



High Protein Lenten Recipes

20 healthy high protein meals with a side of quotes from the saints about lent, repentance and fasting.

Brought to you by the St. Nicholas of Myra Orthodox Mission in Costa Rica.

Welcome to our cookbook for Orthodox Christians who are committed to fitness and struggle with maintaining their diet during the rigorous season of Great Lent. As believers, we are called to exercise self-control, fasting, and abstaining as a form of repentance and spiritual discipline. However, it can be challenging to balance the physical demands of maintaining a fit and healthy body while adhering to the restrictions of Lenten fasting.

We understand that it can be difficult to find nutritious plant-based meals that meet the high-protein needs of those who live an active lifestyle. Therefore, we have created this cookbook to help our Orthodox Christian community stay strong, healthy, and energized while prioritizing Great Lent.

As a guide for this cookbook, we have included quotes from Orthodox saints who have spoken about the importance of fasting, self-control, and repentance. These wise words serve as a reminder that our physical and spiritual health are intimately connected, and that our commitment to both is necessary for a balanced and fulfilling life.

We hope these vegan recipes, with their high protein content, will provide you with the nourishment and sustenance needed to support your physical, mental, and spiritual well-being during Great Lent. May these dishes serve as a reminder that we can nourish our bodies and our souls in a way that is both fulfilling and honoring to our faith.`

Please pray for our mission and Fr. Ignacio, and consider donating to help us continue our work spreading Orthodoxy through Central America.

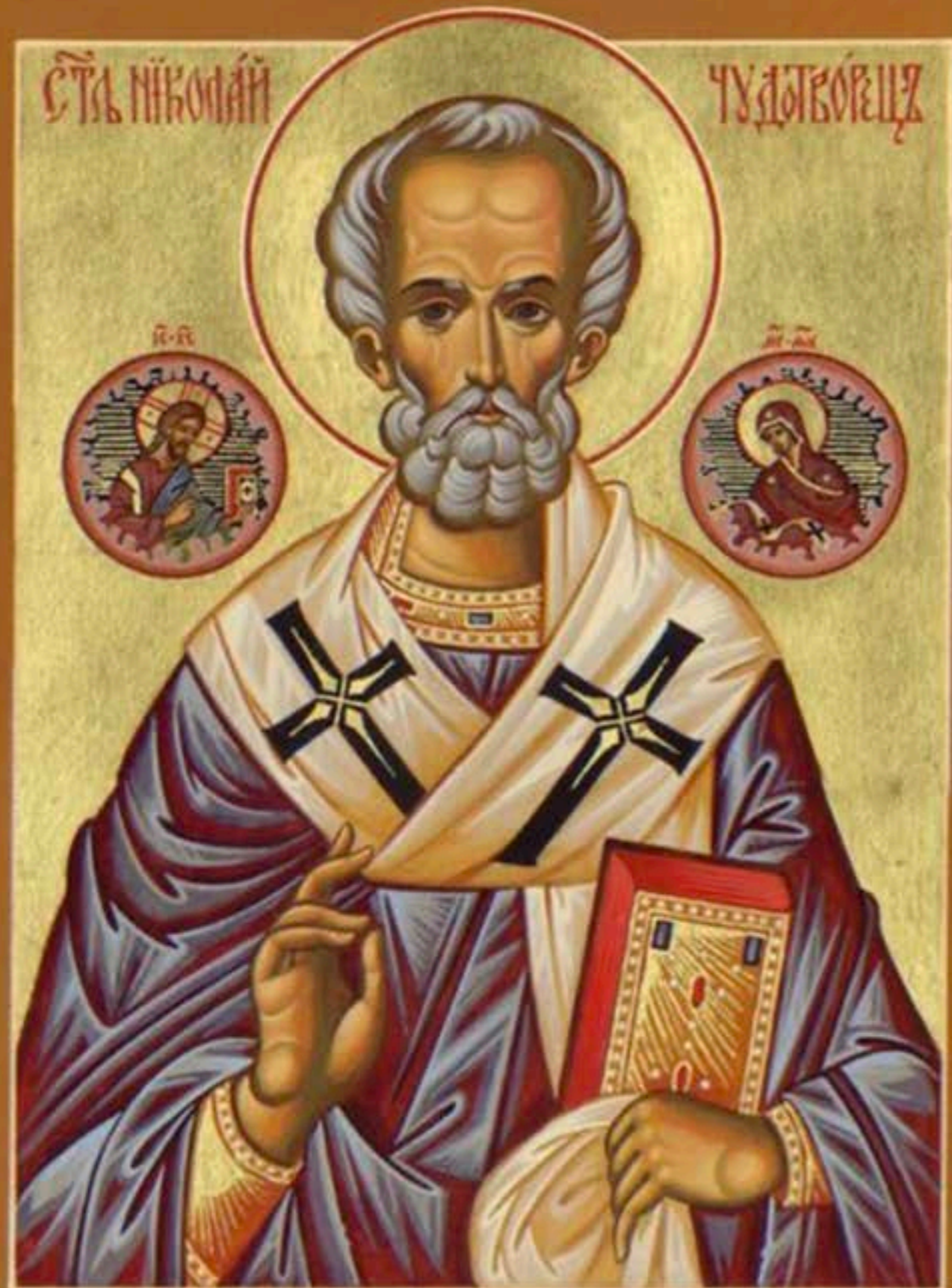
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BREAKFAST

**"Let us cleanse ourselves
of all defilement of flesh and spirit,
perfecting holiness in the fear of God,
and let us strive to be renewed
in the image of God
by repentance, prayer and fasting,
so that we may be purified
and made worthy to receive the
Divine Light of Christ
and to share in His eternal life."**

St. Nicholas of Myra
was known for his great compassion and
generosity towards the poor,
and his example of selfless service continues
to inspire Christians around the world.



Chickpea Breakfast Scramble

- 1 can of chickpeas, drained and rinsed
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper
- 1/4 cup chopped mushrooms
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp turmeric
- Salt and pepper to taste
- 1 tbsp olive oil

In a pan over medium heat, sauté the onion, bell pepper, and mushrooms in olive oil until they soften. Add in the chickpeas, nutritional yeast, garlic powder, cumin, turmeric, salt, and pepper. Cook for 5-7 minutes until everything is heated through and the flavors are combined.

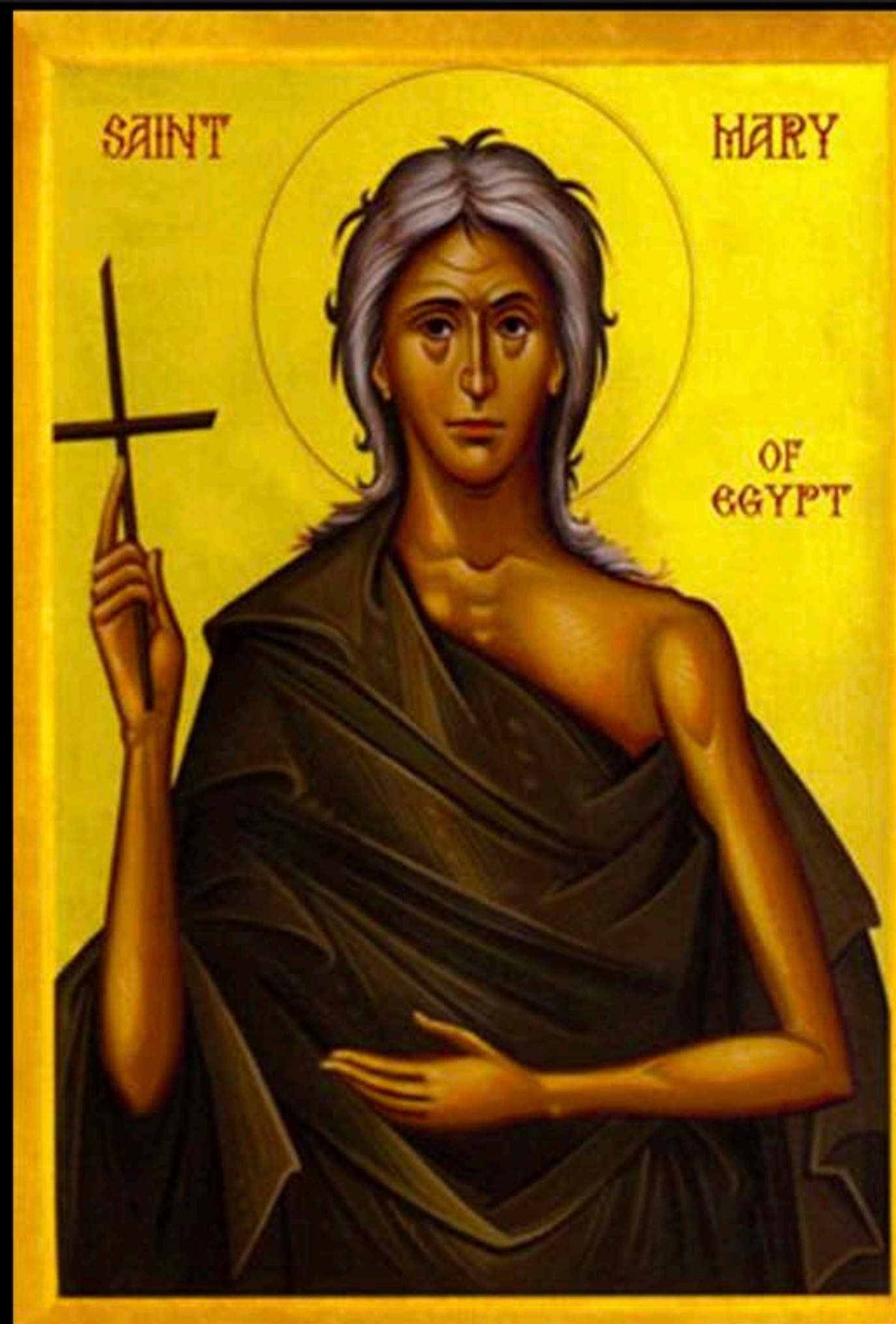


Garnish with parsley optional

Makes 2 servings
Calories: 205
Protein: 11g
Carbohydrates: 22g
Fat: 8g

**"I had not yet learned to love God,
but I was learning to hate the devil.
And as soon as I began to live a life
of fasting and repentance,
a light shone in my soul,
and a love for God was kindled in my heart.
And I knew that this was the work of God,
and not of myself."**

–St. Mary of Egypt,
venerated in the Orthodox Church
for her life of repentance and asceticism



Vegan Tofu Scramble with Spinach and Mushrooms

Ingredients:

- 1/2 block of firm tofu, crumbled
- 1/4 cup diced onion
- 1/4 cup sliced mushrooms
- 1 cup fresh spinach leaves
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- 1 tablespoon olive oil

Directions:

Heat the olive oil in a skillet over medium heat.
Add the onion and mushrooms and cook until the onion is translucent and the mushrooms are tender.

Add the crumbled tofu and turmeric, and stir to combine.
Cook for 3-4 minutes, stirring occasionally, until the tofu is heated through and slightly browned.

Add the spinach to the skillet and stir until wilted.

Season with salt and pepper to taste.

Serve hot.



Remember to use only organic tofu to avoid hormonal impact

Makes 1 servings
Calories: 203
Protein: 18g
Fat: 12g
Carbohydrates: 8g

"Great Lent is a time of repentance, a time for mourning our sins, a time for seeing ourselves in our true condition, and not a time for celebrating our own 'piety'."

Fr. Seraphim Rose is known for his contributions to Orthodox Christianity as a spiritual writer, translator, and founder of St. Herman of Alaska Monastery in California. He is widely regarded as a key figure in the renewal of traditional Orthodox monasticism and spiritual life in America.



Quinoa Breakfast Bowl

1/2 cup cooked quinoa
1/2 cup black beans
1/4 avocado, sliced
1/4 cup salsa
1/4 cup diced tomatoes
1/4 cup diced red onion
Salt and pepper to taste

Combine all ingredients in a bowl and enjoy!



Can add olive oil on days it's allowed.

Serving size 1

Calories: 420

Protein: 28g

Carbohydrates: 49g

Fat: 12g

**"We must fast with our whole being,
with our spirit,
with our soul, with our body.
We fast so that we may purify ourselves
from carnal passions,
from lust, from avarice, and from anger.
Fasting is the source of all good things;
it is the beginning of the soul's healing,
the foundation of repentance,
and the remedy for disease."**

St. John Chrysostom
is venerated for his contributions to
Christian theology, his piety and asceticism,
and his defense of the Orthodox faith
against heretical teachings.



Vegan Protein Pancakes

Ingredients:

- 1 cup oat flour
- 1 scoop vegan protein powder
- 1 tbsp chia seeds
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1 cup non-dairy milk
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tbsp apple cider vinegar

Directions:

In a bowl, whisk together oat flour, protein powder, chia seeds, baking powder, and cinnamon. In another bowl, mix together non-dairy milk, maple syrup, vanilla extract, and apple cider vinegar. Pour the wet ingredients into the dry ingredients and mix until just combined. Cook the pancakes in a non-stick pan over medium heat until golden brown on each side.



Can use sugar free maple syrup to reduce carbs and calories

Makes 4 servings
Calories: 253
Protein: 26g
Carbohydrates: 33g
Fat: 4g

**"Let us not judge our brethren,
but rather let us strive to correct
our own shortcomings,
for then we will be able to approach the
Great, holy fast with clean hearts
and consciences.
Let us fast, not with the outward show
of mortification, but with sincere
repentance and with an inner disposition
of humility and love, that we may
be purified of our sins and be
made worthy to celebrate the
Resurrection of our Lord."**

St. Matrona is venerated for her life of piety,
humility, and service to others.

She is also known for her miraculous
healing abilities, spiritual guidance, and
prophetic visions. Despite being blind and
disabled, she lived a life of prayer and self-denial,
and was known for her devotion to Christ
and her compassion for others.



Sweet Potato Breakfast Bowl

Ingredients:

- 1 cup cooked sweet potato
- 1/2 cup cooked lentils
- 1/4 avocado, sliced
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Combine all ingredients in a bowl and enjoy!



Can add a squeeze of lemon for flavor

Makes 1 serving
Calories: 296
Protein: 13g
Carbohydrates: 51g
Fat: 6g
Fiber: 14g

St. Olga was a powerful ruler and a Viking warrior princess who became the first Christian ruler of Kievan Rus around 10AD. After her husband's death, she embraced Orthodoxy and was baptized, beginning a mission to spread the faith throughout her realm. Her efforts laid the groundwork for the Christianization of Russia.

St. Olga once ordered the gates of Kiev to be shut during Great Lent, so that no one could leave the city and indulge in worldly pleasures. She hoped that by doing so, the people of Kiev would be inspired to observe a more holy and devout Lenten season.



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Breakfast Burrito

Ingredients:

- 1 can black beans, drained and rinsed
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 1/4 cup salsa
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 2 large whole wheat tortillas

Instructions:

In a pan over medium heat, sauté the onion and bell pepper until they soften. Add in the black beans, salsa, nutritional yeast, garlic powder, salt, and pepper. Cook for 5-7 minutes until everything is heated through and the flavors are combined. Divide the mixture between two tortillas, wrap them up, and enjoy!



Serving size is half the burrito

Makes 2 servings
Calories: 308
Protein: 16g
Carbohydrates: 50g
Fat: 6g



LUNCH

"As the body cannot live without nourishment, so the soul cannot be preserved without spiritual food. The food of the soul is the grace of the Holy Spirit. Do not deprive your soul of His grace, but approach the Mysteries with humility and devotion.

Attend to your prayers with undistracted attention, and examine yourself frequently.

Be steadfast in your love for God, and do not allow anything to hinder you in your quest for eternal life."

St. Syncletica of Alexandria is venerated in the Orthodox Church as a Desert Mother and a model of asceticism and monastic life. She is considered one of the earliest and most important female monastics in the Christian tradition, known for her wisdom, spiritual insight, and dedication to a life of prayer and self-denial.



LENTEN LUNCH BOWL

Ingredients:

- 1 cup cooked quinoa
- 1 cup chickpeas
- 1 cup roasted sweet potatoes
- 1 cup roasted broccoli
- 1/4 avocado, sliced
- 2 tbsp hummus
- 2 tbsp tahini
- 2 tbsp soy sauce
- 1 tbsp lemon juice

Instructions:

In a bowl, combine cooked quinoa, chickpeas, roasted sweet potatoes, and roasted broccoli.

Drizzle with hummus, tahini, soy sauce, and lemon juice.

Top with sliced avocado.



Feel free to add other vegetables.

1 serving
Protein: 29g
Carbohydrates: 73g
Fat: 16g
Calories: 560

**"Fasting is not just depriving oneself of food
but of anything that distracts from the Word of God."**

– St. Athanasius of Alexandria,
venerated for his defense of the Orthodox doctrine
of the Holy Trinity and his role in combating the Arian
heresy, which denied the full divinity of Jesus Christ.



Lenten Greek Salad

Ingredients:

2 cups mixed greens
1/2 cup chopped cucumber
1/2 cup cherry tomatoes, halved
1/4 cup sliced red onion
1/4 cup kalamata olives
1/4 cup chopped parsley
1/4 cup chopped mint
1/4 cup chopped dill
1/2 block tofu, crumbled
2 tbsp olive oil
1 tbsp red wine vinegar
Salt and pepper to taste

Instructions:

In a large bowl, combine mixed greens, cucumber, cherry tomatoes, red onion, kalamata olives, parsley, mint, and dill.

Top with crumbled tofu.

Drizzle with olive oil and red wine vinegar.

Season with salt and pepper to taste.



Can replace oil with water on days we aren't adding oil.

Makes 2 servings
Protein: 23g
Carbohydrates: 24g
Fat: 20g
Calories: 360

"When the devil sees someone praying and trying to follow the path of God, he tries to place obstacles in that person's way, disturbing him with various physical and mental disturbances.

But as long as the person remains faithful to God, no harm can come to him."

– St. Anthony of Egypt,
venerated in the Orthodox Church as one of
the most prominent founders of Christian monasticism.
He is admired for his asceticism, spiritual wisdom,
and emphasis on the importance of prayer
and self-discipline in the Christian life.



Lentil Soup

Ingredients:

1 cup green lentils
4 cups vegetable broth
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
2 cloves garlic, minced
1 tsp cumin
1 tsp paprika
Salt and pepper to taste

Instructions:

In a pot over medium heat, sauté onion, carrots, and celery until they start to soften.

Add garlic and sauté for 1-2 more minutes.

Add lentils, vegetable broth, cumin, and paprika.

Bring to a boil, then reduce heat and simmer until lentils are tender, about 25-30 minutes.

Season with salt and pepper to taste.



On days you can have oil, sauté vegetables in oil, otherwise use a little water to soften them instead.

Makes 4 servings
Protein: 22g
Carbohydrates: 48g
Fat: 2g
Calories: 280

**"Let us not look only to our own interests,
but also to the interests of others.
Let us be concerned for our neighbors
who are in need, and give alms to the poor.
For such acts of mercy will atone for
our sins and purify our soul."**

– St. Xenia of St. Petersburg,
revered Orthodox saint known for her
pious life of asceticism, charity, and prayer.



BBQ Tofu Sandwich

4 oz extra firm tofu, sliced
2 tbsp BBQ sauce
2 slices whole wheat bread
1/4 avocado, sliced
1/4 cup sliced red onion
1/4 cup shredded carrots
1/4 cup chopped cilantro

Instructions:

In a pan over medium heat, cook tofu slices until browned on both sides.

Brush with BBQ sauce and cook for an additional minute on each side.

Toast the bread slices and assemble the sandwich with the tofu, sliced avocado, red onion, shredded carrots, and chopped

Makes 1 servings
Protein: 25g
Carbohydrates: 46g
Fat: 8g
Calories: 360



Make sure you only use organic tofu so you don't become a soyboy

**"Through fasting, prayer, and almsgiving,
we can overcome our weaknesses, our
temptations, and our sins.**

**We can become stronger, more compassionate,
and more loving, and we can draw closer
to God and to our fellow human beings."**

– St. Isaac the Syrian,

revered for his ascetical and theological writings which
have had a significant influence on the Eastern Christian
tradition, and for his emphasis on the importance of
personal spiritual transformation through asceticism,
prayer, and the cultivation of virtue.



Mediterranean Wrap

Ingredients:

- 1 large whole wheat tortilla
- 1/2 cup hummus
- 1/4 cup diced red onion
- 1/4 cup diced cucumber
- 1/4 cup diced tomato
- 1/4 cup sliced kalamata olives
- 1/4 cup chopped parsley
- 1/4 cup chopped mint
- 1/2 block tofu, crumbled

Instructions:

Spread hummus on the tortilla.
Top with red onion, cucumber, tomato, kalamata olives, parsley, and mint.
Add crumbled tofu.
Wrap tightly and enjoy.

Makes 2 servings
Protein: 14g
Carbohydrates: 50g
Fat: 11g
Calories: 340



Make sure you only use organic tofu so you don't become a soyboy



DINNERS

"If you are not willing to labor, you cannot partake of the fruit; if you do not sow, you cannot reap.

Just as you cannot enjoy the fruit of your neighbor's garden, so you cannot attain to the good things which Christ has prepared for you unless you labor for them."

– St. Maximos the Confessor,
considered an important saint in the Orthodox Church
due to his strong defense of Orthodoxy against Monothelitism
and his teachings on spiritual growth and the importance of
contemplative prayer.



Vegan Lentil and Cauliflower Shepherd's Pie

Ingredients:

1 cup dry green lentils
3 cups water or vegetable broth
2 tbsp olive oil
1 onion, chopped
3 cloves garlic, minced
2 cups mixed vegetables (such as carrots, peas, and corn)
1/2 tsp dried thyme
Salt and pepper, to taste
4 cups mashed potatoes (homemade or store-bought)

Instructions:

Preheat the oven to 375°F (190°C).

Rinse the lentils and place them in a large pot with the water or broth. Bring to a boil, then reduce the heat to low and simmer for 20-25 minutes, or until tender.

In a separate pan, heat the olive oil and sauté the onion and garlic until softened. Add the mixed vegetables and cook for 5-10 minutes, until tender.

Add the thyme, salt, and pepper, and mix in the cooked lentils. Transfer the mixture to a large baking dish.



Can add healthy oil to the mashed potato on days which oil is permitted.

Spread the mashed potatoes evenly over the lentil mixture.

Bake for 20-25 minutes, until the mashed potatoes are lightly browned on top.

Serving size: 1/6 of the recipe

Calories: 341

Protein: 15g

Carbohydrates: 57g

Fat: 7g

**“Lent is a time to humble ourselves before God,
to acknowledge our sins, and to seek
His forgiveness.**

**It is a time to open our hearts to the love and
mercy of God, and to receive His healing grace.”**

– St. Theophan the Recluse,
was a 19th-century Russian monk, theologian, and
spiritual writer who is highly regarded in the Eastern
Orthodox Church for his contributions to the field of
spiritual guidance and his emphasis on personal prayer
and inner transformation.



Mushroom Stroganoff

Ingredients:

12 oz (340g) egg-free pasta
1 tbsp olive oil
1 onion, chopped
3 cloves garlic, minced
12 oz (340g) mushrooms, sliced
1/2 cup vegetable broth
1 cup unsweetened almond milk
2 tbsp nutritional yeast
2 tsp Dijon mustard
1 tsp dried thyme
Salt and pepper, to taste
Fresh parsley, chopped, for serving

Instructions:

Cook the pasta according to the package instructions. Meanwhile, heat the olive oil in a pan and sauté the onion and garlic until softened.

Add the sliced mushrooms and cook until they release their liquid and become tender.

Pour in the vegetable broth, almond milk, nutritional yeast, Dijon mustard, and thyme. Stir until well combined.

Bring the mixture to a simmer and cook for 10-15 minutes, until it thickens to a sauce consistency.



Try experimenting with various mushroom types.

Season with salt and pepper, to taste.

Serve the mushroom stroganoff over the cooked pasta, and sprinkle with fresh parsley.

Serving size 1/4 of recipe

Calories: 328

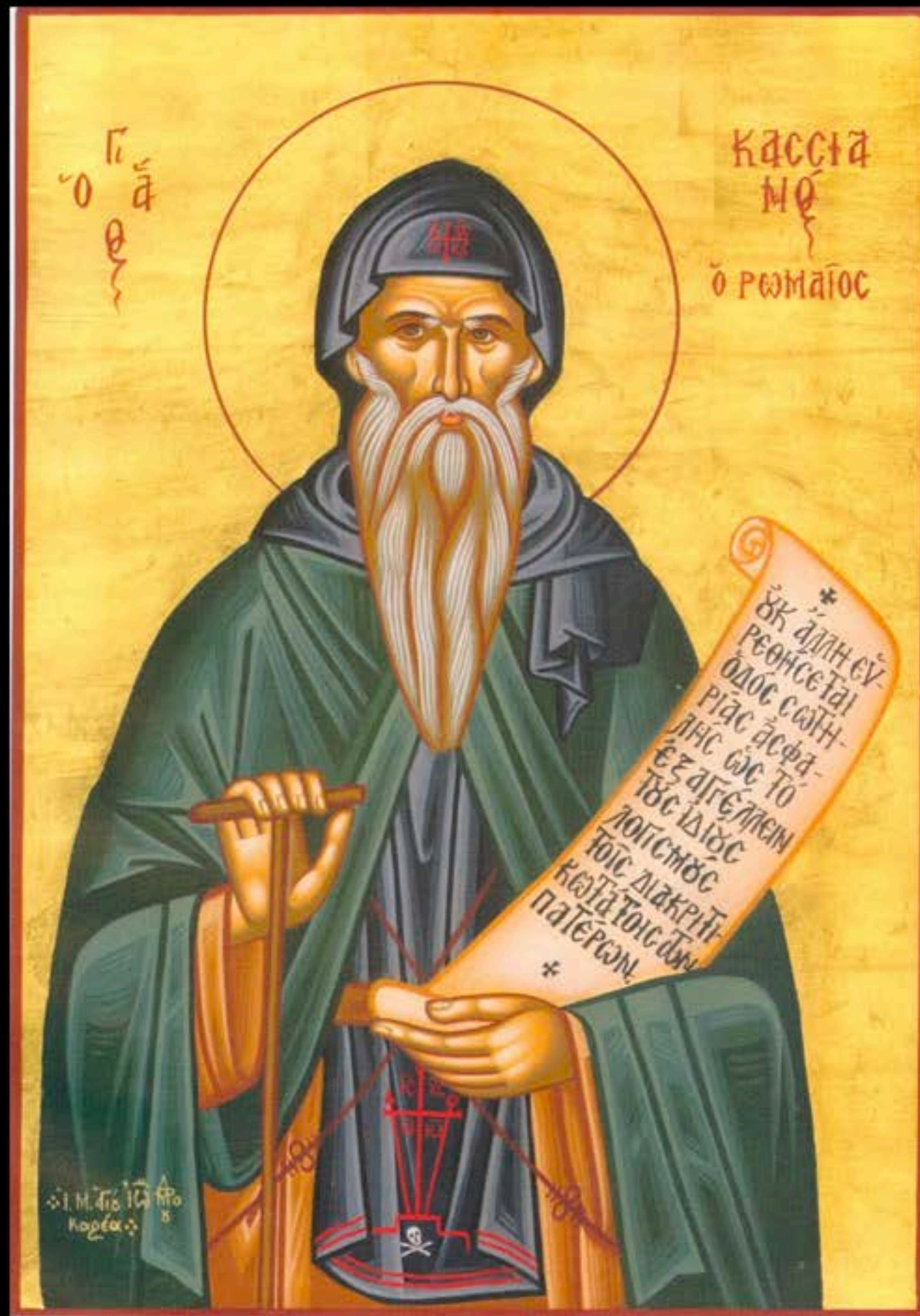
Protein: 11g

Carbohydrates: 50g

Fat: 10g

**"Fasting is not a punishment, but a discipline.
It is a way of training our bodies and minds
to follow God's will, to resist temptation,
and to be more like Christ."**

– St. John Cassian,
known for his contributions to the development of
Christian monasticism and for his writings on
spiritual discipline, particularly on the virtues of
renunciation and detachment.
His emphasis on combining contemplation
with action has remained an important
aspect of Christian spirituality.



Vegan Lentil Curry

Ingredients:

1 tbsp coconut oil
1 onion, chopped
2 garlic cloves, minced
1 tbsp ginger, minced
2 tbsp curry powder
1 tsp cumin
1 tsp paprika
1 can (14 oz/400g) chopped tomatoes
1 can (14 oz/400g) coconut milk
1 cup (200g) red lentils
2 cups (475ml) vegetable broth
Salt and pepper, to taste
Fresh cilantro, chopped, for serving

Instructions:

Heat the coconut oil in a large pot over medium heat. Add the chopped onion and sauté until soft and translucent.

Add the minced garlic and ginger, curry powder, cumin, and paprika, and cook for 1-2 minutes, stirring frequently.

Pour in the chopped tomatoes, coconut milk, red lentils, and vegetable broth. Stir everything together.

Bring the mixture to a boil, then reduce the heat to low and simmer for 20-25 minutes, or until the lentils are cooked and the curry has thickened.



Try experimenting with adding different vegetables like spinach and cauliflower

Season with salt and pepper to taste.

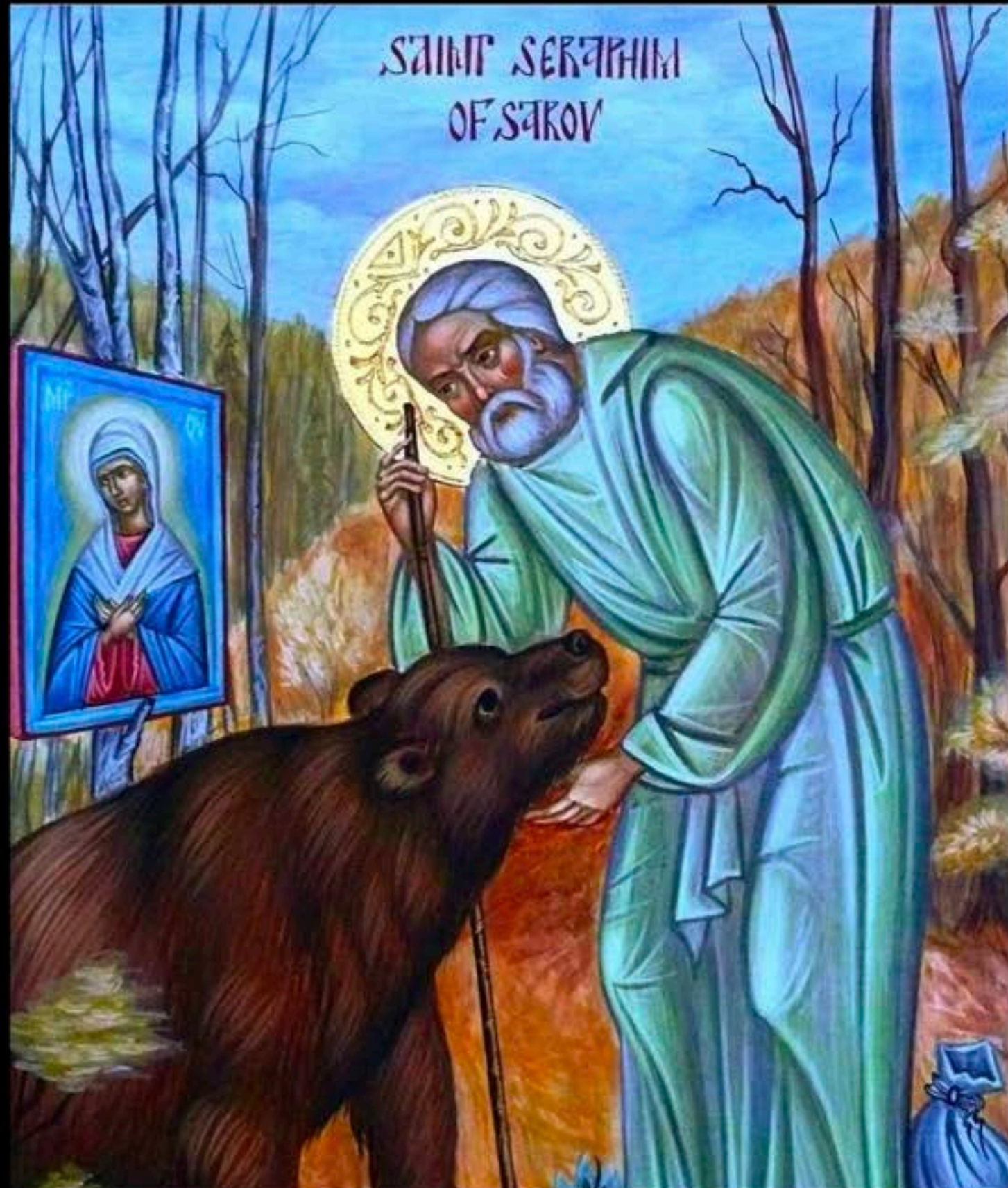
Serve the curry hot, garnished with fresh cilantro, and with rice or naan bread on the side, if desired.

Serving size 1/4 of recipe

Calories: 302
Protein: 12g
Carbohydrates: 53g
Fat: 5g

**"During Lent, we must strive to increase
our spiritual activities,
to pray more, to read the Scriptures more,
to attend church more frequently,
and to be more mindful of God's presence
in our lives."**

– St. Seraphim of Sarov,
was a Russian monk and mystic known for his
spiritual wisdom and teachings. He is venerated
for his asceticism, healing miracles, and his
emphasis on the acquisition of the Holy Spirit.



Vegan Stuffed Peppers

Ingredients:

- 4 bell peppers, halved and seeded
- 1 cup uncooked quinoa
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1 onion, chopped
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1/4 cup chopped fresh cilantro

Directions:

Preheat oven to 375°F.

Cook quinoa according to package directions.

In a skillet, sauté onion in olive oil over medium heat for 3-5 minutes or until translucent. Add garlic and sauté for an additional minute.

Add black beans, corn, cumin, paprika, cayenne pepper, salt and pepper to the skillet and stir well.

Add the cooked quinoa and cilantro and stir well.



Try squeezing lime before serving for added flavor

Stuff each bell pepper half with the quinoa mixture and place on a baking sheet.

Bake for 20-25 minutes or until the peppers are tender and the filling is heated through.

Macros per serving (1 stuffed pepper half):

Calories: 213
Fat: 4g
Carbs: 37g
Protein: 9g
Fiber: 7g

"Repentance is the renewal of life.

**This means we must free ourselves from the burden
of the old life, and that can only be done through
sorrow and tears."**

–St. John of Kronstadt

is loved by the Orthodox Church for his deep spirituality and
pastoral care. He was a 19th century Russian Orthodox
priest who devoted himself to the service of the poor and sick,
and he is venerated for his writings on the spiritual life and
his work in promoting the practice of confession and
communion.



Vegan "Tuna" Salad Sandwich

Ingredients:

1 can chickpeas, drained and rinsed
1/4 cup vegan mayonnaise
1/4 cup finely diced red onion
1/4 cup finely diced celery
2 tablespoons lemon juice
2 tablespoons chopped fresh dill
Salt and pepper, to taste
4 slices of bread
Lettuce leaves and tomato slices, for serving

Directions:

In a medium bowl, mash the chickpeas with a fork or potato masher until they are partially broken down.

Add the vegan mayonnaise, red onion, celery, lemon juice, dill, salt, and pepper to the bowl. Stir until everything is well combined.

Toast the bread slices.

Divide the "tuna" salad mixture among 2 slices of bread. Top with lettuce leaves and tomato slices, if desired. Place the remaining bread slices on top.

Serve immediately.



If you want to add protein to this meal, consider having a vegan protein shake on the side.

Serving Size is 1 sandwich. (Makes 2 servings)

Calories: 348
Protein: 12g
Fat: 13g
Carbohydrates: 46g
Fiber: 10g



Sauces, Dressings and Dips

**“Repentance is the renewal of baptism.
Repentance is a contract with God for a second life.
A penitent is a buyer of humility.
Repentance is constant distrust of bodily comfort.”**

– St. John of Damascus,
was a monk and a theologian who lived in the 7th and 8th
centuries. He is venerated in the Orthodox Church for his
writings on theology, hymnography, and iconography,
which have been influential in the development
of Orthodox theology and spirituality.



Easy Tahini Sauce

Ingredients:

1/2 cup tahini
1/2 cup water
1/4 cup fresh lemon juice
1 clove garlic, minced
Salt, to taste

Directions:

Mix all ingredients in a bowl until smooth. Serve as a dip or sauce. Makes about 8 servings (2 tablespoons each).

Macros per serving: 84 calories,
7g fat, 3g carbs, 3g protein.



Can use as salad dressing or sauce to just about anything

**"The purpose of Lent is to help us to die to ourselves
and to rise with Christ, to put to death the
passions and to live by the Spirit, to be conformed
to the image of Christ and to become partakers
of the divine nature."**

– St. Ignatius Brianchaninov
was a 19th-century Russian monk and theologian who is
venerated in the Orthodox Church for his spiritual
writings and teachings on prayer, repentance,
and asceticism.



Postni Ranch Dip

Ingredients:

- 1 ripe avocado
- 1/2 cup vegan sour cream
- 1/4 cup almond milk
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 clove garlic, minced
- Salt and pepper, to taste

Directions:

Mash the avocado in a bowl until smooth. Add the remaining ingredients and stir until well combined. Serve as a dip. Makes about 6 servings (2 tablespoons each).

Macros per serving (2TBS):

75 calories, 7g fat, 3g carbs, 1g protein.

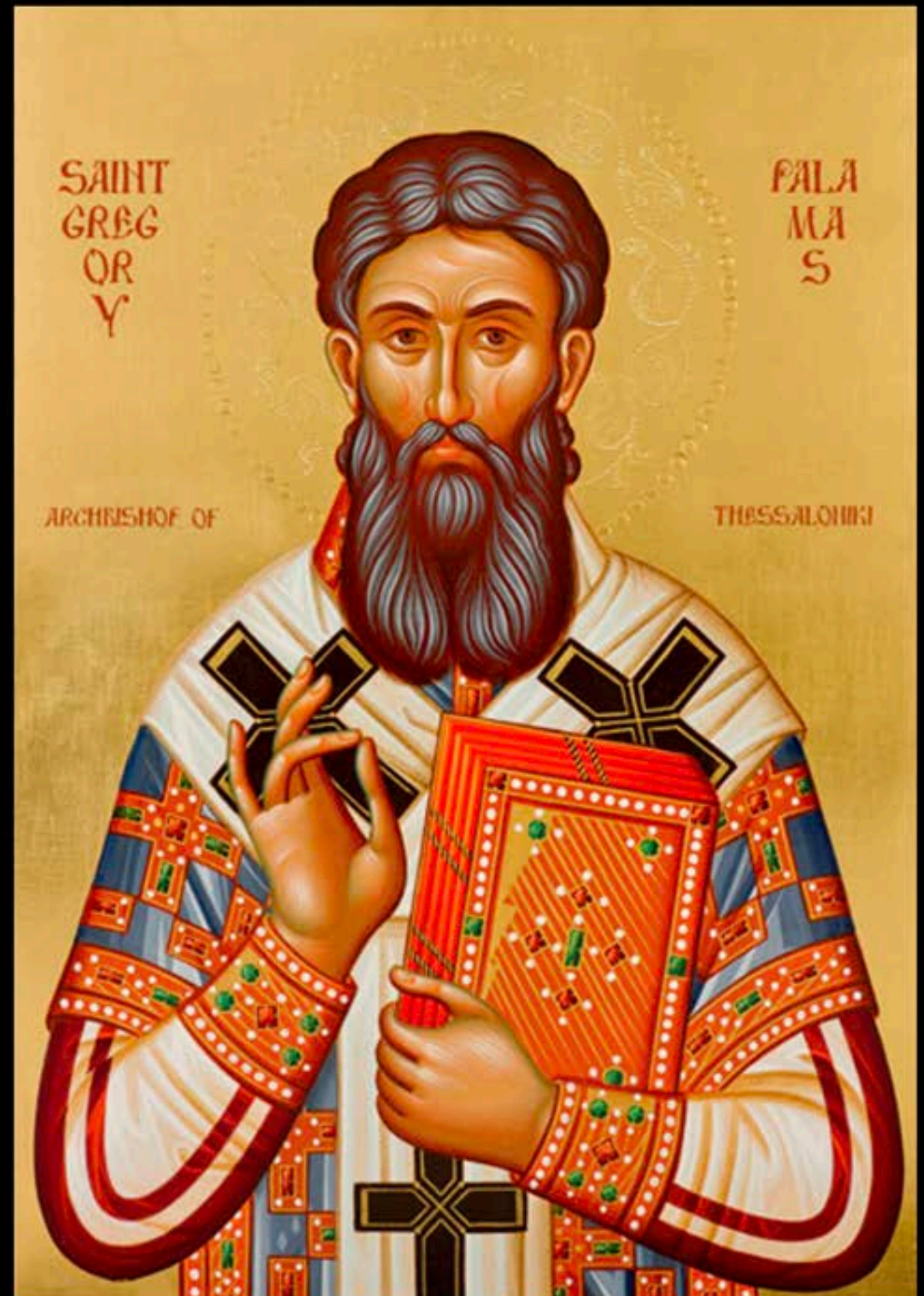


Try adding to the sandwich recipes as a spread

**"Fasting is an acceptable sacrifice,
a spiritual weapon, a wholesome exercise;
it gives a genuine confession of faith to
Him who founded fasting."**

– St. Gregory Palamas

is a saint known for his teachings on Hesychasm,
a mystical tradition focused on the contemplation of God
and the practice of the Jesus Prayer.
He is venerated for his defense of Orthodox theology
against Barlaam of Calabria, a critic of Hesychasm.



Lenten Pesto

Ingredients:

- 2 cups fresh basil leaves
- 1/4 cup pine nuts
- 2 cloves garlic, minced
- 1/4 cup nutritional yeast
- 1/4 cup olive oil
- Salt and pepper, to taste

Directions:

In a food processor, pulse the basil, pine nuts, and garlic until finely chopped. Add the nutritional yeast and pulse to combine. With the motor running, slowly add the olive oil until the mixture is smooth. Season with salt and pepper to taste. Serve as a sauce.

Makes about 6 servings (2 tablespoons each).

Macros per serving:

110 calories, 10g fat, 4g carbs, 3g protein.



Try adding to the sandwich recipes as a spread

**"Lent is a time of going very deeply into ourselves...
What is it that stands between us and God?
The pride, the laziness, the anger, the lack of love,
the lack of faith?"**

–St. Ephraim the Syrian
is a special saint in the Orthodox Church because of his
renowned writings and hymns that have enriched and
influenced the liturgical and spiritual life of the Church,
especially during Great Lent. His theological contributions
are also highly regarded.



Harissa

Ingredients:

- 2 red bell peppers, roasted, peeled, and seeded
- 2-3 dried red chilies, seeded and soaked in hot water for 30 minutes
- 3 garlic cloves, minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon olive oil

Directions:

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and place the red bell peppers on it.

Roast the red peppers in the oven for 25-30 minutes, until the skins are charred and blistered. Remove the peppers from the oven and place them in a bowl. Cover the bowl with plastic wrap and let them cool for 15 minutes.

Once the peppers are cool enough to handle, remove the skin, stem, and seeds. Set the peppers aside.

Drain the soaked red chilies and remove the seeds.



Though this recipe is more complicated than the others, it's worth the effort for the smokey and exotic flavor this brings to your food.

In a food processor, combine the roasted red bell peppers, red chilies, minced garlic, coriander, cumin, smoked paprika, salt, lemon juice, and olive oil. Pulse until smooth.

Taste the harissa sauce and adjust the seasoning as needed.

Transfer the harissa sauce to a jar or airtight container and store in the fridge for up to 1 week.

Serving size 30g

Calories: 60

Fat: 2-4 grams

Carbohydrates: 3-5 grams

Protein: 1-2 grams

**“Fasting is wonderful
because it tramples our sins like a dirty weed,
while it cultivates and raises truth like a flower.”**

– St. John Maximovich

beloved in the Orthodox Church for his life of deep piety,
selfless service, and miracles. He is known for his humility,
compassion, and devotion to the poor, sick, and oppressed.



Consider donating via PayPal to St. Nicholas Mission damiguz@gmail.com

In the Guanacaste province on the north-east coast of Costa Rica, the Orthodox community has begun to organize in order to worship God in an honorable way.

People from several nationalities and different jurisdictions have come together under the Serbian Orthodox Church in order to form this Saint Nicholas of Myra Mission. This effort has the blessing of Bishop Kiril of the Diocese of Buenos Aires, South and Central America.

Father Ignacio Miranda and a group of the faithful have begun this endeavor with a great deal of faith and hope. We invite anyone who wishes to participate in this blessed project.

Prayers and donations for the mission are helping spread Orthodoxy through out Costa Rica and neighbouring countries. Fr. Ignacio travels and serves Divine Liturgy, catechumen classes and baptisms.

Any size donation to help this work is appreciated.

Donations can be sent via PayPal to damiguz@gmail.com