

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

Mint chocolate chip ice cream to represent the palms and leaves that were waving that day

Chocolate syrup, just a drop or two to represent the donkey

Teddy graham to represent Jesus

Sprinkles to represent the celebration of that special parade! Palm Sunday confetti!

DIRECTIONS:

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

ENJOY!



Mark 11: 7-10

When they brought the colt to Jesus and threw 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!”

DIRTY FEET

Imagine all of your family running through the dusty, dirty road 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 you 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.

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 the this symbolic Passover Feast. The official Passover was followed by a seven day long feast of the Unleavened bread. This was to remind 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.

INGREDIENTS:

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 oven to 375

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, 12-15 minutes. Let cool and enjoy.

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 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 the bread, he blessed it, broke it, and gave it to them saying, "This is my body, given for you. Eat it in 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."

GARDEN GOODNESS

After the Last Supper, Jesus and His disciples went to Mount Olive ro a garden called Gethesmane. They went 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 God’s way isn't always our way, but it is important to do what God aska of us. Find your favorite prayer spot to-day and spend some time simply talking to God.

The receipes 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!

INGREDIENTS/DIRECTIONS:

Garden Veggies: Using any small glass or even a flowerpot shaped votive, place dressing of choice or try Hummus. Then simply ass vegetables you enjoy.



Dirt Desserts: Oreos, Chocolate pudding, gummy worms. Crush Oreos and mix into pudding. Gently fill a cup about 3/4 full. Place additional crushed Oreos on top and add Gummy worms.

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 now called 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 & DIRECTIONS:

Refrigerated bread dough or bread sticks

Roll with hands to get a “snake” shape

Twist to form the pretzel shape

Sprinkle with salt

Bake according to directions.



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 you truly just say, God I trust what you are doing and give me 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

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 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/DIRECTIONS:

Ritz crackers or other round crackers

Peanut Butter or other sticky spread

Pretzel sticks

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 the cracker.



CHOCOLATE CROWNS

Using pretzel sticks dipped into melted milk chocolate, layer pretzels into a crown shape. Allow to cook 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.

“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 beating and the cross was too difficult to carry by himself, so the guards forced a man named Simon of Cyrene to 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 in a few days and the savory story that is still to be shared.

INGREDIENTS/DIRECTIONS

Salty Ideas: Pretzels, 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.



LUKE 23:26

As they let 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.

CASTONG LOTS BY THE CROSS

Many Bible translations do not mention “nails” but they say that Jesus was taken and was crucified. There were many forms of crucifixation and many shapes of crosses. While other condemned men many 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 closer relationship with Him; a NEW LIFE HIM.

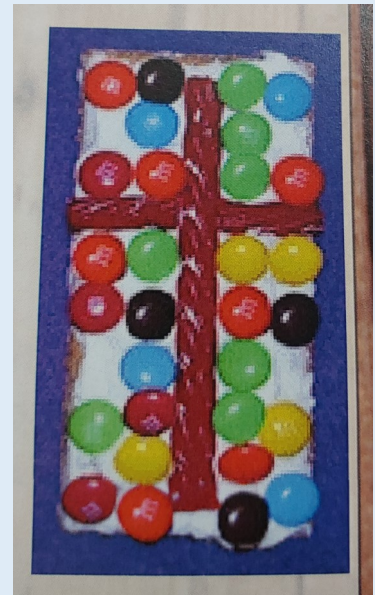
INGREDIENTS/DIRECTIONS/SUPPLIES

Graham Crackers

Skittles (or other candy): soldier’s Dice

Twizzlers or Licorice: Bloody Cross

Icing



SIMPLY

Spread the icing on a cracker. Place Twizzlers in shape of a cross. Add the skittles around the cross.

MARK 15:24

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 follow?

INGREDIENTS/DIRECTIONS

Crescent Rolls

Hotdogs



Gently wrap your hotdog with the crescent roll, place onto a cookie sheet and place into the oven. Cook as directed on Crescent Roll package.

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 rock. He rolled a big stone in front of the entrance to the tomb and went away.

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 of garlic, peeled

1/4 cup whole milk

1 tbsp. Worcestershire sauce

2 lbs ground beef or turkey

2 large eggs

1 teaspoon salt & pepper

DIRECTIONS

Combine the bread, onion, parsley, & garlic in food processor until finely chopped. Transfer to a medium bowl, add milk & Worcestershire and let stand 5 minutes. Add beef, eggs, pepper & gently combine. Form 40 meatballs. Place on baking sheet, cook at 375 for 10-15 minutes. Maybe frozen.



MATTHEW 27:65, 2

Go, make the tomb as sure 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.

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.

INGREDIENTS:



Wrap a peep (or marshmallow) of your choice inside 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.

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 & is going ahead of you into Galilee. There you will see him.

" Now I have told you."

THE BUTTERFLY

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 dead like 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

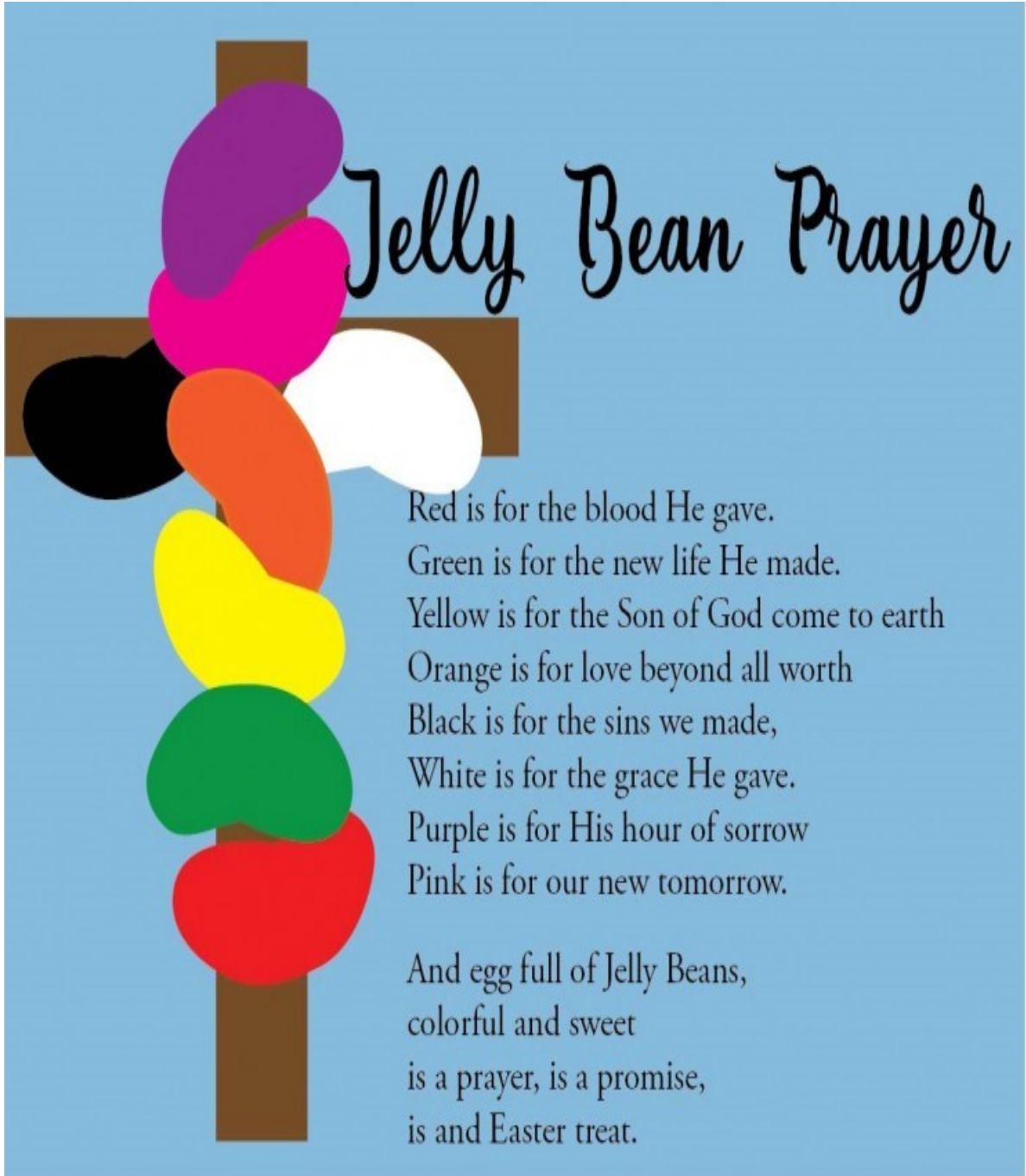
Bring water to boil and add sugar. Stir until dissolved. Remove from heat.

Cut sponge into shapes if desired.

Pour liquid into saucer and place sponges in as well, allowing the sponge to soak up the liquid nectar,

Place in your yard or wherever you wish to attract butterflies,





Jelly Bean Prayer

Red is for the blood He gave.
Green is for the new life He made.
Yellow is for the Son of God come to earth
Orange is for love beyond all worth
Black is for the sins we made,
White is for the grace He gave.
Purple is for His hour of sorrow
Pink is for our new tomorrow.

And egg full of Jelly Beans,
colorful and sweet
is a prayer, is a promise,
is and Easter treat.