1 cup white sugar

DIRECTIONS

Preheat oven to 300 degrees F. Place pecans in a zip-lock plastic bag. Crush the pecans into small bits. **Read John 19:1-3.** Put 1 teaspoon vinegar into a medium bowl. **Read John 19:28-30.** Add egg whites to the vinegar. **Read John 10:10-11.** Sprinkle salt onto the egg whites. **Read Luke 23:27.** So far, the mixture isn't very appetizing. Add 1 cup sugar. **Read Psalm 34:8 and John 3:16.** Beat with mixer on high speed for 12-15 minutes or until stiff peaks are formed. **Read Isaiah 1:18 and John 3:1-3.** Fold in broken nuts or chocolate chips. Drop by teaspoons onto parchment paper lined baking sheet. **Read Matthew 27:57-60.** Place cookies in the oven, close the door and turn the oven off. Wash dishes. **Read Matthew 27:65-66.** Go to bed. **Read John 16:20 and 22.** In the morning open the oven and take out the cookies. **Read Matthew 28:1-9.**



Christine
Lewis



SWEET
TREATS

SALTED-BUTTER APPLE GALETTE with MAPLE WHIPPED CREAM

CHEFF'S WORDS

Serves 8. Before it went viral on the Bon Appetit website, this easy apple galette got a standing ovation during tastings, thanks to its crisp crust and the ideal balance between sweet and salty. Do Ahead: Galette can be baked 2 days ahead. Store tightly wrapped at room temperature. Reheat slightly before serving.

INGREDIENTS

- ½ cup (1/2 stick) salted butter
- ½ vanilla bean, split lengthwise
 - Basic tart dough, see recipe
 - All-purpose flour (for surface)
- 1 lb. baking apples (such as Pink Lady; about 2 large), scrubbed, sliced, 1/8" thick
- 3 Tbsp. dark muscovado or dark brown sugar
 - 1 large egg
 - 1 Tbsp granulated sugar
 - 2 cups heavy cream
 - 2 Tbsp. pure maple syrup
- Place rack in the middle of oven; preheat to 375 degrees. Place butter in a small saucepan and scrape in vanilla seeds; add pod. Cook over medium heat, stirring often, until butter foams, then browns (be careful not to burn), 5-8 minutes. Remove pan from heat and remove pod.

DIRECTIONS

- Roll out dough on a lightly floured surface into a rough 14x10" rectangle about 1/8" thick (alternatively, roll out into a 12" round). Transfer to a parchment lined baking sheet. Arrange apples on top, overlapping and leaving a 1 ½" border. Brush apples with brown butter and sprinkle with muscovado sugar. Lift edges of dough over apples, tucking and overlapping as needed to keep rectangular shape.
- Beat egg with 1 tsp. water in a small bowl and brush crust with egg wash. Sprinkle galette with granulated sugar and bake, rotating sheet halfway through, until apples are soft and juicy and crust is golden brown, 40-50 minutes. Let cool slightly on sheet before slicing.
- Beat cream in a medium bowl to medium-soft peaks and fold in maple syrup. Serve.



Christine
Lewis



SWEET
TREATS

BASIC TART DOUGH

CHEFF'S WORDS

Makes enough for one 10"-diameter tart or one 14x10" galette. Too-cold doughs can crack and split when rolled; let this sit at room temperature for five minutes first. Do Ahead: Dough can be made 2 days ahead. Keep chilled, or freeze up to 1 month.

INGREDIENTS

- 1 Tbsp. sugar
- ½ tsp. kosher salt
- 1 cup all-purpose flour, plus more for surface
- 6 Tbsp. chilled unsalted butter, cut into pieces
- 1 large egg, beaten to blend

DIRECTIONS

- Whisk sugar, salt, and 1 cp flour in a medium bowl. Add butter and rub in with your fingers until mixture resembles coarse meal with a few pea-sized pieces remaining. Drizzle egg over butter mixture and mix gently with a fork until dough just comes together.
- Turn out dough onto a lightly floured surface and knead until smooth (a few dry spots are okay). Form dough into a disk. Wrap in plastic and chill until firm, at least 2 hours.



Christine
Lewis



SWEET
TREATS

BLACK SESAME- PEAR TEA CAKE

CHEFF'S WORDS

Serves: 10-12. Ground black sesame seeds created a dramatically hued cake. Ingredient Info: Almond flour is sold at some supermarkets and at natural foods stores. Black sesame seeds are available at some supermarkets and at Asian markets. Special Equipment: A spice mill.

INGREDIENTS

- ½ cup (1 stick) unsalted butter, room temperature, plus more for pan
- 1 cup almond flour or almond meal
 - 2 tsp. baking powder
 - ½ tsp. baking soda
 - ½ tsp. kosher salt
- 1 ½ cups plus 2 Tbsp. all-purpose flour
- 2 Tbsp. plus ½ cup black sesame seeds
 - 1 1/3 cups plus 2 Tbsp. sugar
 - 1 large egg
 - 1 large egg yolk
 - ¾ cup buttermilk
- 1 medium firm but ripe Bosc pear, peeled, cored, cut into ¼" cubes

DIRECTIONS

- Preheat oven to 325 degrees. Butter one 9x5x3" loaf pan or six 4x2x2" paper or metal loaf pans. Whisk almond flour, baking powder, baking soda, salt, 1 ½ cup sesame seeds in spice mill to form a thick paste.
- Using an electric mixer on medium high speed, beat 1 1/3 cups sugar and ½ cup butter in a large bowl until combined. Add sesame paste and beat, scraping down sides of bowl, 1-2 minutes. Add egg and egg yolk. Beat until pale and fluffy, 3-4 minutes. Reduce mixer speed to low. Add dry ingredients in 3 additions, alternating with buttermilk in 2 additions, beginning and ending with dry ingredients. Toss pear with remaining 2 Tbsp. flour in a small bowl; fold into batter.
- Spoon batter into prepared pan. Sprinkle with remaining 2 Tbsp. sugar.
- Bake cake until a tester inserted into the center comes out clean, about 1 hour 40 minutes for large loaf and 45-55 minutes for small loaves. Transfer pan to a wire rack; let cake cool in pan.



Christine
Lewis



SWEET
TREATS

CHOCOLATE CHUNK-PUMPKIN SEED COOKIES

CHEFF'S WORDS

Serves: 18. For the ideal moist, brownielike texture, take care not to overbake these spiced cookies.

INGREDIENTS

- 1 ½ cups raw pumpkin seeds (pepitas)
 - 2 ½ cups all-purpose flour
- ½ cup unsweetened cocoa powder
 - 2 tsp kosher salt
 - ½ tsp. baking soda
 - ½ tsp. ground cinnamon
- ¼ tsp. hot smoked Spanish paprika
- 1 ½ cups (packed) light brown sugar
 - 1 ½ cups granulated sugar
- 1 cup plus 2 Tbsp. unsalted butter, room temperature
 - 2 large eggs
- 1 ¼ cups bittersweet chocolate chunks
 - Flaky sea salt

DIRECTIONS

- Place racks in upper and lower thirds of oven; preheat to 350 degrees. Toast pumpkin seeds on a large rimmed baking sheet on upper rack, tossing occasionally, until golden brown, 8-10 minutes. Let cool.
- Meanwhile, whisk flour, cocoa powder, kosher salt, baking soda, cinnamon, and paprika in a large bowl. Using an electric mixer on medium-high speed, beat brown sugar, granulated sugar, and butter in a large bowl until pale and fluffy, about 4 minutes. Add eggs one at a time, beating to blend after each addition. Reduce mixer speed to low; add dry ingredients in 3 additions, mixing well blended after each. Fold in chocolate and pumpkin seeds.
- Portion dough into 18 balls (about ½ cup each) and divide between 2 parchment-lined baking sheets, spacing 3" apart. Sprinkle with sea salt. Bake cookies, rotating pans halfway through, until edges are slightly browned and firm but centers are still soft, 18-20 minutes. Transfer pans to wire racks; let cool.



Eat Clean

Calvary Cooks 2021

“EXTRAS”

“But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed.

Although they cannot repay you, you will be repaid at the resurrection of the righteous.”

--Luke 14:13



Jean Dunson



EXTRAS

SOME HEALTHY SNACK IDEAS

- Fresh fruit: apples, dried apples, bananas, dates, oranges, raisins, real fruit juices
- Bread, toast or crackers, whole grain, fruit and nut breads
- Cookies, made with whole grains and minimal sugar
- Dairy: cheese, milk, yogurt
- Granola
- Honey on bread
- Nuts and; seeds: peanuts, and peanut butter, sunflower seeds, roasted soybeans
- Popsicles, homemade with minimal sugar
- Popcorn
- Pretzels
- Puddings, homemade with minimal sugar
- Raisins
- Vegetables: carrot sticks, cherry tomatoes, celery (as is or spread with cheese or peanut butter)



Darlene Battle

EXTRAS

ON PESTICIDES

Researchers at the Connecticut Experiment Station found that rinsing produce under cold water was able to reduce pesticide residues for 9 out of 12 pesticide tested.

The best way to avoid harmful pesticides is of course, growing your own produce or buying only organic products. If, however, you can't grow your own food and organic produce is too expensive or unavailable, here are some tips to ensure your conventional product is as healthy as possible.

Doing the summertime I love growing my own vegetables and herbs (This year will be my first time growing strawberries). However, there are vegetables and fruit that I love in my diet that I can't grow. That's where going to the Farmers Market comes in. It's affordable and there's more of a variety. And from time to time I like to try out a new vegetable (to me).

I was always concerned about how much bacteria and pesticides were on the fruits and vegetables.

It's important to wash off as much bacteria and pesticide residue as possible. What I found beneficial is to soak my vegetables and fruits in vinegar and water for about 20 minutes. I use 4 parts water to 1 part vinegar.

Another great cleaning is baking soda and water. Using 1 oz baking soda. to a 100 oz water (all depending how much fruit and vegetables you purchase).

Darlene Battle

-Matthew 25:35



Everett Ramer



EXTRAS

SUMMER VEGETABLES

The first thing you need is a wok for your grill. There are square models, or round ones, depending on the shape of your grill. You will also need a plastic box for oiling the vegetables and long-handle metal spoon to stir them as they cook. Light the grill and let it heat. If you are using charcoal, and plan to cook meat with the vegetables, put the vegetables on the grill first because they take longer to cook. Start with the slow cooking vegetables (onions, potatoes, carrots) then add faster cooking vegetables (green beans, zucchini, bell peppers), add tomatoes at the very end for only a few seconds (these will even cook from the heat of the other vegetables). Onions are a big favorite of ours. Get a large sweet onion (e.g., Vidalia). Cut off top and bottom and cut in half. Remove more of the skin than you usually do because it will burn on the grill. Cut into 1/8ths (like orange sections) and separate layers. Put in a plastic box with some olive oil and shake. Dump into wok and stir occasionally with large spoon. Cut sweet and Irish potatoes in 1-inch; chunks. Cut carrots in thin rounds. Microwave a bit to cut down on grill time. Then coat with olive oil in your plastic box and add them to the wok. Stir occasionally. Cut zucchini lengthwise in 1/4" thick strips or cut cross sections in 1/4" rounds. Cut bell peppers into strips. Leave green beans whole. Oil and add to wok after the onions and potatoes are softened. Stir occasionally. Cook cherry tomatoes whole and cut regular tomatoes in 1/8ths like orange sections. Add to wok, while stirring gently. Remove from grill and put in serving bowl. You can cover this with a towel to keep warm if you are cooking meat next, or you can reheat the grilled vegetables in the microwave. We add salt to the vegetables at the table. You can do sweet corn on the grill. Keep the husk on. No need to soak before grilling. Lay the ears directly on the grill. Use tongs to rotate a small amount each time the fire side of the ear turns black. Stop cooking when the husk is completely black all around the ear. Use a towel or wash cloth to hold the ear as you remove the husk.

Enjoy a summer of good eating!



Christine
Lewis

EXTRAS

NATURAL HERBS

Basil

Basil is a member of the mint family and native to tropical Asia, where it has been cultivated for more than a thousand years, for both culinary and medicinal purposes. It's an ancient folk remedy for warts and preventing plaque.

- Rich in antiviral compounds
- Natural insect repellent
- Eases gas
- Helps fight plaque formation on teeth

Cinnamon

Cinnamon is one of the world's most important spices and is the bark of an evergreen tree related to the laurel family. It is a close cousin to cassia bark, which is used in Asia. Pungent and warming, cinnamon has been used in the kitchen and medicinally throughout Asia and the Middle-East since ancient times.

- Fights colds, coughs and fevers
- Relieves gas and indigestion
- Stimulates circulation
- Eases allergies

Fennel

Fennel, an anise-flavored vegetable, native to the Mediterranean, is one of the oldest-cultivated plants. Asians valued fennel as a digestive aid, while the Romans enjoyed fennel shoots as a vegetable. The leaves, stalks, and seeds are used for culinary and medicinal purposes. Anethole, the main component of the plant's essential oil, is most concentrated in the seeds.

- Relieves indigestion
- Fights respiratory disease
- Soothes stomach pain
- Helps break up chest congestion

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- Greek Chickpea Salad (“SkinnyTaste Meal Prep - Healthy Make-Ahead Meals and Freezer Recipes to Simplify Your Life,” by Gina Homolka with Heather K Jones, R.D. pgs 78 & 79)
- The Kale Salad That Started It All (“Six Seasons - A New Way With Vegetables,” by Joshua McFadden with Martha Holmberg pgs 309 & 310)
- Black-Eyed Pea and Spinach Salad with Jasmine Rice (“The Dinner Doctor - Quick Cooking When Time is Short ...doctors canned, frozen, boxed, bagged and ready-made deli food for over 230 fast, fresh-tasting dishes,” by Anne Byrn pgs 143 & 144)
- Lentil Soup with Bacon (“SkinnyTaste Meal Prep - Healthy Make-Ahead Meals and Freezer Recipes to Simplify Your Life,” by Gina Homolka with Heather K Jones, R.D. pgs 240 & 241)
- Roasted Tomato Soup (“Cravings - Recipes for All the Food You Want to Eat,” by Chrissy Teigen pgs 42 & 43)
- Curried Crab “Gumbo” (“The Dinner Doctor - Quick Cooking When Time is Short ...doctors canned, frozen, boxed, bagged and ready-made deli food for over 230 fast, fresh-tasting dishes,” by Anne Byrn pgs 114 & 115)
- Warm Curried Carrot Soup (“The Dinner Doctor - Quick Cooking When Time is Short ...doctors canned, frozen, boxed, bagged and ready-made deli food for over 230 fast, fresh-tasting dishes,” by Anne Byrn pgs 76 & 77)
- Miso Butter Onions (“Flavor - Ottolenghi,” by Yotam Ottolenghi & Ixta Belfrage pg. 258)
- Cauliflower Mash with Roasted Garlic and Ricotta (“Cravings - Recipes for All the Food You Want to Eat,” by Chrissy Teigen pgs 162 & 163)
- Taco Broccoli (“On Spice - advice, wisdom and history with a grain of saltiness,” by Caitlin Penzey Moog, pgs 213 ‘Appendix A’ & 238)
- BBQ Roasted Green Peas (“SkinnyTaste Meal Prep - Healthy Make-Ahead Meals and Freezer Recipes to Simplify Your Life,” by Gina Homolka with Heather K Jones, R.D. pgs 146 & 147)
- Crispy Sweet Potato Fries (“The SkinnyTaste Air Fryer Cookbook - the 75 Best Healthy Recipes for your Air Fryer,” by Gina Homolka with Heather K. Jones, R.D. pgs 138 & 139)
- Salted-Butter Apple Galette with Maple Whipped Cream (“COMFORT-The Ultimate Cozy Cooking Companion,” by bon appetit, pg 89)
- Basic Tart Dough (“COMFORT-The Ultimate Cozy Cooking Companion,” by bon appetit, pg 89)
- Black Sesame-Pear Tea Cake (“COMFORT-The Ultimate Cozy Cooking Companion,” by bon appetit, pg 95)
- Chocolate Chunk-Pumpkin Seed Cookies (“COMFORT-The Ultimate Cozy Cooking Companion,” by bon appetit, pg 96)
- Sweet Potato Biscuits (Delaware Department of Agriculture)
- Cabbage and Tomato Salad (Delaware Department of Agriculture)
- Pumpkin Curry Soup (Delaware Department of Agriculture)
- Parmesan Kale Tortellini Soup (Delaware Department of Agriculture)
- Buffaloed Spaghetti Squash (Delaware Department of Agriculture)
- Zesty Corn Skillet (Delaware Department of Agriculture)
- Beets, Beans, and Greens (Delaware Department of Agriculture)
- Carrot and Tomato Bow-Ties (Delaware Department of Agriculture)
- Puffy Apple Pancakes (Delaware Department of Agriculture)
- Charred Shrimp and Pesto Buddha Bowls (Special Edition: Eating Well–Mediterranean Diet; A Delicious Path to Lifelong Health, pg 80)
- Pan-Seared Halibut with Creamed Corn and Tomatoes (Special Edition: Eating Well–Mediterranean Diet; A Delicious Path to Lifelong Health, pg 87)
- Prosciutto Pizza with Corn and Arugula (Special Edition: Eating Well–Mediterranean Diet; A Delicious Path to Lifelong Health, pg 90)
- Walnut-Rosemary Crust Salmon (Special Edition: Eating Well–Mediterranean Diet; A Delicious Path to Lifelong Health, pg 94)
- Natural Herbs (“Spices of Life: Simple and Delicious Recipes for Great Health” by Nina Simonds, pgs 160 & 269)
- Easy French Toast Casserole (Recipe By: Heather Bogle “ALL RIGHTS RESERVED © 2019 Allrecipes.com Printed From Allrecipes.com 12/22/2019”)
- Moist and Juicy Hamburgers (Original recipe by Mrs. A. L. Troyer in **Mennonite Community Cookbook**, Mary Emma Showalter, Herald Press, 1950.)
- Honey Chile-Glazed Brussels Sprouts (Eating Well Magazine April 2020).