

**FELLOWSHIP AND FOOD
FOR THE SOUL
RECIPE BOOK**



**Hope Chapel Ko'olau
Women's Ministry
2014**

Spinach & Bacon Quiche

6 large eggs, beaten
1 1/3 cups heavy cream or half-and-half
Salt and pepper
2 cups chopped fresh baby spinach, packed
1/2 c. cooked bacon, crumbled
3/4 c chopped ham
1 1/3 cups shredded Swiss cheese
1 medium onion, chopped
1 (9-in.) refrigerated pie crust, fitted to a 9-inch glass pie plate

Directions:

Sauté onions with a little olive oil (1 tsp) until lightly browned. Spread on the bottom of the crust.

Combine the eggs, cream, salt, and pepper in a food processor or blender. Layer the spinach, bacon, and cheese on top of the onions, then pour the egg mixture on top. Bake for 35 to 45 minutes until the egg mixture is set. Cut into 8 wedges.



Overnight Breakfast Casserole

8 slices bread – cubed
2 packages bulk sausage
2 cups shredded sharp cheddar cheese
2 ³/₄ cups mild
5 eggs
1 regular can cream of mushroom soup – undiluted
2 Tbs yellow mustard

Directions:

Use a 13x9x2 METAL PAN. Spray bottom with Pam. Lay cubed bread in pan and set aside. Cook the sausage until crumbly, DRAIN WELL, let cool. Put sausage on top of bread & top with cheese.

In large mixing bowl, combine milk, eggs, soup & mustard. Pour over bread mixture, cover & refrigerate overnight or at least 4 hours.

Preheat oven to 350 degrees. Bake for 55 minutes. Let stand about 10 minutes before serving.



Nori Maki Chicken

Ingredients:

5 lb. boneless chicken thighs
¼ cup mochiko
¼ cup cornstarch or flour
¼ cup sugar
2 – 3 cloves garlic, minced
½ cup green onion
1 tsp salt
5 Tbsp shoyu
1 package of nori sheets

Directions:

1. Cut each boneless chicken into 3 or 4 pieces.
2. Cut nori sheets into 6 to 8 slices and put aside.
3. To make the sauce mix all other ingredients into big mixing bowl.
4. Place chicken pieces into the bowl and marinate for at least 4 hours.
5. Wrap each chicken piece with nori.
6. Deep fry until golden brown.



Cream Cheese/ Lomi Salmon Dip

Ingredients:

1 box Keebler Club Crackers

¼ lb. lomi salmon

8 oz. cream cheese

Directions:

1. Let cream cheese soften.
2. Drain the lomi salmon so as not have much of the liquid.
3. Mix lomi salmon and cream cheese.
4. Voila!!! There's your dip to be eaten with the Keebler Club Crackers!



Strawberry Pretzel Salad

1 ½ c. crushed pretzels
4 ½ Tbsp white sugar
¾ cups melted butter
1 cup white sugar
2 (8 oz.) package cream cheese
1 (8 oz.) container cool whip
1 (6 oz.) package strawberry Jell-O
2 cups boiling water
1 (16 oz.) package frozen strawberries

Directions:

Preheat oven to 350 degrees. Mix the pretzels, 4 ½ Tbsp sugar and melted butter. Press into the bottom of 9x13 pan. Bake 10 minutes or until lightly toasted. Set aside to cool.

In a medium bowl, beat sugar & cream cheese until smooth. Fold in whipped topping, spread evenly over the cooled crust. Refrigerate for 30 minutes.

In another medium bowl, stir together gelatin mix and boiling water. Mix in frozen strawberries and stir until thawed. Pour over cream cheese mixture, refrigerate for at least an hour.



Furikake Salmon

2 – 3 lbs. salmon filet

Furikake

Yoshida's original gourmet sauce

Directions:

Lay salmon in a baking dish. Pour Yoshida sauce over the salmon until it is well coated. Sprinkle furikake on salmon. Bake at 350 degrees for 30-35 minutes.



German Potato Salad

5 lbs white or red salad potatoes
5 green onion stalks
1 lb bacon
5 Tbsp flour
¼ cup vinegar
¼ cup sugar

Directions:

Cut up bacon in ¼ in pieces. Cook until crisp. Remove bacon from pan. Add flour to bacon drippings. Stir until flour is fully coated. Slowly add water until sauce is thickened. Add vinegar and sugar. Pour sauce over sliced potatoes. Add chopped green onions and mix with potatoes. Add cooked bacon on top.



Quinoa Salad

2 cups quinoa
Celer
Cucumber (no seeds)
Olives
Edamame
1 lemon
1 Tbsp olive oil

Directions:



Pea Salad w/ Spanish Peanuts

¼ cup sour cream
¼ cup mayonnaise
1 package frozen peas, thawed
1 cup Spanish peanuts
½ medium red onion, chopped
1 stalk celery, diced
Salt and pepper to taste

Directions:

Combine sour cream and mayonnaise in a bowl. Add remaining ingredients; stir to combine. Chill then serve.



Village Salad

Mozarella or Feta cheese
Cucumbers
Tomatoes
Red onions
Sliced black olives or Kalamata olives
Salt & pepper to taste
Olive oil
Basil – dry or fresh, chopped

Directions:

Cut up all vegetables and cheese. Layer tomatoes, cucumber, onions, olives. After each layer, sprinkle salt & pepper, basil & olive oil.

You can either put in a large bowl or make as a small plate.



Roast Beef Casserole

2 pieces chuck roast (size of roast may vary)
2 potatoes
½ onion, sliced
Fresh mushrooms, whole or sliced as desired
Garlic, mashed or minced
Season to taste

Directions:

Bake chuck roast at 325 or 350 degrees for 2 hours or bake until tender but not falling apart. When ready, remove from grease, cut into chunks and replace pieces into a clean pan. Reserve one piece to make broth. Add potatoes & onions to meat.

In a sauce pot, cover reserved piece with water & drippings enough to almost cover meat & potatoes. Season broth as desired. Bring to a boil & thicken. Pour gravy over meat & potatoes. Return to oven until potatoes are almost ready (about 1 ½ hours). Test.

Just before done, add mushrooms & bake a few more minutes until mushrooms are soft.
Enjoy!

Note: For gravy, may use shoyu, bouillon cubes or kitchen bouquet to flavor to your taste.



Grandma Elsie's Jell-O Ice Cream Pie

1 pkg lime jello
2 (8 oz) cans of crushed pineapple
1 pint vanilla ice cream (approx.. 2 cups)
1 9-in. Keebler ready crust (graham crust)

Directions:

Before making the lime jello, strain the juice from the crushed pineapples and separate them. Set aside. Add 1 cup boiling water and stir until dissolved. Add the juice from the crushed pineapple and cold water equaling 1 cup to the jello mix. Stir well and let cool.

Add ice cream couple scoops at a time and stir to melt and refrigerate. Every 10-15 minutes, stir the jello mixture. Once it starts to thicken, stir in the crushed pineapple. I used 1 ½ can. You can use all of it or less if you wish. Put it back in the refrigerator. Stir gently again after 10-15 minutes. Repeat if necessary until jello is thick enough to pour into the crust.

Crust: Bake the ready crust for about 5 minutes as noted on the label and let cool.

Pour mixture into the crust, cover and refrigerate until hardened. About 3-4 hours.



Grandma Elsie's Jello Ice Cream Pie

1 pkg strawberry jello
1 ½ cup cut frozen strawberries
1 pint vanilla ice cream (approx. 2 cups)
1 9-in Keebler ready crust

Directions:

Make jello as instructed on box. Set aside and cool. Cut frozen strawberries into small bite size pieces and set aside in refrigerator.

Add ice cream, couple scoops at a time and stir to melt then refrigerate. Every 10-15 minutes, stir the jello mixture. Once it starts to thicken, stir in the strawberries and refrigerate. Stir gently again after 10-15 minutes. Repeat if necessary until jello is thick enough to pour into the crust.

Crust: Bake the ready crust for about 5 minutes as noted on the label and let cool.

Pour mixture into the crust. Cover and refrigerate until hardened. About 3-4 hours.



Date Nut Logs

1 box Nilla Wafers (11 oz)
1 can Eagle Brand sweetened condensed milk
2 cups chopped pecans
1 lb. chopped dates (approx. 2 cups)

Directions:

Crush or chop wafers by hand or blender

Mix wafer crumbs and rest of ingredients well in large mixing bowl (hint- less messy if using gloves).

Make 3 logs. Wrap each log in wax paper then wrap in damp dishtowel. Refrigerate for 24 hours. Freezes well after set up. Keep refrigerated until serving it.



Apple Dumplings

½ cup butter
½ cup white sugar
½ cup brown sugar
½ tsp cinnamon
8 oz Mountain Dew
2 small Granny Smith apples
2 cans Pillsbury crescent roll

Directions:

Preheat oven at 350 degrees. Cut/peel apples (8 slices per apple). Wrap apples in crescent. Place apple slices in 9X13 baking pan. Melt butter, cinnamon, white and brown sugar and pour over apples. Pour soda over apples. Bake for 45 minutes.



Spinach Chipotle Black Bean Roll Ups

- 2 - 8 oz packs of cream cheese (softened)
- 1 - 10 oz pack of thawed chopped spinach (frozen)
- 1 - 1.13 oz pack simply organic brand chipotle black bean dip mix
- 1 - 10 pack of burrito size flour tortillas

Directions:

In a medium size bowl, mix cream cheese and dip mix. Squeeze out liquid from spinach and add to mixture. Mix well. With back of the spoon, spread a thin layer of mixture from one end to the other of the tortillas. Roll up semi tight and wrap in wax paper. Put in the fridge for at least ½ hour before cutting roll. Makes 5 rolls.



Corn Chowder

6 slices of bacon (cut into small pieces)
1 small onion (chopped)
½ stalk celery (chopped)
1 clove garlic
4 to 5 red potatoes (cut into bite size pieces)
3 cans chicken stock
1 bag frozen corn
Salt & pepper to taste

Directions:

Saute bacon until cooked then add onions, garlic & celery. When onions are cooked, add chicken stock. Add potatoes and corn. Simmer until potatoes are done. Add salt and pepper to taste. Add milk then thicken with cornstarch and water.



Garden Veggie Pizza Squares

1 – 8 oz pkg refrigerated crescent rolls
1 – 8 oz pkg cream cheese (softened)
1 – 1 oz pkg Ranch-style dressing mix
2 carrots (finely chopped)
½ cup chopped red bell peppers
½ cup chopped green bell pepper
½ cup fresh broccoli (chopped)
½ cup chopped green onions

Directions:

Preheat oven to 375 degrees. Roll out crescent rolls onto a large non-stick baking sheet. Stretch and flatten to form a single rectangular shape on the baking sheet. Bake 11 to 13 minutes in the preheated oven, or until golden brown. Allow to cool.

Place cream cheese in a medium bowl. Mix cream cheese with ½ of the ranch dressing mix. Adjust the amount of dressing mix to taste. Spread the mixture over the cooled crust. Arrange carrots, red bell pepper, broccoli and green onions on top. Chill in the refrigerator approximately 1 hour. Cut into bite-size squares to serve.



Cranberry Chicken

1 can whole cranberry sauce (16 oz.)
1 bottle french dressing (8 oz.)
1 envelope lipton onion soup mix
1 box frozen chicken (5 lb.)

Directions:

Defrost chicken over night in the refrigerator. Separate & place chicken in 2 13x9 baking pans. Mix all other ingredients together & pour over chicken. Bake @ 350 degrees for 1 hour. (325 degrees for 45 minutes if using a convection oven.)



Japanese Style Cheesecake

1 cup graham cracker crumbs
¼ cup sugar
¾ stick of melted butter
1 cup whipping cream
5 eggs
2/3 cup sugar
4 Tbsp flour
1 box of cream cheese (sliced into 5 pieces)

Directions:

For crust 1. Mix 1 and 2, then 3 in the pan 2. Push it down to flatten by hand or spatula

For cheesecake: 1. Put 4-7 in the blender and blend 2. Slowly add 8 (one piece at time) and keep blend 3. Pour the mixture into pan 4. Bake in oven 350 degree for 1 hour



Brown Sugar Cookies

Ingredients:

14 Tbs butter
1 $\frac{3}{4}$ cup brown sugar
1 egg
2 tsp vanilla
2 cups flour
1 tsp baking powder
 $\frac{1}{2}$ tsp baking soda

Directions:

Preheat oven to 350 degrees. Mix butter and sugar and salt until combined. Stir in egg and vanilla. Add flour, baking powder and baking soda. Mix until combined.

Scoop dough into balls. Roll each ball into remaining sugar until coated. Place on cookie sheet and press to about $\frac{1}{4}$ in. thick.

Bake 9 to 11 minutes. Let cool.



Enchilada de Pollo

2 - whole chicken breasts

Water

½ small onion

1 bay leaf

8 peppercorns

Salt

½ medium onion, chopped

3 Tbs. grated parmesan cheese

2 cup * Monterey Jack cheese, shredded

1 (13 oz.) Ro-Tel tomatoes & green chilies
(original)

¼ cup cilantro leaves

¾ cup whipping cream

1 egg

Salt

10 flour tortillas

(*) or 4 Cheese Mexican

Bring to a boil in a large pot:

- chicken breasts
- water to cover
- onion
- bay leaf
- peppercorns
- salt to taste

Reduce heat, cover and simmer 45 minutes or until tender. Allow chicken to cool in broth. Shred chicken with 2 forks or with your fingers.

Chicken mixture (combine in a mixing bowl):

- shredded chicken
- chopped onion
- parmesan cheese
- 1 cup shredded Monterey Jack cheese

Place 1-2 tablespoon of chicken mixture in 1 flour tortilla. Roll tightly and place seam-side down in a 13' x 9' baking dish.

Chile-cream (mix in blender):

- Ro-Tel tomatoes
- Cilantro
- Whipping cream
- Egg
- Salt to taste

Pour chile-cream mixture over enchiladas and sprinkle evenly with 1 cup shredded Monterey Jack cheese.

Pre-heat oven to 375 degrees F
Bake uncovered for 20 minutes,
or until heated through and bubbly.



Portobello Mushroom Katsu With Sun Dried Tomato Aioli

Ingredients:

4 – 6 Caps	Portobello Mushrooms (Costco tray)
1 ½ - Cup	Panko
1 - Sm Box	Tempura Batter (follow directions on box for batter)
½ tsp + ½ tsp	Garlic Salt
¼ tsp + ¼ tsp	White Pepper
	Vegetable Oil for frying



Instructions:

- Clean mushrooms with a damp paper towel and pop off the stems.
- Prepare Tempura batter in a medium size bowl; sprinkle ½ tsp Garlic Salt and ¼ tsp White Pepper into batter and mix.
- In a separate medium size bowl, mix Panko, ½ tsp Garlic Salt, and ¼ tsp White Pepper
- Dip mushroom one at a time in the tempura batter and make sure to coat well. Then, place in dry panko mixture and also make sure to coat well. Place on a sheet pan or plate until all mushrooms prepared.
- Fry mushrooms in about 2 inches of oil at 350 degrees, approximately 2 minutes on each side or until golden brown. Can use medium sized sauce pan so that you don't have to use so much oil.
- When done frying, set mushrooms propped up on in a paper towel lined pan.
- Cut ¾ inch strips just before ready to serve.

Sun Dried Tomato Aioli Ingredients:

4 – 5 Pieces	Sundried Tomatoes (slice in small strips)
1 - Cup	Mayonnaise
1 – Tbs	Chopped Italian or Curly American Parsley
1 – Tbs	Lemon or Lime Juice
½ - tsp	Garlic Salt
½ - tsp	White Pepper
1 – 2 Cloves	Garlic (can add more to taste)

- Combine all ingredients above in a mini food processor, blender, or “bullet.” Blend for about 2 -3 minutes until aioli nice and creamy.
- Can make 1 to 2 days ahead

GARDEN VEGETABLE SOUP

Serves: 6

Complexity: easy

Origin: Soups and Stews

INGREDIENTS

4 tablespoons olive oil
2 cups chopped leeks, white part only (from approximately 3 medium leeks)
2 tablespoons finely minced garlic
Salt
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into 3/4-inch pieces
2 quarts vegetable broth
4 cups peeled, seeded, and chopped tomatoes
2 ears corn, kernels removed
1/2 teaspoon freshly ground black pepper
1/4 cup packed, chopped fresh parsley leaves
1 - 2 teaspoons freshly squeezed lemon juice

DIRECTIONS

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. 2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. 3. Add the stock, increase the heat to high, and bring to a simmer. 4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. 5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Coconut Curry Tofu

Ingredients:

2 bunches green onions	1 lb firm tofu, cut into $\frac{3}{4}$ in cubes
1 (14 oz) can light coconut milk	4 roma (plum) tomatoes, chopped
$\frac{1}{4}$ cup soy sauce, divided	1 yellow bell pepper, thinly sliced
$\frac{1}{2}$ tsp brown sugar	4 oz fresh mushrooms, chopped
1 $\frac{1}{2}$ tsp curry powder	$\frac{1}{4}$ cup chopped fresh basil
1 tsp minced fresh ginger	4 cups chopped bok choy
2 tsp chile paste	salt, to taste

Directions:

Remove white parts of green onions, and finely chop. Chop greens into 2 inch pieces. In a large heavy skillet over medium heat, mix coconut milk, 3 tablespoons soy sauce, brown sugar, curry powder, ginger, and chile paste. Bring to a boil. Stir tofu, tomatoes, yellow pepper, mushrooms, and finely chopped green onions into the skillet. Cover, and cook 5 minutes, stirring occasionally. Mix in basil and bok choy. Season with salt and remaining soy sauce. Continue cooking 5 minutes, or until vegetables are tender but crisp. Garnish with remaining green onion.

DANIEL FAST SUGGESTIONS

FOODS TO EAT

- All fruits - fresh, frozen, dried, juiced, or canned
- All vegetables-fresh, frozen, dried, juiced, or canned
- All whole grains - amaranth, barley, brown rice, oats, plain oatmeal (not instant), quinoa, millet, and whole wheat, whole wheat pasta, whole wheat tortillas, plain rice cakes, popcorn, grits (no butter)
- All nuts & seeds - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters (including all natural peanut butter) are also included
- All legumes - canned or dried; all-natural peanut butter, black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas
- All quality oils-canola, coconut, grapeseed, olive, peanut, and sesame
- Beverages-distilled water, filtered water, and spring water, unsweetened almond, coconut, rice or soy milk, 100% fruit/vegetable juice (no added sugar)
- Other - herbs, spices, salt, pepper, unsweetened coconut flakes, unsweetened coconut milk, seasonings, date honey, soy sauce (shoyu), Bragg's Liquid Aminos, soy products, and tofu

FOODS TO AVOID

- All meat & animal products -beef, buffalo, fish, lamb, poultry, and pork
- All dairy products -butter, cheese, cream, eggs, and milk
- All sweeteners -sugar, agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, and Stevia
- All leavened (yeast) bread -baked goods and Ezekiel bread (if it contains yeast and/or honey)
- All refined & processed food products -artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice
- All deep-fried foods -corn chips, French fries, and potato chips
- All solid fats - lard, margarine, and shortening
- Beverages -alcohol, carbonated drinks, sweetened juices, coffee, energy drinks, herbal tea, and tea