

WITH
EMILIE BARNES

Holiday Menus

2nd Edition



SUE GREGG

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Holiday Menus

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Celebration

There is a time for everything and a season for every activity under heaven.... wrote the author of Ecclesiastes, holiday celebrations included! How we love to celebrate, especially with delicious food and friends. Celebrations are times of thanksgiving for life and for blessings, for honoring God and others, and for joy and fellowship.

Yet the stress of holidays is too often followed by depression and illness. We overwork and overeat. The joy lasts only for a moment. Consequences follow. *The lust of the eyes, the pride of life, and the lust of the flesh* take their toll. How can we avoid the negatives and enjoy the life-giving purpose of celebration?

First, find God's purpose for celebration. Reflect on the historical significance of the holiday. Thank the God who invaded human history. He has provided for the human need for rest and refreshment. Let Him become Lord of your celebration table.

Secondly, make your table memorable at holiday times with fresh ideas from **Holiday Menus**. You can satisfy anticipated aromas, tastes, appetites, and emotions with recipes that provide alternatives to the usual oversugared, chemical-laden, refined fat, and low fiber fare. Our aim is balance. Not all recipes will please the nutritional purists, but they won't turn off those on the junk food or fast food track either. The menus are not spartan, but they aren't diet busters either. In short your family and guests can have a healthier holiday without being reminded that they ate healthy food.

There is, of course, more to a holiday than food. Make it an occasion to share with those who are alone--the stranger, the orphan, the widow, the elderly, the shut-in, the international student, the refugee, the poor. You don't have to invite the whole crowd. Begin with one or two.

What can you do for table conversation? Share the meaning of the holiday. Use a story, a portion of scripture, the encyclopedia, personal experiences, or customs. Pose questions. Why is a turkey called a turkey? How can Christmas cookies bring glory to God?

Finally, let the enjoyment of holiday celebrations centered around food be a reminder of total dependence upon the God and Father of our Lord Jesus Christ, Creator of heaven and earth, Remember the Son, Jesus himself, who died in our place to free us from sin and death, and give us eternal life and a place in his kingdom, for *From Him and through Him and to Him are all things. Romans 11:36 (NIV)*.

Emilie Barnes & Sue Gregg

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Autumn Harvest Party

Great fun for the fall season with healthy but yummy choices in place of typical halloween junk food! Let size of the guest list determine the variety of goodies.

Sparkling Party Punch (p. 6)

Hot Mulled Cider (p. 6)

Bobbin' Red Apples (p. 7)

Honey Butter Popcorn (p. 7)

Buttered Popcorn

Deluxe Trail Mix (p. 7)

Frosted Pumpkin Gems (p. 8)

Gingerbread People (p. 9)

Polynesian Squares (p. 10)



*He satisfies my desires with good things,
so that my youth is renewed like the eagle's.*

Psalm 103:5



Two Thanksgiving & Christmas Menus

Perfect Roast Turkey (p. 12) Turkey Gravy (p. 13)
Brown Rice Stuffing (p. 14)
*Sweet Potatoes in Orange Cups
or Honey Yams (p. 16)*
Pineapple Sunshine Mold (p. 19)
Buttered Peas 'n Onions (p. 66)
Cranberry Sauce (p. 14)
Rainbow Vegetable Tray (p. 20)
Chestnut Dip in Cabbage Bowl (p. 20)
Pumpkin Pie (p. 21) or Heavenly Pecan Pie (p. 22)
with Whipped Cream (p. 55)



Perfect Roast Turkey (p. 12) Turkey Gravy (p. 13)
Cornbread-Wheat Stuffing (p. 15)
*Baked Sweet Potatoes or Yams
or Yams in Orange Sauce (p. 17)*
Amandine Green Beans (p. 19)
Holiday Cranberry Mold (p. 18)
Cranberry Sauce (p. 14)
Rainbow Vegetable Tray (p. 20)
Chestnut Dip in Cabbage Bowl (p. 20)
Pumpkin Pie (p. 21) or Angel Food Cake (p. 45)

*Thanks be to God
for his indescribable gift!
2 Corinthians 9:15*

Perfect Roast Turkey

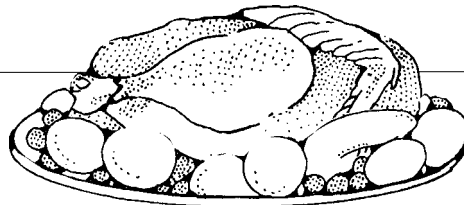
This method of roasting a turkey comes from forerunner nutritionist, Adelle Davis. The secret is long, slow cooking at a low temperature, and cooking breast side down, allowing the turkey juices to self-baste the turkey for tender, juicy meat. Use an oven thermometer for this.

**AMOUNT: Allow $\frac{3}{4}$ - 1 lb. per Serving for turkey under 12 lbs.
Allow $\frac{1}{2}$ - $\frac{3}{4}$ lb. per Serving for turkey over 12 lbs.**

Roast at 300° (150° C) -1 hour, uncovered

Roast at 190° (85° C) - 45 - 60 minutes per lb.

1. Preheat oven to 300° (150° C).
2. Wash turkey thoroughly, including cavities (remove neck and giblets) and pat dry with paper towels.
3. **Salt** cavities and stuff lightly with prepared dressing, if desired (*see note below*).
4. Rub outside of turkey well with **olive oil**.
5. Place breast side down on rack in roasting pan.
6. Place meat thermometer in meaty portion of bird, not touching bone.
7. Place in preheated oven. This is very important in order to kill bacteria. Roast 1 hour.
8. Reduce heat to 190° (85° C); roast 45 - 60 minutes per lb. (three times the standard time per lb.). Larger birds will require the longer cooking time per lb.)
9. Roast until meat thermometer registers 190°.



Note: There is some concern about the safety of the dressing when roasting turkey at such a low temperature for long hours. It is important that the internal temperature of the dressing be maintained at 165° (75°C) while remaining in the turkey. If you have doubts about the safety of the dressing, prepare it separately. Most important is to refrigerate both leftover turkey and dressing separately immediately following the meal.

Holiday Cranberry Mold

The most frequently requested holiday salad in the Gregg household, this recipe has now become a tradition. Sue purchases several packages fresh cranberries in-season to freeze for off-season use. Delicious served with a dollop of sour cream, or sour cream blended with plain yogurt.

AMOUNT: 8 - 10 Servings

1. Drain pineapple, reserving juice; peel and cut orange into chunks; dice celery, grate apple, chop walnuts:
20 oz. can crushed pineapple, unsweetened
1 orange
1 cup diced celery
1 grated unpeeled tart green apple (as Pippin or Granny Smith)
½ cup chopped walnuts
2. Withhold ¼ cup of the juice for step 3; add cranberries to remaining juice in saucepan, bring to boil over moderately high heat; cook about 5 minutes until cranberry skins begin to pop:
remaining pineapple juice
3½ - 4 cups whole cranberries
3. Blend gelatine into ¼ cup juice; let stand for 1 minute to soften gelatine:
¼ cup drained pineapple juice
3 pkg. unflavored gelatine (2 tablespoons)
4. Blend softened gelatine into cranberries; cook 1 minute longer to dissolve gelatine; remove from heat; blend in honey:
softened gelatine
½ cup honey
5. In blender, pulverize the **orange chunks** with **1 cup cranberry mixture**.
6. Add **remaining cranberry mixture** to blender; blend just a second or two to break up cranberries.
7. Pour cranberry mixture into mixing bowl; evenly stir in:
drained crushed pineapple
grated apple
chopped walnuts
8. Pour into a mold or an attractive glass bowl; chill until set.
9. **To serve:** Garnish glass bowl, as desired, with:
fresh orange slices, cut in half (peeled or unpeeled)
kiwi slices (peeled; cut in half, if desired)
fresh mint leaves

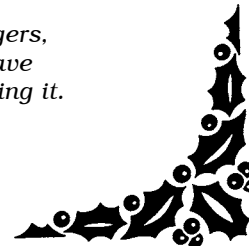


Two Holiday Company Menus

Emilie's Orange Chicken (p. 24)
Brown Rice (p. 26) or Almond Brown Rice (p. 27)
Holiday Tomatoes & Steamed Broccoli (p. 28)
Tossed Salad with
Emilie's Olive Oil Dressing (p. 39)
Carrot-Bran Muffins (p. 30)
No Bake Honey Cheesecake (p. 32)



Baked Parmesan Chicken (p. 25)
Brown or Wild Rice Pilaf (pp. 26, 27)
Christmas Red & Green Beans (p. 29)
Tossed Salad with
Emilie's Olive Oil Dressing (p. 39)
Lemon Ginger Muffins (p. 31)
Ambrosia (p. 29)



*Do not forget to entertain strangers,
for by so doing some people have
entertained angels without knowing it.*
Hebrews 13:2

Baked Parmesan Chicken

Sue's banquet special! Enjoy both versions.

AMOUNT: 6 Servings

Bake: 350° (175°C) - 1 hour, uncovered

1. Melt in baking pan at about 250° (175°):
½ cup (1 stick) butter
2. Meanwhile, blend in blender until small bread crumbs are formed; pour into shallow bowl:
1 slice whole grain bread
2 sprigs parsley (for about ¼ cup minced)
½ cup Parmesan cheese
⅛ teaspoon salt
⅛ teaspoon garlic powder
3. Skin and remove visible fat from chicken:
2 lb. boneless chicken breast pieces
4. Coat pieces of chicken in melted butter in pan, then coat with crumb mixture; lay single layer in remaining butter in pan.
5. Garnish with **paprika** and bake uncovered at 350° (175°C) until tender, about 1 hour; baste 2 or 3 times during baking. Cover with foil if chicken begins to brown too much before done. For more moist chicken with less crusty browning, cover during entire baking time



REDUCED FAT VERSION

Reduces the calories of fat by 29%!

Reduce to **3 tablespoons Parmesan Cheese**.

Omit butter. Bake in pan lightly sprayed with olive oil non-stick spray. In place of butter, dip chicken pieces into **a little milk** as needed before coating with crumbs.

Brown Rice

Chewy, flavorful, and so easy to prepare, brown rice goes famously with chicken entrees and vegetarian dishes. The texture of long grain brown rice is closer to white rice than short or medium grain. Presoaking improves nutritional value, and may also reduce cooking time. When using a rice cooker, don't change the proportion of water to rice.

AMOUNT: 3 Cups (Serves 4 - 6)

1. Place in saucepan; cover and let stand overnight or for 7 hours:

2¼ cups filtered water

1 cup brown rice, washed if needed

juice of ½ lemon or 2 tbsps. whey or plain yogurt

(assists in release of nutrients; flavor is not normally noticeable)

2. Just before cooking add ½ - ¾ **teaspoon salt, to taste.**

Bring to a boil; boil 5 minutes uncovered; reduce heat to simmer, cover with tight-fitting lid and cook until tender and all water is absorbed, about 40 - 50 minutes. Do not stir; stirring encourages sticky rice.

Note: Cooking large quantities often results in stickier rice. A rice cooker is most helpful in avoiding this problem..

Wild Rice Pilaf

Sue does not spare the fat for this gourmet treat!

AMOUNT: About 4 Cups (6 - 8 Servings)

Bake: 350° (175°C) - 1½ hours

1. Sauté for 20 minutes over moderately low heat in skillet, stirring often:

¼ cup melted butter

1 cup uncooked wild rice

½ cup chopped or slivered almonds

6 - 8 small fresh mushrooms, sliced

(add last 5 minutes of sautéing)

2. While rice sautés, bring to a boil in saucepan:

3 cups chicken broth *(see note, p. 38)*

(add ½ teaspoon salt if broth is unsalted)

3. Place rice in casserole dish and pour over the hot broth. Add water chestnuts, cover and bake 1½ hours at 350° (175°C):

8 oz. can sliced water chestnuts, drained and rinsed, optional

4. **To serve**, top rice with ¼ cup chopped fresh parsley or 1 - 2 chopped green onions (lightly sautéed in water for 2 minutes)

Almond Brown Rice

A simple, yet delightful, variation on plain brown rice. Use the whole wheat kernel or berry, not ground or milled.

AMOUNT: 4 Cups (serves 6 - 8)

1. Follow the recipe for **Brown Rice** (p. 26), with these changes:
use 2½ cups water
add ¼ cup whole wheat kernels (*health food store*), **or wild rice**
add ¼ cup almonds (chopped, slivered, or sliced)
2. For a little gourmet flare of added flavor, sauté almonds in **1 tablespoon butter** and add to the cooked rice.
For color, saute a **chopped green onion** with the almonds during the last minute, or garnish cooked rice with **fresh chopped parsley**.

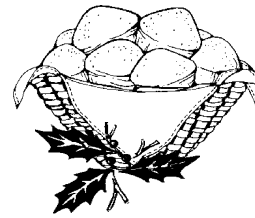
Brown Rice Pilaf

AMOUNT: 4½ Cups (serves 6)

1. Optional: In butter and oil, brown the rice, wheat, and almonds over medium heat, stirring frequently (*see amounts in step 2*):
2 tablespoons butter, melted
2 tablespoons coconut oil or olive oil
2. Place in a saucepan, bring to boil and boil uncovered for 5 minutes:
1¼ cups long grain brown rice
¼ cup wild rice or whole wheat kernels (*health food store*)
or ¼ cup additional brown rice
¼ cup slivered or chopped almonds
3 cups chicken broth (*see note, p. 38*)
2 teaspoons worcestershire sauce or soy sauce
3. Cover with tight fitting lid, reduce heat to very low and simmer 50 - 60 minutes or until all the water is absorbed and rice is tender. Do not remove lid or stir during cooking as this tends to produce sticky rice.
4. While rice cooks, lightly sauté **2 chopped green onions** for a minute or two in **1 or 2 tablespoons water**.
5. Fold green onions into rice just before serving. **Fresh chopped parsley** or **freeze dried or fresh chives** can be used in place of green onions.

Carrot Bran Muffins

Sue's favorite, most often served to guests. You don't need a grain mill to make these. Make them in the blender! Also makes a great gift!



AMOUNT: 14 Muffins

Bake: 325° (165°C) - 20 minutes

1. Blend at high speed 3 - 5 minutes in blender; cover and let stand 12 - 24 hours (for improved nutritional value):
 - 2/3 cup whole plain yogurt + 1/3 cup warm filtered water**
or 1 cup Almond Milk for baking (*see note below*)
 - 1/4 cup extra virgin olive oil or melted butter**
 - 1/2 cup honey**
 - 1 1/4 cups whole wheat pastry berries** (*see note below; health food store*)
2. In large separate bowl, blend thoroughly, cover with plastic wrap directly on top of bran to prevent drying out (*see note, p. 31*); let stand 12 - 24 hours (especially important for bran):
 - 1 1/2 cups wheat bran** (*supermarket or health food store*)
 - 1/2 cup boiling hot water**
 - 2 tablespoons whey or plain yogurt** (*helps release nutrients*)
 - 1/2 cup raisins**
 - 1 cup grated carrots**
 - 1/4 cup walnuts**
3. Sift soda, salt and cinnamon through a small strainer into a small bowl; set aside:
 - 1 1/2 teaspoons baking soda**
 - 1 teaspoon salt**
 - 1 teaspoon cinnamon**
4. Preheat oven to 325° (165°C); grease muffin pans with soft butter. Drain and rinse walnuts well, chop and fold into bran.
5. Slightly stir eggs into blender mixture and blend at high speed for 1 - 2 minutes until smooth; briefly blend in soda, salt and cinnamon just to mix evenly:
 - 2 eggs**
 - soda, salt and cinnamon**
6. Fold blender batter into bran mixture just until evenly mixed.
7. Fill buttered muffin cups evenly with batter; fill any empty muffin cups half full of water. Bake about 20 minutes or until done. Cool 5 - 10 minutes before removing, using a slight tug on sides of muffins.

NOTE: See *Pumpkin Pie* recipe, p. 21, step 2 regarding *Almond Milk*. To use it for baking in whole grain breads, place 1 tbsp. apple cider vinegar in bottom of cup; fill with *Almond Milk*. To use thinner cultured milk than yogurt, such as kefir or buttermilk, use 1 cup without water. To make this recipe in a mixing bowl without blender, use 1 1/2 cups whole wheat pastry flour in place of the pastry berries. Divide muffin batter into 12 muffin cups.

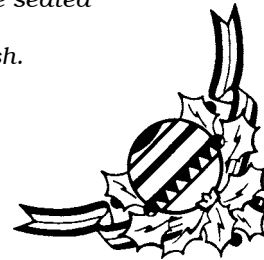


Two Crowd Pleasin' Menus

Emilie's Best Lasagna (p. 34)
or Emilie's Vegetable Spaghetti (pp. 36, 37)
Green Salad with Red Cherry Tomatoes
Emilie's Olive Oil-Vinegar Dressing (p. 39)
Luau Pineapple or Orange Salad (p. 35)
Herb Bread (p. 37)
Poppy Seed Cake (p. 41)
or Chocolate Mousse (p. 42)

Javanese Dinner (p. 38)
Broccoli-Carrot Medley (p. 39)
Green Salad with Red Cherry Tomatoes
Emilie's Olive Oil-Vinegar Dressing (p. 39)
Persimmon Muffins (p. 40)
or Lemon Ginger Muffins (p. 31)
Chocolate Mousse (p. 42)
or No Bake Honey Cheesecake (p. 32)

*Jesus then took the loaves, gave thanks,
and distributed to those who were seated
as much as they wanted.
He did the same with the fish.
John 6:10-11*





Christmas Eve Tea

We have often served this welcome Tea Party following the Christmas Eve worship service, neighborhood caroling, or family gift and sharing time.

Wassail Bowl (p. 44)

and/or

Pine-Apple Punch (p. 44)

Jesus' Birthday Angel Food Cake (p. 45)

Rainbow Vegetable Tray (p. 20)

Italian Bread Sticks (p. 49)

Christmas Cheese Ball or Log (p. 48)

Christmas Story Sugar Cookies (p. 46)

or

Honey 'n Spice Christmas Cookies (p. 47)

Yule Season Luncheon

Hot Pumpkin Soup in a Pumpkin Shell (p. 51)

Christmas Zucchini Salad (p. 48)

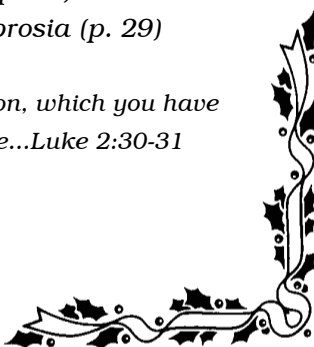

or Merry Christmas Pasta Salad (p. 50)

Persimmon or Banana Nut Bread (p. 52)

or Herb Bread (p. 37)

Italian Bread Sticks (p. 49)

Orange Salad (p. 35) or Ambrosia (p. 29)



For my eyes have seen your salvation, which you have prepared in the sight of all people...Luke 2:30-31

Christmas Cheese Ball or Log

A yummy colorful cheese treat to decorate the holiday table.

AMOUNT: About 3½ Cups

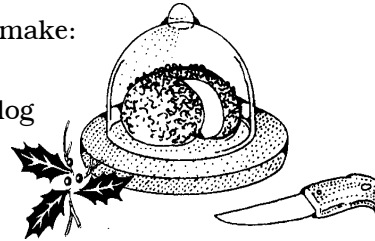
1. Thoroughly blend together in electric mixer; chill thoroughly:

- 8 oz. package cream cheese, softened**
- 2 cups (½ lb.) finely grated cheddar cheese**
- ½ cup finely chopped pecans (chop in blender)**
- 1 small onion, finely chopped, optional**
- ½ cup chopped red bell pepper**
- 2 teaspoons soy sauce**

2. Place parsley sprigs in blender to make:

- 1 cup finely chopped parsley**

3. Roll cheese mixture into a ball or log and roll it in the parsley. Chill until ready to serve.



Christmas Zucchini Salad

Emilie has made this every Christmas for buffet or dinner for years. Her family always requests it. It is colorful and healthy. Can be made up to 3 days ahead.

AMOUNT: Serves 10 - 12

1. Combine:

- 3 large ribs celery, chopped**
- 1 large green pepper, chopped**
- 4 - 6 medium zucchini, unpeeled, chopped**
- 4 green onions, chopped**

2. Blend together well for marinade:

- ¾ cup wine vinegar**
- ¾ cup olive oil**
- 2 cloves garlic, crushed**
- 1½ teaspoons dried parsley**
- 1 teaspoon salt**
- ¼ teaspoon pepper**

3. Combine vegetables and marinade in a bowl with a tight fitting lid. Marinate overnight or until ready to serve, turning the bowl over from time to time.

4. Place drained salad in glass bowl and garnish with:
red cherry tomatoes



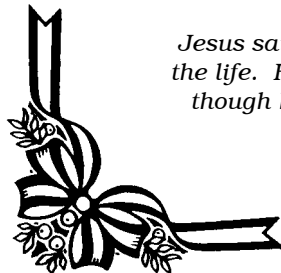
Holiday Waffle Bar

Emilie has served this delightful buffet for her Ladies' Christmas Tea with great success! Sue often serves it as a Resurrection Day Brunch or guest breakfast. Great any-time of year for any occasion and for any meal!

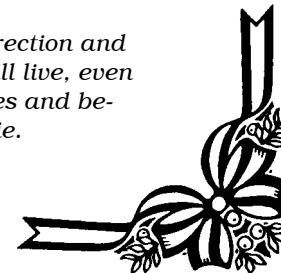
*Fresh Orange Juice (p. 57) or Water
Blender Waffles (p. 54)
Fresh Strawberries or Strawberry Topping (p. 55)
Whipped Cream (p. 55)
Mixed Fruit Bowl (p. 55)
Whipped Butter (p. 56) Maple Syrup (p. 56)
Frozen Vanilla &/or Vanilla Yogurt (p. 56)
Nuts 'n Coconut (p. 24)
Turkey Sausage, optional (p. 57)*

Resurrection Day Brunch

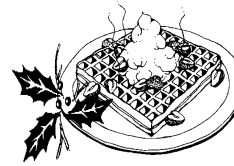
*Ruby Breakfast Juice (p. 58) or Sparkling Apple Cider
Turkey Sausage (p. 57)
Oven Baked Spinach Mushroom Frittata (p. 59)
Tangerine Flowers (p. 58) or Fruit Garnish
Jam Filled Scones (p. 60) or
Strawberry Coconut Surprise Muffins (p. 59)
Herb Tea (p. 58)*



*Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.
Do you believe this?"
John 11:25-26*



Blender Waffles



The easiest ever holiday fare or guest meal! An occasion for guests to bring the toppings. Do not double this recipe in a blender! Almost any grain combination works. Favorites are Kamut® grain and oat, half dry corn and half wheat, or buckwheat using sprouting buckwheat.¹ We usually make two kinds for company or three kinds for a large group.

AMOUNT: Serves 4 (4 - 5 waffles--7")

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature 12 - 24 hours for improved nutritional value:
 - 1 - 1¼ cups whole plain yogurt + ½ cup warm filtered water or 1½ - 1¾ cups plain kefir, buttermilk, or Almond Milk for baking whole grain breads** (*see Note, p. 30*)
 - 2 tablespoons extra virgin olive oil or melted butter**
 - 1 teaspoon vanilla extract** (omit with buckwheat)
 - 1 cup Kamut® grain + ½ cup uncooked rolled oats, or ¾ cup each whole dry corn and pastry wheat berries, or 1 cup sprouting buckwheat**
2. Sift leavenings and salt through strainer into a small bowl; set aside:
 - 2 teaspoons baking powder**
 - ½ teaspoon baking soda**
 - ½ - 1 teaspoon salt, to taste**
3. Preheat waffle iron at highest temperature.
4. Just before baking, add eggs and additional liquid if needed; blend on highest speed 1 - 3 minutes; briefly blend in leavenings and salt just to mix in evenly (if needed, assist initial mixing in of egg or leavenings with rubber spatula):
 - 1 egg**
 - additional liquid** (*add water if batter needs thinning to keep blender churning*)
 - leavenings and salt** (*from step 2*)
5. Spray waffle iron with non-stick olive oil spray as needed (this is generally not needed for every waffle in a non-stick waffle iron).
6. Pour batter onto hot waffle iron not quite to the edges. Bake until light goes off on waffle iron or according to appliance instructions.
7. Waffles may be kept hot in the oven or in a rice cooker turned on warm. They are best served, however, directly from the waffle iron. We serve halves or quarters, depending on group size, to get everyone started.

¹Sprouting buckwheat includes the black outer hull and is least expensive. For more about whole grains and waffle making, see *Breakfasts* or *An Introduction to Whole Grain Baking*. Purchase grains at health food store or mail order (check Internet, e.g. www.sunorganic.com).



Passover Seder

The first Passover is fully described in Exodus 12. Jesus celebrated it with his disciples (Luke 22). The Passover Seder as celebrated by the Christian family commemorates the death of Jesus Christ as our Passover. We've celebrated the Passover seder with friends. It is a time to serve a very special meal.

Chicken Soup (p. 63)

Charoseth (p. 62) Matzoh (p. 62)

Boeff Chandlier (p. 65)

Golden Mashed Potatoes (p. 66)

Buttered Peas 'n Onions (p. 66)

Avocado-Orange Salad (p. 67)

or Mid East Salad (p. 64)

Cream Cheese Nut Bars (p. 67)

or Yogurt Pie (p. 68)

For Christ, our Passover lamb, has been sacrificed. Therefore let us keep the Festival, not with the old yeast, the yeast of malice and wickedness, but with bread without yeast, the bread of sincerity and truth."

1 Corinthians 5:7-8



Yogurt Pie

Sue's daughter, Sharon, serves this at her Bed & Breakfast in Indiana. Similar to **Honey Cheesecake**, but lighter, not as rich, and lower in fat and calories. Easy to make.

AMOUNT: 8" or 9" Square Pan (Serves 9)

1. Make graham cracker crust by blending together:
1 cup graham cracker crumbs (*whole grain at health food stores*)
(about 1 packet of 6 crackers)
¼ cup melted butter
2 tablespoons Sucanat (*health food store*)
2. Pat crumbs into bottom of 8" or 9" square pan and chill in freezer for 10 - 12 minutes.
3. Drain thoroughly, reserving juice:
8 oz. can crushed pineapple, unsweetened
4. Blend together in order given and let stand 1 minute to soften:
drained pineapple juice (about ⅓ cup)
2 packages (4 teaspoons) unflavored gelatine
5. To dissolve gelatin bring juice-gelatine mixture to a boil over medium-low heat, stirring constantly, until clear, about 1 minute; remove from heat and blend in thoroughly:
¼ cup honey
6. Blend together well in mixing bowl with wire whisk:
3 cups whole plain yogurt
1½ teaspoons vanilla extract
drained crushed pineapple
dissolved gelatine and honey
7. Pour into graham cracker crust and chill in refrigerator until set.
8. To serve, score into servings and garnish each, if desired with:
½ fresh strawberry, optional
2 half-slices kiwi fruit, optional





Biblical Feasts



Our cultural heritage of Thanksgiving, Christmas, and Easter has its roots in Judeo-Christian tradition. For this we may be thankful. We do have national holidays that give us much opportunity to focus our attention upon the goodness of the Heavenly Father, for the provisions He has made for us, both physically and spiritually. Yet, whether or not we choose to celebrate them, the biblical festivals are marvelous, too, for our instruction and worship.

God gave Israel three annual festivals to celebrate: **The Passover**, or *Feast of Unleavened Bread*, **Pentacost**, or the *Feast of Harvest* (also the *Feast of First Fruits*, or the *Feast of Weeks*, or *Shavouth*), and **The Feast of Tabernacles**, or *Feast of Ingathering* (also *Feast of Booths*, *Sukkoth*).

All three of these feasts (see Exodus 23:13-19, Leviticus 23) were:

1. celebrations
2. 7 day long festivals
3. to the LORD
4. at specified times during the Hebrew year, related to the Sabbath
5. with specific commands, e.g.:

Passover-- Eat no leavened bread.

Pentacost--Bring best of firstfruits of the crops to the LORD.

Tabernacles--Build booths of tree branches and boughs and live in them.

The history, timing, purpose, and activity of each of these festivals had significance concerning God's relationship to Israel as their Redeemer, Provider, and Sustainer. As their Redeemer, at the first Passover he commanded them to sacrifice a lamb and place its blood on the doorposts of their houses so that the Death Angel would "pass over" them. The Death Angel brought death to every Egyptian household as God's judgement against unbelief. It was this judgement that finally caused Pharaoh to let Israel leave Egypt, out of their land of slavery (see Exodus 12).

When God brought the Israelites into the promised land, they began to farm the land with abundant crops. It was an important part of their life, as a nation set apart for God, that they remember by whose hand their provisions for life and health came. The feasts were to be continual reminders.

All three of these annual feasts are significant in the New Testament. Jesus not only celebrated these feasts, but He is the fulfillment of their meaning. He, for example, is now our Passover, the Lamb of God, who takes away the sin of the world by the sacrifice of himself for our sins. Pentacost marks the day upon which the Holy Spirit was poured out upon the church (Acts 2:1), made only possible by the work of Christ on our behalf. God has thus provided His Holy Spirit to begin our new life in Christ. At the Feast of Tabernacles Jesus taught that this Holy Spirit would be "living water" to those who believed (John 7, 7:37-38). It is this living water that continues to sustain our life in Christ. These realities remind us that *In Him we live and move and have our being* (Acts 17:28).

The biblical feasts are thus rich with visual teaching and meaning for all, and especially for children. Why not investigate them further? The book noted on page 62 is a wonderful resource with which to begin.

COMPARING THANKSGIVING MENUS

No nutrient data is given for recipes and menus in *Holiday Menus* as in our other cookbooks. The omission is deliberate. Holiday occasions are a time to celebrate, not the time to give undue attention to nutritional details. Nevertheless, when our newspaper¹ printed a traditional Thanksgiving menu with the total calories, I decided to compare our family Thanksgiving dinner with the published menu. Would the nutritionally improved recipes and menus in this book really make a difference?

A Traditional Menu	Calories
8 oz. turkey	480
1 cup mashed potatoes with butter	300
1 cup stuffing	600
3 - 4 ladels gravy	800
½ cup sautéed green beans	50
¾ cup candied sweet potatoes	300
½ cup cranberry sauce	200
1 roll with butter	180
1 piece pumpkin pie with whipped cream	540
1 cup coffee with cream/sugar	50
1 glass cider or wine	150
Total Calories	3,650

Sue's Menu	Calories
6 oz. <i>Perfect Roast Turkey</i> (p. 12; 3 oz. each light, dark)	288
1 cup <i>Cornbread Wheat Stuffing</i> (p. 15)	356
¼ cup <i>Turkey Gravy</i> (p. 13)	47
1 serving <i>Amandine Green Beans</i> (p. 19)	97
6 oz. <i>Baked Sweet Potato</i> with 1 Tbsp. butter (p. 17)	298
¼ cup <i>Cranberry Sauce</i> (p. 14)	75
1 serving <i>Holiday Cranberry Mold</i> on greens (p. 18)	166
1 serving <i>Creamed Onions</i> (Main Dishes , p. 227)	190
<i>No Bake Honey Cheesecake</i> w/complete bottom crust from <i>Yogurt Pie</i> recipe (1/6 pie) (pp. 32, 68)	392
Ice Water with lemon	0
Total Calories	1,909

¹**The Press-Enterprise**, Riverside, California, Nov 16, 1989