

HOLY WEEK TO TABLE

A Lenten Recipe Collection



INTRODUCTION

This recipe book was created in an effort to find a way for families to share together this amazing Easter story. It is our hope that families; with children or without, will discover the events of Holy Week in new and engaging ways. Each and every recipe was carefully thought out to provide an enriching faith experience, while offering families the foundation to expand their Faith at Home.

With each recipe you will find an Outreach component marked in green. This will give you simple ways to continue the lesson or theme out into your neighborhoods, communities and beyond.

We hope that you enjoy these recipes for years to come.

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PALM SUNDAES

What a tasty way to “celebrate” this momentous occasion! Just imagine the excitement that must have been evident as the people of Jerusalem witnessed Jesus riding in on a simple colt!

INGREDIENTS:

- **mini-marshmallows & chocolate chips** to represent the “rocky road” Jesus traveled upon
- **Green jello, pistachio ice-cream or pudding** to represent the palms and leaves that were waving that day
- a dollop of **chocolate ice-cream** to represent the donkey
- a **teddy graham** to represent Jesus
- **sprinkles** to represent the celebration of that special parade! Palm Sundae confetti!!

DIRECTIONS:

Beginning with the marshmallows and chocolate chips, layer the ingredients. Take time to chat about how the ingredient helps to tell the story. ENJOY!!



OUTREACH OPPORTUNITY

Clean out your closets and pull out old or outgrown coats. Donate to our Assurance Matthew's Closet.

Mark 11: 7-10

When they brought the colt to Jesus and threw their cloaks over it, he sat on it. Many people spread their cloaks on the road, while others spread branches they had cut in the fields. Those who went ahead and those who followed shouted,

“Hosanna!”

“Blessed is he who comes in the name of the Lord!”

“Blessed is the coming kingdom of our father David!”

“Hosanna in the highest heaven!”

PALM SUNDAY

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DIRTY FEET

Imagine all of your family running through the dusty, dirty and maybe even muddy yards with nothing more on their feet than a pair of open-toed sandals...and that you had to clean them up! Would show them how much you loved them...and clean their feet?

Jesus did (almost) that on the night of the Last Supper. He showed His disciples just what it meant to serve someone other than yourself.

This simple dessert recipe provides a way to help share this scripture with friends and family.

INGREDIENTS:

- Instant Chocolate Pudding
- milk
- Teddy Graham snack crackers



DIRECTIONS:

- Make the pudding as directed.
- When ready to serve, place into a shallow bowl and place 12 teddy grahams around the edge.
- As you think about Jesus cleaning the feet of the Disciples, lick the dirt from the feet of the teddy graham before enjoying.

OUTREACH OPPORTUNITIES: WAYS TO SERVE WITH "FEET"

- help your mom match socks
- help fold clean towels
- give a foot massage!!

John 13:3-5

Jesus knew that the Father had put him in complete charge of everything, that he came from God and was on his way back to God. So he got up from the supper table, set aside his robe, and put on an apron. Then he poured water into a basin and began to wash the feet of the disciples, drying them with his apron.

PITA PERFECTION

Jesus gathered His disciples for this symbolic Passover Feast. The official Passover was followed by a seven day long feast of the Unleavened Bread. This was to remind them of the Israelites flight from Egypt and not having full time to prepare bread with yeast. People gathered for this holiday, eating traditional foods like lamb, bitter herbs, wine, unleavened bread.

During this Last Supper, Jesus offered a way for His Disciples to remember Him when He was gone. Today, we celebrate this when we receive Communion.



This recipe will help you to remember the unleavened bread that Jesus broke to symbolize His body. Enjoy these with a glass of grape juice. (or wine if you are an adult)

- 4 pitas, each cut into 8 wedges
- About 1/4 cup extra-virgin olive oil
- Kosher salt
- Optional: garlic powder/salt, chili powder...or your favorite dip.

DIRECTIONS

- Preheat the oven to 375°F.
- Drizzle or brush both sides of the pita wedges with olive oil and season generously with salt. If desired, sprinkle with spices.
- Bake until lightly browned and crispy, 12 to 15 minutes. Let cool and enjoy.

OUTREACH OPPORTUNITIES:
Make dinner for a neighbor or friend.

Luke 22:14-20

When it was time, he sat down, all the apostles with him, and said, “You’ve no idea how much I have looked forward to eating this Passover meal with you before I enter my time of suffering. It’s the last one I’ll eat until we all eat it together in the kingdom of God.” Taking the cup, he blessed it, then said, “Take this and pass it among you. As for me, I’ll not drink wine again until the kingdom of God arrives.”

Taking bread, he blessed it, broke it, and gave it to them, saying, “This is my body, given for you. Eat it in my memory.”

He did the same with the cup after supper, saying, “This cup is the new covenant written in my blood, blood poured out for you.

LAST SUPPER

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GARDEN OF GETHSEMANE

GARDEN GOODNESS

After the Last Supper, Jesus and His disciples went to the Mount of Olives to garden called Gethsemane. They went here so that Jesus could pray. Where do you like to pray? Do you have a favorite spot or time? In this scripture we learn that Gods' way isn't always our way, but it is important to do what God asks of us. Find your favorite prayer spot today and spend some time simply talking to God.

The recipes today are simple by design. One will be a garden "salad" of sorts and one a garden "dessert". Make one for everyone in your family and enjoy!

GARDEN VEGGIES:

Using any small glass or even the flowerpot shaped votives are perfect, place dressing of choice OR try a little hummus. Then simply add vegetable of your liking.



DIRT DESSERTS:

- Oreos
- Chocolate Pudding
- Gummy Worms

Crush a few Oreos and mix into pudding. Gently fill a cup about 3/4 full. Place additional crushed Oreos on top...and add Gummy Worms.

OUTREACH OPPORTUNITIES:

- Make an extra one to share with someone at lunch.
- plant some "forget-me-nots" in a planter and give as a gift

Matthew 26: 36, 39

Then Jesus went with His disciples to a place called Gethsemane, and He said to them, "Sit here while I go over there and pray." Going a little farther, He fell with His face to the ground and prayed.

PRAYER PRETZELS

Long ago, Monks preparing unleavened bread for Lent used the leftover dough to stretch and twist into what we not call a pretzel. This was shaped to show the prayer pose that children of the day used when praying. If you cross your arms and touch your shoulders, this forms a “pretzel”. Use this prayerful pose today as you learn about Jesus' prayer in the Garden.



INGREDIENTS AND DIRECTIONS:

- Refrigerated bread dough or sticks
- roll with hands to get a “snake” shape
- twist to form the pretzel shape
- sprinkle with salt
- bake according to directions of bread.

Jesus' prayer was agonizing. How difficult it must have been to know what was coming and asking for the strength to see it through...as He knew that this is what God intended so that we could all live with Him. Listen to His prayer.... can you hear His struggle? He didn't want to do this..to be crucified but He also knew it was what God wanted....Not what I want, but what You want!

How often do we pray like that? How often do we truly just say, God I trust what you are doing give me the strength to do it? More often, our prayers are probably about what we want, think we need or asking God to intervene....while those prayers are very valid, maybe having the Faith of Jesus and ending it with...do what You will, Amen.

OUTREACH OPPORTUNITIES:

- Make pretzels for someone special and let them know you are praying for them.

Matthew 26: 39, 42

Going a little ahead, he fell on his face, praying, “My Father, if there is any way, get me out of this. But please, not what I want.

You, what do *you* want?”

He then left them a second time. Again he prayed, “My Father, if there is no other way than this, drinking this cup to the dregs, I'm ready. Do it your way.”

EDIBLE CROWNS

This recipe is meant to represent a portion of what happened to Jesus after He was arrested. The soldiers mocked and made fun of Him... Not just joking around with him, but actually torturing him... they knew that people thought that Jesus was the King of the Jews and they mocked that. They made a crown for him, not from gold but from the branches of a thorn bush! Have you ever been pricked from a thorn...hurt, right? Imagine hundreds of thorns being pressed on your head...what do you think that would have felt like? They laughed and dressed him with royal colored robes and knelt/bowed down and shouted "Hail, the King of the Jews". They then spit on him and beat him...and then led him to be crucified.

INGREDIENTS AND DIRECTIONS:

- RITZ or other round cracker
- peanut butter or other sticky spread
- stick pretzels
- Using the picture as a guide, spread each cracker with peanut butter or alternative. Break the pretzels into small "thorns" and place around the edges of cracker.



CHOCOLATE CROWNS

Using stick pretzels dipped into melted milk chocolate, layer pretzels into a crown shape. Allow to cool to harden.

MATTHEW 27: 27-30

Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him, and took the staff and struck him on the head again and again.

OUTREACH OPPORTUNITIES:

- Be kind to someone that others make fun of.
- Pray for those being bullied
- AND for the ones doing the bullying!

CROWN OF THORNS

“TRAIL” MIX

Jesus had been beaten, mocked, tormented and then He was made to carry His cross to the crucifixion site. Jesus was weak from His beatings and the cross was too difficult to carry by himself, so the guards forced a man named Simon of Cyrene carry the cross for Him. It is unsure why Simon was chosen from all of those that were probably on the sides of this “trail”. Perhaps, he showed sympathy or compassion for Jesus and the guards chose to punish him for those emotions. Whatever the reason, he walked with Jesus carrying the cross for Him. How do you “carry the cross”? Do you help those suffering? Do you show compassion and kindness?

This isn't a traditional recipe. The idea is to use a little of what you have, mixing salty, sweet and savory. This could remind you of the saltiness of the tears shed that day, the sweet surprise to be revealed a few days later and the savory story that is still to be shared.



INGREDIENTS AND

DIRECTIONS:

SALTY IDEAS: pretzels

(prayer shaped are perfect),

peanuts, almonds, gold fish,

SWEET IDEAS: raisins, dried

fruit, small candies, chocolate

chips, some cereals

SAVORY IDEAS: dried

onions, pepperoni bites, chex mix cereal bits,

Simply look in your pantry and pull out any of the 1/2 finished packages and mix them together. You will be surprised how well it all comes together.

OUTREACH OPPORTUNITIES:

- Package your “trail” mix up in smaller packages and
- share with your friends.
- share with our RITTI neighbors

LUKE 23:26

As they led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus.

TRAIL TO GOLGATHA



GASTING LOTS BY THE CROSS

Many Bible translations do not mention “nails”, but they all say that Jesus was taken and was crucified. There were many forms of crucifixion and many shapes of crosses. While other condemned men may have been tied with ropes to their crosses, Jesus was nailed. Later, He would show his wounds in His hands so that others would know who He was.

The snack recipe today will reflect this scripture. As you construct this dessert snack, read the scripture and remember that Jesus suffered through all of that so that we can have a closer relationship with Him; a NEW LIFE IN HIM.

INGREDIENTS AND DIRECTIONS:

SUPPLIES:

- GRAHAM CRACKERS
 - SKITTLES (or other candy); Soldier’s Dice
 - LICORICE WHIPS; Bloody Cross
 - ICING

SIMPLY

- SPREAD THE ICING ON A CRACKER,
- PLACE LICORICE IN SHAPE OF CROSS
- ADD THE SKITTLES AROUND THE CROSS



OUTREACH OPPORTUNITIES:

- gather sticks from your yard and bind together to make crosses. Make a tag with the scripture and attach. Share the story by giving away.

MARK 15:24 NLT

Then the soldiers nailed him to the cross. They divided his clothes and threw dice to decide who would get each piece.

WRAPPED WITH LOVE

After Jesus died, Joseph of Arimathea asked Pilate for His body. Pilate agreed and Joseph took Jesus' body, wrapped it lovingly in a clean linen cloth and placed Him in the tomb that scripture says that he had carved out of the rock. He then rolled the large stone in front of the tomb and the guards of Pilate were to keep it secure for three days.

This recipe encourages the act of wrapping. Imagine the sadness of Joseph as he gently wrapped the body of Jesus and then placed him in the tomb. What do you think he must have been thinking? The other disciples were not around having fled out of fear, but Joseph had followed Jesus in secret and was now showing his faith for all to see. How do you show your faith? What things do you do that show others who you follow?

INGREDIENTS AND DIRECTIONS:

- Crescent Rolls
- Hotdogs
- Gently wrap your hotdog with the crescent, place onto cookie sheet and place into the oven. Cook as directed on package.



OUTREACH OPPORTUNITIES:

- give a tube of crescents to someone special with a tag for them to wrap something they love to remember the scripture.

MATTHEW 27:58-60

Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away.

WRAPPED IN LINEN

ROCK AND ROLL MEATBALLS

The Pharisees were quite concerned about Jesus' claim that He would be resurrected would be true. Because of that fear they took every precaution to ensure that Jesus' body would remain in the tomb. This tomb was most likely created on the side of a rocky hill and only had one opening. A large rock was placed at the entrance, prohibiting anyone from coming or going. Once the rock was placed it was ordered for it to be sealed. This would make the rock "tamper proof". This did not, however, keep God from having the stone rolled away revealing a miracle; the emptiness of the tomb! Important to remember, this rock was not moved to let Jesus out but was moved so that the whole world could see this miracle through the eyes of those that entered.

INGREDIENTS AND DIRECTIONS

- 3 slices white bread, torn into large pieces
- 1/2 medium onion, cut into wedges
- 1 cup fresh flat-leaf parsley leaves
- 4 cloves garlic, peeled
- 1/4 cup whole milk
- 1 tablespoon Worcestershire sauce
- 2 pounds ground beef or turkey
- 2 large eggs and kosher salt and black pepper

DIRECTIONS...from realsimple.com

1. Combine the bread, onion, parsley, and garlic in a food processor; pulse until finely chopped. Transfer to a medium bowl, add the milk and Worcestershire, and let stand for 5 minutes.
2. Add the beef, eggs, 1 tablespoon salt, and 1 teaspoon pepper and gently combine. Form into 40 meatballs (about 2 tablespoons each).
3. To cook immediately: Place the meatballs on foil-lined broiler proof baking sheet(s) and broil, one sheet at a time, turning once, until cooked through, 8 to 10 minutes.
4. To freeze and cook later: Freeze the uncooked meatballs on wax paper-lined baking sheet(s) until firm, transfer to a freezer bag, and freeze for up to 3 months. To cook, broil the frozen meatballs as above, adding 2 to 4 minutes to the cooking time.

MATTHEW 27:65, 2

Go, make the tomb as secure as you know how. So they went and made the tomb secure by putting a seal on the stone and posting a guard.

There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it.



OUTREACH

OPPORTUNITIES:

Paint a rock/rocks and place in places where others can enjoy them.

THE ROCK

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EMPTY TOMB TREATS

This is the miracle that we have all been waiting for! The day the tomb is opened for the world to see that Jesus wasn't there, because He is ALIVE! The angels' message to the women hold true for us today...

- * Do not be afraid! Be joyful in knowing that He is Risen!
- * He's not here...He has Risen...He is Alive today and always!
- * Come and See...come, look, see and study for yourself...He is no longer in that tomb...He is ALIVE!
- * Go and Tell!!....It is our job now to share this great news, this miracle of the Resurrection with everyone.

As you enjoy these fun, tasty treats, be Joyful, share the message with each other and when it is time to open your "tomb" ...know that He is ALIVE!! It was all just as He said that it would be.



RESURRECTION ROLLS

- Wrap peep of choice inside of a crescent roll
- secure edges
- bake according to directions of tube.
- enjoy!

No need to add extra sugar as many other recipes recommend...the Peeps have plenty!

OUTREACH OPPORTUNITIES:

- * make some for others!
- * create a "gift basket" for someone special! Don't forget the recipe

MATTHEW 28: 5-7

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

THE RESURRECTION

THE EMPTY EGG!

There are many things that we use during this holiday season, but none more child friendly as the Empty Egg! All around the world eggs are dyed, hidden and given as gifts, but the true meaning can only be discovered once the egg is cracked open and the inside is found to be EMPTY. Today, plastic eggs are used much more often, especially during egg hunts and games. Just imagine the surprise when an empty egg is found!...and the True story is shared!

The next few pages will give you some fun things to do with eggs...the real ones! Enjoy!

Share the love!
Make heart shaped hard boiled eggs!...but save the shells!



THE EMPTY EGG

Start by cutting the cardboard and **fold** the piece of cardboard in half (lengthwise).

- Boil the eggs. Make sure that in the end the eggs are hard.
- Let the eggs to cool of for a little bit. Take the **eggshell** off. Take the egg and put it on the piece of cardboard, place the chopstick exactly on the center of the egg and add rubber bands at the both sides of the milk cardboard.
- Put the eggs in the fridge for 15 minutes.
- Remove the chopstick. Cut the eggs in half and you have the perfect heart shaped egg that you have ever seen. (practicideas.com)



After dying and enjoying your beautiful Easter Eggs, save your shells to keep the story ALIVE! Gently peel and break apart your egg shells, using glue create a beautiful mosaic cross. What a great way to remember the Empty Tomb! HINT: you can even dye the shells from the eggs on the other page...dye them after you peel them.

CLASSIC DEVILED EGGS

6 eggs
1/4 cup mayonnaise
1 teaspoon white vinegar
1 teaspoon yellow mustard
1/8 teaspoon salt
Freshly ground black pepper
Smoked Spanish paprika, for garnish



foodnetwork.com

Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.

Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.

Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.

THE EMPTY EGG

RESURRECTION COOKIES

This recipe is perfect to use the night before Easter morning. It is a great way to re-tell the events of Holy week and the torment of Good Friday. Wonderful for kids and the kid at heart!

Ingredients

- 1 cup pecan halves
- 1 teaspoon distilled white vinegar
- 3 egg whites
- 1 pinch salt
- 1 cup white sugar



Directions

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

One of the best parts of Springtime is watching all of the butterflies begin to emerge from their cocoons and share the beautiful color with all of us. But their beauty is not the only thing that makes a butterfly so special. The caterpillar must spin itself into a cocoon; a tomb of sorts before transforming into something so amazing...into a new kind of life.

A butterfly reminds us of this story. It goes into an almost deadlike state in the cocoon and emerges much later totally changed and different. Jesus too emerged differently, He was ALIVE and because of that we too are changed on the inside. This power that brought Jesus back to life is there for us too...to bring our faith to LIFE, to know that we will one day we will live with Him. Jesus became not just a man, but was now seen as the Son of God!

The activities on this page will attract butterflies and keep the story alive!



BUTTERFLY NECTAR

- Sponges
- 1 cup water
- 1/4 cup granulated sugar

1. Bring water to boil and add sugar. Stir until dissolved. remove from heat.
2. cut sponge into shapes if desired.
3. pour liquid into saucer and place sponges in as well, allowing the sponge to soak up the liquid nectar.
4. place in your garden or wherever you wish to attract butterflies.



THE BUTTERFLY

A JELLY BEAN PRAYER

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for the sun so bright.
Orange is for the edge of night.
Black is for the sins we made.
White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for a new tomorrow.
A handful of jelly beans,
Colorful and sweet, Is a prayer,
a promise, A loved one's treat!
Happy Resurrection Sunday!

