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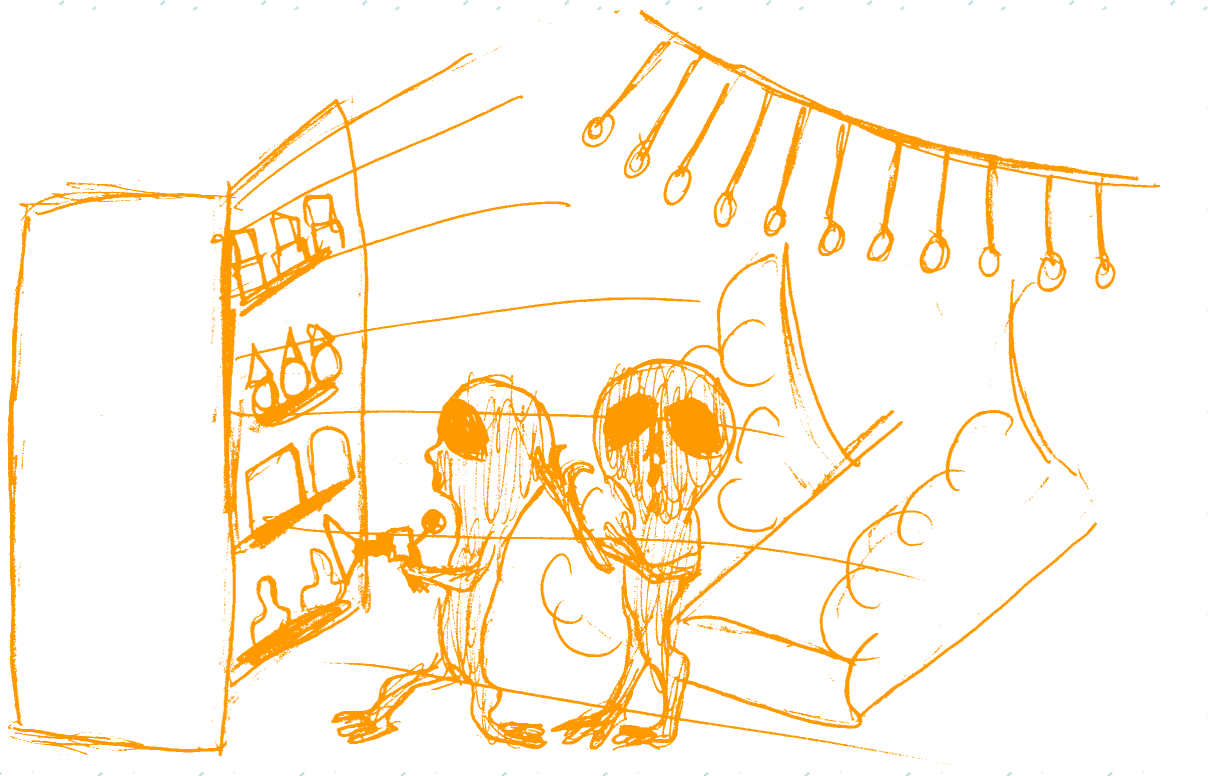
LEFTOVERS FROM MAMA

Being a collection of well tried recipes from the kitchen of
Betty Hendershot,
With a commentary by John Hendershot

Dedicated to our friends in the *Becoming Closer class,* at Christmas 1995.
Illustrations by Rebekah Hendershot



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The title, I suppose, deserves some explanation. The story is one of those family traditions which "just happen." Ours happened this way:

It was one of those nights when the phone rings at just the wrong moment. Betty was preparing fish and chips (in the oven, from the freezer - this was in the days before the diet) when she called. Somehow we seem to have our share of friends who have more than their share of problems. Betty listened as only she can; sympathized and advised. Money was tight in that household, and our friend mentioned that she would be without dinner that night. Now, Betty has taken to heart the motto of our house, "No man leaves my home hungry." She immediately offered to bring something over (our friend is disabled, she does not drive). The offer was politely declined as being too much bother for Betty. Betty had an answer: Referring to the meal in the oven, she said, "I could bring you some leftovers from ours."

That's what she *says* she said. That's not what I and the kids heard. Soon, in echoing voices suitable to a grade B science fiction movie from the 1950's, you could hear all of us intoning, ***"Leftovers from Mars*!"** Ever since then, fish and chips have been served in this house under the title "Leftovers from Mars." The title is also used for meals we share, of course.

So it is our pleasure to share with you some of the recipes from the infamous "diet" that I complain about so much in my lessons. Enjoy them (I vouch for all of them!) with our thanks for your wonderful support.

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BAKED BEANS

Original Recipe	"Legalized" version
1/2 pound (I clip) dried navy beans	I pound (2 cups) dried navy or pinto beans
4 c. water	8 c. water or broth
I loin-end pork chop, very lean	omit OR 1-2 Tbs. Bragg's Liquid Aminos
1 c. chili sauce	2 c. "Legal" BBQ sauce
3/4 c. chopped onion	2 med. onions, finely chopped
2 Tbs. light molasses	1/4 c. dark molasses
I Tbs. packed brown sugar	2 Tbs. packed brown sugar
1-1/2 tsp. dry mustard powder	1 Tbs. dry mustard powder
1/4 tsp. garlic powder	1/2 tsp. garlic powder
I c. water	2 c. water

Place beans and water in large saucepan over high heat. Bring to boil and cook 2 minutes. Remove from heat and let stand I to 2 hours. Return beans to heat and simmer one hour, or until beans are tender. Drain, rinse and set aside. OR Cover rinsed beans with boiling water plus an extra 3". Bake in a 250 oven until tender, about 2 hours. (When doing this, I also often will fill my oven with an additional pot of soup.) Drain, rinse, and set aside.

Preheat oven to 350. Lightly spray a 1-1/2 quart (2-1/2 to 3 quart) casserole or Dutch oven with non-stick spray. Place beans in prepared casserole and set aside.

Brown pork chop in a small non stick skillet over medium-high heat. Cut into small cubes and add to beans. Add remaining ingredients and mix well. (I usually combine beans and other ingredients, and then put the mixture into the prepared casserole dish.) Cover and bake 2 to 4 hours. If needed, add additional water during cooking.

This freezes well.....I usually freeze in one or two-meal size Tupperware containers until firm, then remove from Tupperware and put the "blocks" into labeled zip-lock bags until needed.

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About Beans

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Beans don't get too much mention in the Bible. By my concordance, they are mentioned only twice - and then in lists of foods' Evidently they were not as common a food then as they are now.

Beans, in our society, are somewhat a symbol of hard times, of poverty. We sometimes say that a person is "down to their last bean." I know the feeling. The layoff is the cloud over the aerospace industry, and when I was laid off, we ate beans. Lots of beans, particularly in Navy Bean Soup. We were a young couple, with one child and another on the way, and it was rather a difficult time. The church we attended was mostly middle class, and being out of work was somehow not quite respectable. So when anyone asked, "How are things going?" I always answered, "Fine." My pride was not going to allow me to say what I was really thinking: "I'm worried stiff, don't have two nickels to make change for a dime, and I have a wife who's pregnant and a small child to care for."

It was a small church, however. In a small group you notice these things. So one day the minister's wife (a sweet soul) came up to me (privately) and handed me a food basket.

You want to know what pride is? It's wondering how you're going to pay for next week's groceries, and still saying "Give it to somebody who needs it." It sounds so generous, so self-sacrificing, so "Christian" and it's so false. Praise God, the lady was wiser and gentler than 1. "John," she said, "how are they going to learn to give if you will not receive?"

What a lesson! In one simple statement, she expressed so much. I've used this story many times before, in many lessons, because it applies in so many ways:

• We are all part of Christ's body, the church. When one of us hurts, the body hurts. (Ever try to tell yourself "it's only a toothache?")

• One of the lessons in "body life" is that pride prevents me from letting others reach out to me in Christ's name. It's good to ask, "Is my pride hindering the work of Christ's body?"

• Sometimes we need to begin the life of giving by giving to those we know. If your heart is hard and your mind cynical, it helps to have a living example of real need before your eyes. The test is then before you.

• Other times we find ourselves able to give to a cause (remember your mother and the "starving Armenians?") because that's just money - not commitment. The person in front of you may need more than money: he may need you.

• The help you give should be tangible whenever possible. "I'm praying for you" means a lot more to the hungry when accompanied by a bag of beans.

I will never be able to repay her for that basket. The food in it is long since gone, but the lessons learned linger on. My father taught me long ago that there are some debts you can never repay. You can only pass the favor along. When you do, you can never see where it ends.

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BREAD AND BUTTER PICKLES (These are already "Legal")

8 medium, crisp pickling cucumbers (approximately 4 c. when sliced)
OR 4 large "regular" cucumbers

2 medium onions	1/2 tsp. turmeric
1-1/4 c. cider vinegar	1/2 tsp. mustard seed
1-1/4 c. sugar	1/4 tsp. celery seed

Slice thoroughly chilled cucumbers and onions. Cover and place in refrigerator. In a medium saucepan over medium-high heat, combine vinegar, sugar and spices. Heat just to boiling. Add cucumber and onion mixture and heat 2 to 3 minutes.
Chill and serve. May be stored in a covered container in refrigerator for one month. (A I-quart Mayo jar is "Perfect.")

DARK MOIST BRAN MUFFINS

Original Recipe	Legalized" Version
2 c. whole wheat flour	2 c. whole wheat flour
1-1/2 c. pure wheat bran	1-1/2 c. pure wheat bran
2 Tbs. sugar	2 Tbs. sugar
1/4 tsp. salt	1 Tbs. baking powder (low sodium)
1-1/4 tsp. baking soda	2 Tbs. vinegar plus non-fat milk to make 2 c.;
2 c. buttermilk	let stand for 5 minutes
1 whole egg	2 egg whites
1/2 c. dark molasses	1/2 c. dark molasses
2 Tbs. melted butter or margarine	2 Tbs. Canola oil

Combine flour, wheat bran, sugar and leavening and mix well. Combine buttermilk, egg or egg whites, molasses and butter or canola oil and add all at once. Stir just enough to moisten flour mixture. Fill greased or non-stick sprayed muffin cups 2/3 full and bake in 350 oven for 20 to 25 minutes. Makes about 24 muffins.

DO NOT USE PAPER MUFFIN LINERS, (they stick

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Missions and Mustard

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If you've ever suffered through a fourth grade student (three times now) you know that somewhere, somehow, some California Moses came down from the mountain with this commandment:

WHEN THOU ART IN THE FOURTH GRADE, THOU SHALT SURELY CONSTRUCT A MISSION PROJECT.

So you suffer through splitting wet macaroni lengthwise, dying it with food coloring (tile roofing for you uninitiated), etc. If your child is a good student (mine, fortunately, are) then the trip to see the selected mission is absolutely required. You pack up the family (including bored siblings) and investigate the past.

Now, while you are doing that, pay a little attention to the plant life on the side of the road. See that plant about three or four feet high with the little yellow flowers? That's mustard! The reason you see it on your way to the mission is that Father Serra (and others) used mustard seed to mark their way. By sowing this tiny seed along the path, they made sure that the plants would be there to show the way the next year. It sure beats bread crumbs!

Our Lord compared the Kingdom of Heaven to the mustard plant. We see His explanation that the kingdom begins with the smallest beginnings, but often we miss some other, obvious points:

- It grows. It doesn't leap into existence, but it grows. For those who are close to it, it does not appear to grow very fast. But think of this: when your kids are growing up, you seldom remark "How they've grown." But take them to a relative's house — one who hasn't seen them for a year or so — and you will hear, "My how they've grown."
- It grows where it's planted. It doesn't spring from the ground unbidden; it must be planted by faithful gardeners. Is it a coincidence that Adam was placed in God's garden? If it doesn't grow, is it because of a lack of seed, or a lack of gardeners?
- Our Lord noted that the birds might take shelter in it. Father Serra might have added that it is there to point the way. There it is: the church, our refuge, and our guide.

Are you sowing the seed? Are you tending the garden?

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Or, I've learned to like Italian

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Original Recipe	"Legalized" Version
2 (14-1/2 to 16 oz) cans stewed tomatoes, pureed	2 (14-1/2 to 16 02.) cans no-salt added tomatoes, pureed
4 (8 oz) OR 2 (16 oz) cans tomato sauce	4 (8 oz) or 2 (16 oz) No Salt added tomato sauce
2 c. water	2 c. water
2 (6 oz) OR 1 (12 oz) cans tomato paste	2 (6 oz) or 1 (12 oz) cans no salt added tomato paste
2 Tbs. instant minced onion	2 med. onions, chopped finely
2 Tbs. parsley flakes	2 Tbs. Parsley flakes OR 1/2 c. chopped fresh
tsp. salt	omit
Tbs. cornstarch	2 Tbs. cornstarch
Tbs. green pepper flakes	1 fresh green pepper, finely chopped
1/2 top. instant minced garlic	2 cloves garlic, finely chopped
(tsp. Sugar	3 tsp. sugar
-\11 tsp. Italian Seasoning	1-1/2 tsp. Italian Seasoning

Combine all ingredients in a large kettle or Dutch oven. Simmer 15 minutes over medium-low heat. Cool. Pour into six I-pint freezer containers, leaving 1/2 inch space at top. Seal and label, then freeze. (This is another one where I remove the frozen "blocks" and put them into a labeled zip-lock bag so that I can reuse the Tupperware.)

This is a basic Marinara sauce, that can be used "as-is" over any cooked pasta, in Lasagna or other Italian dishes, or for "Assemble Your Own Pasta Casserole"

ASSEMBLE YOUR OWN PASTA CASSEROLE (This is a good option when you have picky eaters, because everyone gets their own favorite, also a good way to use up leftovers)

Cooked pasta of your choice
Warm Marinara Sauce
Cooked chicken, browned hamburger, etc.
Assorted raw veggies like shoe-string carrots or zucchini, sliced mushrooms or olives, etc.
Assorted cooked (warm) veggies like green beans, peas, etc.
Parmesan or non-fat Parmesan or Italian "Sprinkle Cheese"
Each person assembles their own combination of pasta, veggies either raw or cooked, meat if desired, top with Marinara sauce and sprinkled with cheese, then run under the broiler until the cheese melts. Each person then has their own unique "favorite" casserole.

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Onions and Troubles

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One of the many changes in my eating habits involves onions. Growing up I carefully picked around them when ladling the stew onto my plate. My mother would then carefully pick out a microscopic piece of onion for me (she probably enjoyed hearing me complain). Now, however, I appreciate their flavor.

Onions are mentioned only once in the Bible". The context is that of a complaint. The Israelites are in the desert - after all those miracles to get them out of Egypt - and they're complaining about the food! They miss the onions they used to have in Egypt. How like us! Here we are, Christians, saved by grace and given the riches of God. If that were not enough, we are given them in the richest land in the world. If that were not enough, a land (unlike many) where we are free to be Christians unhindered by the government. Despite that, we complain ever so freely.
We should rejoice instead. One of the wisest Christians I've ever read put it this way:

It is good for us to encounter troubles and adversities from time to time, for trouble often compels a man to search his own heart. It reminds him that he is an exile here, and that he can put his trust in nothing in this world. It is good, too, that we sometimes suffer opposition, and that men think ill of us and misjudge us, even when we do and mean well. Such things are an aid to humility, and preserve us from pride and vainglory. For we more readily turn to God as our inward witness, when men despise us and think no good of us.

What a difference in attitude! He saw his troubles as a sure guide, pointing him back to his Lord and Savior. We so often see them as things which are fit only for a prayer list or a long complaint over the telephone. Have you ever thanked God for your troubles?

Look at it this way: suppose I could sell you a magical device which would
- give you the gift of self examination
- teach you who to trust, and who not to
- keep you from the deadliest sin known to man.

I could make a fortune at this. Unfortunately, the device is known as "your troubles," - and someone else seems to be giving them out for free.
Try it tonight. Thank him for your troubles, that they have caused you to turn back to Him. Lean on Him, let Him be your comfort.

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Lasagna

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LAST MINUTE LASAGNA

Original Recipe	"Legalized" Version
6 Cups Italian Cooking/Marinara Sauce, thawed	6 cups Italian Cooking /Marinara Sauce, thawed
1 (8 oz) pkg. lasagna noodles, cooked	9 (about 8 oz) lasagna noodles, cooked
I lb. ricotta cheese	I lb. non-fat ricotta cheese
3/4 lb. grated Mozzarella cheese	3/4 lb. grated non-fat Mozzarella or Italian pizza combination cheese
I c. grated Romano & Parmesan Cheese	I c. grated non-fat Parmesan Cheese topping

Preheat oven to 350. Lightly butter a 13"x9" pan (OR spray with a non-stick spray 11" x 7' glass dish). Spread one third of Marinara sauce, cover with one third of noodles, add one third of ricotta, mozzarella and parmesan cheeses. Repeat layers twice, topping with cheese topping. Cover with foil (OR plastic wrap if cooking in the microwave). Bake 30 to 35 minutes, until heated through (Microwave for 15 minutes until heated through.) Let stand 10 minutes before serving. Makes 8 to 10 servings.

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Cheese, politics and giants

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The first mention of cheese in the Bible comes with a young boy named David's Dad sends him down to the battle front to take some food to his brothers. To smooth things with the commanding officer, he takes along ten cheeses as a gift.

Politics has not changed very much in three thousand years. David takes his cheeses to the "keeper of supplies" and then goes down to the battle line. There he hears a blowhard by the name of Goliath, and begins his rise to fame.

David and Goliath is a famous story, of course. It appeals to us, I think, because David is so much the "little guy," the Everyman, facing the giant. We often miss David the man in David the legend. Here are some "did you knows?" about David:
~ Did you know that David had been anointed king of Israel before he met Goliath? God does not look on the size of the man (David was the runt of the litter) nor on his achievements - but on his heart. God knew the man within.
~ Did you know that David knocked out Goliath with one stone - but that he stopped to pick up five stones along the way? The servant of God comes prepared!
~ Did you know that David had been in the Israelite camp before this incident - as a musician'? Sometimes we look on a person as being no more capable than what we see. God sees all ends, and sees what might be.

Sometimes we think God cannot do anything with us; we are just what we are, we can do no more. We have no accomplishments, we are not the talented ones - or our talents come in the wrong direction. But - and it's the important word - if the heart is right, and the will prepared, God can take anyone of us and turn us into a David. The question is not what He can do; the question is what we will to do. Are you prepared to let Him make you into what He wants you to be?

(I Cor 1:25 NIV) For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength.

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Mostly Chicken

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TURKEY (OR CHICKEN) AND DUMPLINGS

Original Recipe

2 to 3 c cooked diced turkey or chicken
1 (10-1/2 02) can Condensed Cream of Mushroom or Condensed Cream of Celery soup
Partially or fully cooked vegetables: about 2 to 3 c. combination of carrots, peas, potatoes or choice
1 (6 oz) can or jar sliced mushrooms
1 c. all purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/2 c milk
2 Tbs. salad oil

"Legalized " Version
2 to 3 c. cooked, diced turkey or chicken, entirely or mostly white meat
Mock Condensed Cream of Mushroom Soup (see below)
2-3 c. cooked vegetables of choice: potatoes, carrots, peas, corn, green beans, etc.
I c. sliced or quartered fresh mushrooms
1 c. all purpose flour
2 tsp. Low Sodium Baking Powder
omit
1/2 c non-fat milk
2 Tbs. Canola oil

Mock Condensed Cream of Mushroom Soup

Original Recipe

1 (6 oz) can or jar sliced mushrooms
I Tbs. vegetable oil
3 Tbs. all purpose flour
I bay leaf
1/3 c. skim milk
I Tbs. nonfat "butter" granules
Freshly ground black pepper to taste
1/8 tsp. garlic powder

"Legalized" Version

I c sliced or quartered fresh mushrooms
1/2 c water
I Tbs. Canola oil
3 Tbs. all purpose flour
I bay leaf
1/3 c. skim/non-fat milk
I Tbs. nonfat "butter" granules
Freshly ground black pepper to taste
1/8 tsp. garlic powder

To make Mock Condensed Mushroom Soup, combine in non-stick skillet the Canola oil, flour and bay leaf.....heat, stirring constantly for one minute. Gradually add mushroom liquid or water, milk, "butter" granules and pepper, stirring constantly until mixture thickens, about 2 to 3 minutes. Remove pan from heat, remove and discard the bay leaf. Pour into blender or work bowl of food processor with metal blade and blend until smooth. Add mushrooms and garlic powder.
To mushroom soup, add I cup non-fat milk, cooked meat and vegetables, simmer until completely heated. While meat and veggies and gravy are heating, make dumplings by combining I c flour, baking powder and salt if using. Add milk and oil at same time and stir just to moisten. When meat and veggies are heated, stir in fresh mushrooms , then drop the dumpling mixture by tablespoonful directly on meat and veggies, not into stock. Cover tightly, return to boil (don't lift lid), reduce heat and simmer for 12 to 15 minutes or until dumplings are done.
Serves 6 to 8 hungry people. If you have leftovers, refrigerate the dumplings apart from the "stew" part. You might prefer to make new dumplings, or to serve the "stew" with toast the next time around. This is a good way to use up leftover cooked meat and veggies.

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Substitution

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The word "mock" in the recipe above carries with it the idea of a substitute. The recipe above (Mock Mushroom Soup) is designed to create a substitute for something else. The real thing has too much fat, so we prepare a substitute.

There are other reasons for preparing a substitute. There are recipes for Mock Turtle Soup - because obtaining the real thing involves obtaining large turtles, and many of these are now protected species.

As a teacher, I have a different meaning for the word "substitute." I haven't had to have one too often, but can there be anything like the terror of, "Mr. Know-it-All" is sick this morning; could you take his class? The one that all the PCC professors are in?" Substitute for the one with the flu can also be called "lifesaver;" I'm not so certain the substitute sees it that way. But I'm grateful just the same.

Sometimes we must use a substitute because the item originally intended for the purpose is somehow not suitable. God taught this principle throughout the Old Testament with regard to sin and sacrifice:

- The sins of the people were to be laid on a substitute - a goat. We still use the phrase "scapegoat" in our language today.
- The firstborn were to be consecrated to God; but God allowed the Levites to substitute for this service, making them a tribe of priests'

In this example from the Old Testament, God is teaching us concerning what Christ would become: our substitute. The Bible clearly teaches that using animal sacrifices did not, in fact, deal with sin. God was simply instructing the people, in a vivid picture, about what Jesus was to do.

He is our substitute; are we grateful for it? Do we show it?

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More Good Stuff

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CHICKEN BREASTS WITH SPICED CRANBERRY SAUCE (already legalized)

6 boneless chicken breast halves
1 (8 oz) can jellied cranberry sauce
1/2 cup sweet sherry
1-1/2 c. unsalted chicken stock
1/2 tsp. dry mustard
1/4 tsp. ground ginger
1/4 tsp. ground nutmeg
1/4 tsp. Chinese Five Spice Powder
2 tsp. prepared sweet mustard OR I tsp. prepared mustard & I tsp. honey
I Tbs. brown sugar
3 Tbs. butter or margarine OR 2 Tbs. Canola oil

Flatten chicken breasts by using mallet to pound breasts between sheets of plastic wrap. (Don't cut or tear chicken breasts) to 1/4 to 1/2" thickness.
In a small saucepan, combine cranberry sauce, sherry, chicken stock, mustards, spices and brown sugar. Bring to a boil over high heat, then reduce heat and simmer for 10 minutes.
In meantime, melt butter or margarine or heat Canola oil and brown chicken breasts until lightly browned and cooked through. Remove from skillet and keep warm while sauce is finished. Add cranberry sauce mixture to remaining oil in skillet. With heat on high, reduce sauce to about half its original volume and pour over the chicken breasts to serve.

MAMA-SAN's GUNK

Original Version
I to 1-1/2 lb. lean hamburger
I onion, finely chopped
I tsp. each Salt and MSG
1 (14-16 oz) can kidney beans
1 (10-1/2 oz) can tomato soup
2 c. water
1-2 c. uncooked elbow macaroni

"Legalized" version
3/4 to I lb. extra-lean burger
1 onion, finely chopped
omit both
2 c (I 16-oz can) no salt added kidney beans
1 (14-16 oz can)) stewed tomatoes, chopped
2 c. water
1-2 c. uncooked elbow macaroni

Brown hamburger meat thoroughly, drain well. Add onion and brown until limp. Stir in beans, tomatoes or tomato soup, water and macaroni. Bring to a boil, then turn heat down and simmer until the macaroni is tender.....about 8 to 10 minutes.
Serve with Parmesan Cheese topping and crackers or toast. Good with either a green or mixed fruit salad. This is even better the second night, so "planned overs" are desirable and appreciated!

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Daughter-in-Love

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"Mama-San" is my mother. The name descends from the years we spent in Japan in the early 1950's. You'll note that it's her recipe above. This is a reflection of two things:

- the way to a man's heart is through his stomach. As my wife says, I have an eight lane freeway.
- it's a measure of my mother's love for my wife that she shares such things.

The two are genuinely close.

How much my parents love my wife was shown the night we announced our engagement. We had been dating for two years. My parents were just going to bed when we made the announcement. There was a slight pause; an exasperated sigh, and my father got up and put his robe on. Walking over to my intended, he took her by the arm and walked her out to the kitchen. For the next hour and a half, he did his level best to persuade her that she was making a serious error in judgment. When he finally quit, my mother picked up the theme for another hour. Fortunately for me, they failed. They then congratulated me (and went to bed). But perhaps this story has grown in the telling?

Since then my parents and my wife have shared happy times and sad. When Betty's sister committed suicide, it was my mother who greeted her at the door with open arms and open heart. Through two earthquakes it's Betty who has cleaned up the mess. Hospital trips for heart attacks; child birth and surgery on our infant daughter; all are shared. She is not a daughter-in-law; she is a daughter-in-love.

A family like this is not "earned" or "deserved"; it's a gift. It's something you're born into - or get adopted into. The family of God is like that; it's a gift. We are all members of that family. But let me ask you: are you welcoming others to that family with open arms - or trying to talk them out of it? Sometimes our actions speak louder than our words.

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Tequila Chicken

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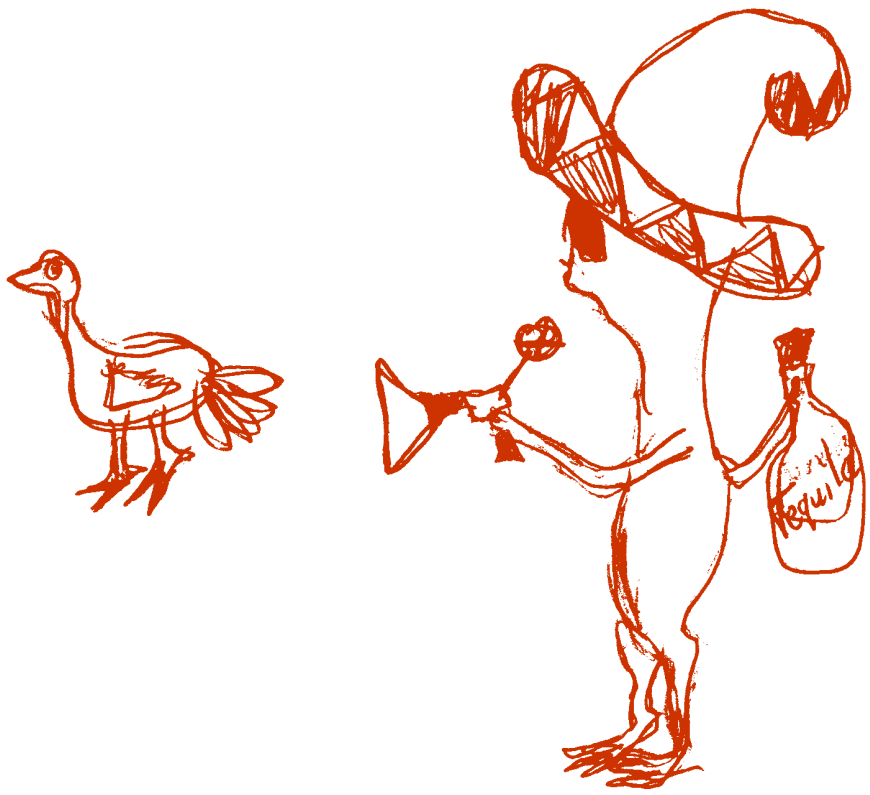
TEQUILA CHICKEN (Already legalized)

1-1/2 to 2 lb. Boneless Chicken Breasts, in bite-sized pieces
1 Tbs. Olive Oil
2 cloves of Garlic, finely minced
I med. onion, chopped
I green pepper, chopped
1 lg. or 2 sm. fresh tomatoes, diced
2 Tbs. Cilantro, chopped
1/4 c. Tequila (Cuervo Gold holds flavor best)
OPT: I tsp. Lawry's Seasoned Salt
cooked rice
warmed tortillas

In a hot lion-stick skillet, warm the Olive oil, then quickly brown chicken with onion, garlic and green pepper. Quickly add tomatoes, cilantro, and Tequila and heat through. Serve with cooked (brown) rice and warmed tortillas. Another good addition is chopped lettuce and cooked beans.



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Salt – optional?

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You'll note in the recipe above the annotation that the salt is optional. This is in accord with the current medical thinking, but it was not always so. Throughout most of human history salt has been valued for its preservative qualities. It was so valuable that soldiers at one time received their pay in salt - Latin salarum, from which we get our word "salary."

The ancients used salt as preservative and as antiseptic. It is no wonder then that salt was used as a symbol among them. For example, God promised the kingdom to David with a "covenant of salt"g He commanded that the Israelites give a portion of their offering to the Levites, confirming to them that this was an eternal "covenant of salt."" The symbolism is evident: things preserved with salt last, and the covenant of God lasts also.

The Old Testament also implies that salt was used as an antiseptic, particularly at birth on newborns who were rubbed down with salt." Even today your doctor may tell you to use warm salt water with which to gargle.

So when Jesus said we are to be "the salt of the earth," He was not speaking in terms that his hearers would find difficult to understand. Salt for the Jew was something which was mined around the edges of the Dead Sea. Being a free standing mineral, the outer layer of impurities had to be knocked off before the inner white salt could be used. It is the outer salt which has no flavor; it is impure.

We may combine these three ideas in our lives:

- First, are our minds fixed on eternal things, or temporal things? The salt of the earth should be looking at God and not the world around them.
- Next, the salt of the earth should be its antiseptic. Here's a test for you: when you enter the room, does the foul language start - or stop?
- Finally, there is the question of impurity. If your answers to the first two questions did not please you, perhaps it is the impurity of your life which causes this.

The salt of the earth is never known for flash, cash and dash. The rest of the world should wonder what's wrong with us - and it's up to us to show them who's right with us.

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VEGETARIAN LENTIL SOUP

Original Version	"Legalized" Version
I c. lentils	I c. lentils
4 c. water	4 c. water
2 tsp. salt	omit
I carrot, diced	I carrot, diced
1 or 2 ribs of celery, diced	I or 2 ribs of celery, diced
2/3 c. chopped onion	I med. onion, chopped
1/8 tsp. ground thyme	1/8 tsp. ground thyme
2 Tbs. butter	omit
1 (16 oz) can whole tomatoes	1 (14 to 16 oz) can no-salt added tomatoes

Rinse lentils. Place in pot with water, salt (if using), carrot, celery, onion, bay leaf and thyme. Cover and simmer over low heat for 45 minutes. Add butter if using. Drain tomato juice into pot. Coarsely chop tomatoes and stir into soup. Heat through. Makes 4 servings.
NOTE: This is another recipe that I frequently double or triple so that I have some extra to freeze

ANDERSEN'S SPLIT PEA SOUP

Original Version	"Legalized" Version
2 qt. water, preferably soft	2 qt. water, preferably soft and reverse-osmosis
1 or 2 ribs celery, coarsely chopped	1 or 2 ribs celery, coarsely chopped
2 c (14-16 oz pkg.) green split peas	2 c (14-16 oz pkg.) green split peas
I lg. carrot, coarsely chopped	I lg. carrot, coarsely chopped
I sm. onion, coarsely chopped	I sm. onion, coarsely chopped
1/4 tsp. thyme	1/4 tsp. thyme
pinch cayenne (red) pepper	pinch cayenne (red) pepper
I bay leaf	I bay leaf
salt, pepper	black pepper to taste

Combine water with peas, celery, carrot, onion, thyme, cayenne, bay leaf and salt (if using) and pepper. Bring to a boil and continue to boil hard for 20 minutes. Reduce heat and simmer 45 minutes or until peas are tender. Strain through a fine sieve or process through Mender until smooth. Reheat to the boiling point and serve. If desired, add I Tbs. dry sherry or dollop of sour cream (Non-fat!) to each bowl.
NOTE: I often double this recipe, but don't add all of the water to yield a thicker soup, which when frozen takes less room, but can be thinned to the right consistency when thawed.

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Worth the Wait

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Lentils, according to the New International Version, are the prime ingredient in that "mess of pottage" for which Esau sold his birthright in the King James. Jacob was evidently an opportunistic soul. It has been observed, however, that you cannot cheat an honest man. Jacob got his pottage repaid when Laban tricked him into marrying Leah instead of Rachel. He had to wait seven years for the privilege, too. Then he had to work another seven for the girl he wanted in the first place.

I can sympathize with that. My wife is one of those wonderful souls to whom promptness is not particularly easy - the "chronologically impaired," as the politically correct might say. Some men can say that they always wait for their wives, but how many can say that their wife was late for their wedding? (She says half an hour, I say an hour. It depends on what you mean by "on time.") The organist, as I recall, played "Get Me to the Church On Time" - in the manner of a Bach fugue.
But she was well worth the wait! Of all my earthly blessings, she is the chief and uppermost. "He who finds a wife finds what is good and receives favor from the LORD."""

I write this while waiting around at a wedding rehearsal. My wife's brother Tom is getting married to Tracy; two lovely Christian people beginning a life together. Tom became a Christian largely through the efforts of his first wife, Suzanne, who died a few years ago. Their marriage reminds me how much our society despises that institution. "Happily Married" is rarely seen on television; it's usually portrayed as the introduction to adultery. We dignify adultery by calling it an "affair." We view marriage as a compound of one boob, one bimbo, one playboy and one playgirl, making in all two. We see this on television and think nothing of it. But marriage not only requires hard work to make it successful; it requires imagination. Imagination of what might be; imagination of what ought to be. "We take captive every thought to make it obedient to Christ," says the Scripture. So I ask you: when you look at your wife, what do you see? Do you see the ball and chain shackling you down, or do you see the lady love of your life lifting you up? Sometimes romance is more imagination than makeup. Discipline your mind to see with the Lord's eye; see the woman who loves you and is therefore beautiful.

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BROWNIES

Original Recipe	"Legalized" Version
1/2 c. butter or margarine	1/2 c. nonfat sour cream
3 oz. (3 squares) baking chocolate OR 9 Tbs. cocoa	1/2 c. unsweetened applesauce
plus 3 Tbs. butter or margarine	I c. coarse oat bran
1-1/3 c. sugar	2/3 c. cocoa powder (unsweetened)
2 whole eggs	1-1/3 c. sugar
1/2 c. all-purpose flour	omit
3/4 tsp. baking powder	1/2 c. all-purpose flour
1/4 tsp. salt	I tsp. baking powder (low sodium)
3/4 c. uncooked oatmeal	3/4 c. uncooked oatmeal
I tsp. vanilla extract	I tsp. vanilla extract
16 nutmeat halves OR 1/3 c. chopped nuts (optional)	1/3 c. chopped nutmeats, OR toasted wheat germ
	OR sunflower seeds (optional

Melt butter and chocolate in large saucepan over very low heat or in large glass bowl in microwave (about I minute on fall power). OR Combine sour cream, applesauce and oat bran with cocoa powder in a large bowl. Add sugar; beat in eggs (if using), beating in one at a time, blending well. Add rest of ingredients and stir until well blended. Batter will be thick.
Spread evenly in greased (OR non-stick sprayed) 9" (OR 8")square pan. Top with nutmeat halves or chopped nutmeats (if you haven't stirred the chopped nuts into the batter.) Bake in a preheated 350 oven for 25 to 30 minutes. Cool, cut while still slightly warm. Store in an airtight container.

DUMP CAKE (No, this one's not legal!)

1 (18-1/2 07) cake mix (white or yellow seems to work best)
1 (16 oz) can Cherry Pie Filling
1 (20 oz) can Pineapple chunks
1/2 to I cup chopped nuts
1/2 c. (I stick) butter or margarine

Grease or spray with not-stick coating a 9" x 13" cake pan. "Dump" in the cake mix, then the pie filling, pineapple chunks, and nuts, spreading more or less evenly. "Dot" small pieces of the butter/margarine over the entire pan. Bake in 350 oven for about an hour. This is yummy warm from the oven (cool about 30 minutes first), or cold; if desired, you can pour milk or cream over it, or top it with ice cream.

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Did you ever wonder where the expression "fat of the land" came from? It actually originates in the Bible (Genesis 45:18) where Pharaoh tells Joseph to bring back his relatives to Egypt, to get the best of the land of Egypt and live off "the fat of the land." It is an expressive term.

Until very recently in human history, being fat was not considered undesirable. If you'll look at the paintings from the Renaissance onward you'll see that artists tended to paint women who were much chubbier than we find "good looking" today. The reason is very simple: until recently, being overweight was not a problem - it was a privilege. Most of our ancestors knew quite well what it was to be hungry, and that a little fat was best viewed as insurance against the oncoming winter. The changes in agriculture in our century have converted fat from asset to liability.

So well regarded was fat in the ancient world that the ancient Israelites were commanded to offer the fat from their animal sacrifices — all of it, leaving none to be eaten. It must have been a well remembered sacrifice; the fat in meat is that which produces that wonderful aroma in a barbecue. To them, that aroma must indeed have been "an aroma pleasing to the Lord." It must have produced the same kind of longing we have standing around a barbecue grill, sniffing, waiting for the hamburgers to be done.

I wonder: do we have the same sense of sacrifice? When we give to the church, or perform our various private charities, do we have the sense that we are really giving up something? Or are we just clearing out our garage of its excess? We need to take a lesson from King David.

Towards the end of his reign God, to punish him, sent forth an angel with a plague. To stay the plague, David went to what is now the site of the Temple. It belonged then to a man named Araunah. David explained his purpose, and Araunah immediately offered to give the land to David - along with the oxen for the sacrifice; the wooden sledges to bum them on and the wheat he had been threshing for the grain sacrifice. Araunah was a Jebusite, not a Jew - but he sought the king's favor with this.
David's reply is characteristic of a man "after God's heart." His words, by the NIV, were "No, I insist on paying you for it. I will not sacrifice to the LORD my God burnt offerings that cost me nothing."

How about us? Many of us have so much material wealth that we have trouble storing all of it. It pains us little - there is no aroma of longing - to part with it. We are so busy making it, however, that we do not have any time that we are willing to sacrifice. So we write a check and consider our duty done. Think again. Those who fight the fat say, "no pain, no gain." There is wisdom in that. If there is no pain in parting with it, it is not really a sacrifice, is it?

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