

**St. Vladimir Orthodox Church**  
**Ann Arbor, MI**  
**Great Lenten Recipes**  
**Week III 2009 – Sunday of the Veneration of Cross**

***Fasting Tip of the Week: Like mayonnaise but don't eat it during Lent because it has egg in it? Try Vegenaise! It is very tasty and works well in place of mayonnaise in recipes or on a veggie burger. You can purchase it locally at Whole Foods.***

#### KASHA VARNISHKES

2 cups chopped onions (or more)  
1/2 cup olive oil  
3/4 cup kasha (buckwheat groats)  
Salt and ground black pepper  
1/2 pound dried farfalle (bow-tie) or other pasta\*

Put onions in a large skillet with a lid over medium heat. Cover skillet and cook for about 10 minutes, until onion is dry and almost sticking to the pan. Add oil, raise heat to medium high and cook, stirring occasionally, until onion is nicely browned, at least 10 minutes longer (or more). Meanwhile, bring a large pot of water to a boil. In a separate, medium saucepan, bring 1½ cups water to a boil, stir in the kasha and about a teaspoon of salt. Cover and simmer until kasha is soft and fluffy, about 15 minutes. Let stand, away from heat and covered. Salt the large pot of boiling water and cook noodles until tender but still firm. Drain and combine with the onions and kasha, adding more oil if you like. Season with salt and lots of pepper and serve immediately.

\*Note that some pasta has egg in it, but most does not. Read the label carefully before buying...

#### CORN & BLACK BEAN SALAD

Makes 3¼ cups – serves 4 to 6

1½ cups corn (fresh cooked; canned/drained, or frozen/thawed/cooked)  
1 cup cooked black beans (cooked from dry or canned/drained)  
2/3 cup chopped red bell peppers  
1/3 cup chopped onions  
1/4 cup chopped fresh parsley  
1½ teaspoons red wine vinegar  
1 tablespoon vegetable oil (canola works well)  
1/2 teaspoon sugar  
1/8 teaspoon salt or to taste  
Freshly ground black pepper to taste

In a large bowl toss together the corn, beans, peppers, onions, and parsley. In a small bowl stir together the remaining ingredients. Pour the dressing over the salad and toss to combine. Variation: Add 1/2 cup canned, drained, chopped chilies. This salad gets better the longer it marinates in your refrigerator. Consider making a day ahead of time to allow the flavors to

combine.

## DUMP CAKE

1 can (~20 oz.) crushed pineapple  
1 can (~20 oz.) cherry pie filling  
1 yellow cake mix (choose one that doesn't have egg or milk)  
1 cup chopped nuts  
1/2 cup margarine\*

Grease a 13x9x2 inch pan. Pour pineapple into pan, juice included. Top with cherry filling. Sprinkle dry cake mix over fruit, then sprinkle on nuts. Top all with margarine, cut into pats. Bake at 350F degrees for 50 minutes. Serve warm or cold. Can top with non-dairy Lenten Cool Whip type topping. Variation: substitute canned sliced peaches for the pineapple.

**Second Fasting Tip of the Week: Trader Joe's has GREAT Lenten soy ice cream. Flavors include Mango-Vanilla, Cherry Chocolate Chunk, and plain Chocolate. Some may enjoy this soy ice cream on top of dump cake hot out of the oven.**

\*Lenten: Shedd's Willow Run is the best. Not all margarines are dairy free – Willow Run is. You can buy this locally at Meijer's or Hiller's.

Questions about fasting? Want to contribute to this effort by sharing recipes?  
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