



Baba Ganoush Eggplant Dip

Poke holes in fresh eggplant.

Roast or grill with skin on for approximately 40 minutes or until eggplant collapses.

Remove and discard skin. Drain excess moisture from eggplant. Smash with fork. Mix well with garlic, lemon juice, and tahini. Salt to taste.

Place in serving dish or bowl. Drizzle with olive oil. Garnish with parsley.

Serve dip with whole wheat pita bread wedges and/or fresh veggies.



INGREDIENTS

2 lbs eggplant
2 cloves garlic, minced
2 tbsp lemon
¼ cup tahini
Salt
1 bag pita, wedged
Parsley
Olive oil

**OPERATION
BLESSING**



Shrimp Aguachile

Place shrimp in bowl with enough lime juice to cover the shrimp. Put in refrigerator.

Leave while preparing dish or overnight. The lime juice will “cook” the shrimp, but you can sauté shrimp if desired.

Rough chop chilies, crush garlic, and place in blender. Add lime juice and cilantro. Blend to a thick salsa consistency. Salt and pepper to taste.

Thinly slice onion. Peel, deseed and dice cucumber and avocado. Remove shrimp from refrigerator. It should be opaque and white. Add salsa to shrimp and mix. Add onion, cucumber and avocado. Serve with tostadas, tortilla chips or rice.

INGREDIENTS

1 lb fresh shrimp,
peeled and deveined
Juice of 5-10 limes
½ medium red onion,
chopped
1 large cucumber, *sliced*
1 avocado, *sliced*
Salt and pepper
SALSA:
2 garlic cloves
1-3 serrano chilies
Juice of 1 lime
Cilantro, to taste

 **OPERATION
BLESSING**



Lentil Pancakes & Veggies

Rinse red lentils and soak in water for 3 hours. Pour out water and rinse again. Place lentils and 1 cup water in food processor. Puree with salt, pepper, and vegetable broth.

Heat coconut oil in frying pan. Form mixture into small pancakes and cook.

Separately, fry acorn squash slices and zucchini in more coconut oil. Season with additional salt, pepper, and any of your favorite spices like cumin or coriander. Add tomatoes to warm through.

Serve pancakes and vegetables with cottage cheese and garnish with arugula.



INGREDIENTS

¾ cup red lentils
Water
½ tbsp salt
Pinch of pepper
½ tbsp vegetable broth
Coconut oil
1 acorn squash, sliced
2 zucchinis, sliced
1-2 tomatoes, chopped
Cottage cheese
Fresh arugula

**OPERATION
BLESSING**



Chicken Tostadas

Marinate chicken overnight in garlic, ginger, yellow mustard, vinegar and a dash of salt and pepper. Refrigerate.

Combine tomato, green pepper, onion, and cilantro into a salsa.

Add lemon and a dash of salt and pepper. Refrigerate.

Chop chicken into small cubes. Cook with marinade in skillet about 15 minutes at medium heat until cooked through.

Place tostada on plate. Add chicken, lettuce, and salsa. Serve and enjoy on the patio with lemonade or iced tea. Buen provecho!!



INGREDIENTS

- 2 chicken breasts
- 1 clove garlic, *minced*
- 1 tsp ginger
- 1 tsp yellow mustard
- 2 tbsp vinegar
- 1 medium tomato, *diced*
- 1 medium green pepper, *chopped*
- 1 small onion, *chopped*
- Cilantro, *chopped*
- 1 lemon, *juiced*
- Lettuce, *shredded*
- 1 bag of tostadas

**OPERATION
BLESSING**

ENCOURAGEMENT FOR Health and Well-Being

*So, whether you eat or drink,
or whatever you do, do all to the glory of God.*

1 Corinthians 10:31

*Beloved, I pray that all may go well
with you and that you may be in good health,
as it goes well with your soul.*

3 John 1:2

*Or do you not know that your body
is a temple of the Holy Spirit within you ...
You are not your own, for you were bought with a price.
So glorify God in your body.*

1 Corinthians 6:19-20

