



Maundy Thursday Agape Eucharist
Menu and Recipes

Hummus with Pita Chips
Baked Artichoke, Spinach, and Cheese Dip*
Olives
Tabouleh*
Citrus, Onion, and Olive Salad*
Tossed Green Salad
Pan Roasted Vegetables
Chicken with Sage*
Baked Mustard Chicken*
Spice Cake

**recipe provided*

Baked Artichoke, Spinach, and Cheese Dip

2 cups grated Parmesan cheese
1 10-oz. Box frozen spinach, thawed, drained, and chopped
1 14-oz. Can/jar artichoke hearts
2/3 cup sour cream
1 8-oz package cream cheese, softened
1/3 cup mayonnaise
2 cloves garlic, minced

Preheat oven to 375°F. Mix together Parmesan cheese, spinach, and artichoke hearts. Combine remaining ingredients and mix with spinach mixture. Bake for 20-30 minutes. Serve with pita chips.

Tabouleh

1 cup fine-grained bulgar wheat
3 cups boiling water
1 bunch scallions, finely chopped
2 cups parsley, chopped
4 Tablespoons lemon juice or vinegar
½ cup chopped radishes
salt to taste
3 Tablespoons olive oil
1 teaspoon sharp prepared mustard
Romaine lettuce leaves

In a large bowl, cover the bulgur wheat with boiling water. Let soak for 30 minutes or until tender. Drain the wheat and combine with all other ingredients except lettuce leaves. Marinate and chill for several hours, or overnight, in refrigerator. Heap salad on a platter and arrange lettuce leaves around it.

Pan Roasted Vegetables

6 stalks of celery
6 large carrots
2 fennel bulbs
12 large mushrooms
3 Tablespoons olive oil
Cumin seed, salt to taste

Wipe mushrooms with a damp cloth. Scrub the dirt off the other vegetables, but do not peel. Chop celery, carrots, squash, and fennel bulbs into large chunks.

Place all vegetables in a bowl. Pour olive oil over them and mix until all the vegetable surfaces are covered.

Place on a flat baking tray. Try to avoid having the vegetables touch each other dust lightly with cumin seed and salt to taste. Bake for 30-40 minutes at 350. A quick turn in the broiler will produce a nice brown crust if desired.

Citrus, Onion, and Olive Salad

4 oranges, peeled, cut up, and seeded
1 red onion, thinly sliced
1 cup halved kalamata olives (pitted and chopped)

Combine oranges, onion, and olives. Chill and serve.

Chicken with Sage

4 boneless skinless chicken breasts or chicken cutlets
3 tablespoons fresh squeezed lemon juice
28 Fresh sage leaves
3 tablespoons extra-virgin olive oil
3 tablespoons unsalted butter
Sea salt and freshly ground black pepper to taste

Marinate chicken with the lemon juice, sage and olive oil for 30 minutes. After 30 minutes remove chicken. Strain marinade and put aside. Reserve sage leaves separately and put aside.

In large skillet, melt butter and 2 tablespoons of olive oil until hot and bubbly. Add chicken breasts smooth side down and cook until evenly brown...about 5 minutes. Turn breasts over and season generously with salt and pepper. Tuck reserved sage leaves around the chicken and cook until chicken is browned on the bottom but still juicy... about 5-10 minutes more. Do not scorch the sage.

Remove chicken to platter and season second side with salt and pepper. Scatter sage leaves on top and also add lemon wedges to plate. Cover loosely with foil. Discard any fat from skillet. Add reserved lemon marinade into skillet on high heat. Reduce to a glaze. Add tablespoon of butter and pour over chicken.

Baked Mustard Chicken

2 pounds boneless, skinless chicken breasts
4 Tablespoons sharp prepared mustard
1 Tablespoon dried thyme (or 3 T fresh)
½ cup whole wheat bread crumbs

Rub chicken pieces with mustard. Combine herb and bread crumbs. Coat chicken pieces with crumb mixture by dredging on a plate or dropping pieces into a bag and shaking. Place chicken on a large, flat baking pan. Bake at 350 for an hour. Covering the chicken will result in a “smothered” effect with gravy. Uncovered, the chicken will have a dry, crispy crust.