

# *Garden of Eating*

— RECIPES FOR —  
CHRISTIAN BELIEVERS



# Introduction

*“Then God said, ‘Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.’ And it was so.”*

— G E N E S I S 1 : 1 1 —

We know from the Bible that the Promised Land flowered with milk in honey. But the Promised Land was even more than that. It was a cornucopia overflowing with all kinds of healthy, healing foods. **“Garden of Eating: Recipes for Christian Believers”** will take you on a historical culinary tour of the Bible and brings its wonderful foods alive for today’s palate. Each recipe comes with a blessing for your meal. We hope you enjoy these recipes as much as we do!





# ROAST LEG OF LAMB

PREP 15 M

COOK 1 H 45 M

READY IN 2 H 10 M

## INGREDIENTS

4 cloves garlic, sliced

2 tbsp fresh rosemary  
Salt to taste

Ground black pepper to  
taste

5 lb leg of lamb

1/4 tsp prepared  
horseradish

1/4 tsp reduced-sodium  
soy sauce

## DIRECTIONS

- 1 Preheat oven to 350 degrees F (175 degrees C)
- 2 Cut slits in the top of the leg of lamb every 3 to 4 inches, deep enough to push slices of garlic down into the meat. Salt and pepper generously all over the top of lamb, place several sprigs of fresh rosemary under and on top of the lamb. Place lamb on roasting pan.
- 3 Roast in preheated oven until the lamb is cooked to your desired doneness, about 1 3/4 to 2 hours. Do not overcook the lamb, the flavor is best if meat is still slightly pink. Let rest at least 10 minutes before carving.

Source: Allrecipes.com

*And there you shall eat before the Lord your God, and you shall rejoice, you and your households, in all that you undertake, in which the Lord your God has blessed you.*

DEUTERONOMY 12:7





PREP 10 M

COOK 20 M

READY IN 30 M

## INGREDIENTS

1 pork tenderloin (*about 3/4 lb*)

1/2 tsp lemon-pepper seasoning

1/8 tsp cayenne pepper

1 tbsp reduced-fat butter

3 tbsp 100% raspberry spreadable fruit

1 tbsp red wine vinegar

2 tsp ketchup

1 garlic clove, minced

1/4 tsp prepared horseradish

1/4 tsp reduced-sodium soy sauce

## DIRECTIONS

- 1 Cut tenderloin into eight slices, about 1-1/4 in. thick. Sprinkle with lemon-pepper and cayenne. In a large nonstick skillet, cook pork in butter over medium-high heat for 3-4 minutes on each side or until juices run clear. Remove and keep warm.
- 2 Add sauce ingredients to the skillet. Cook and stir for 2-3 minutes or until bubbly and slightly thickened, scraping to loosen browned bits. Serve over pork.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

*Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."*

GENESIS 1:29



# GARLIC STUFFED TURKEY BREAST

PREP 20 M

COOK 20 M

READY IN 50 M

## INGREDIENTS

1 turkey breast (*about 11 1/2 lbs*)

6 cloves of roasted garlic

2 green onions, chopped  
fine

2 tbsp. plain cream  
cheese

2 tbsp plain greek yogurt

2 tbsp poultry seasoning

Salt and pepper to taste

1 tbsp oil

1 cup vegetable or chicken  
broth

## DIRECTIONS

- 1 Oil your grids and preheat one side of the grill to 375°F.
- 2 Make a paste out of the garlic, cream cheese, yogurt and green onion. Season with salt and pepper.

Carefully slice a pocket into the turkey starting at the top of the breast. Fill that pocket with as much of the yogurt mixture as you can. Seal the opening with a toothpick then season the turkey breast all over with the poultry seasoning and salt and pepper.

- 3 Sear the turkey on all sides until it has some lovely char marks. Transfer it to a grill safe baking dish lined with tinfoil. Put 1 tbsp of oil in the bottom of the pan and place the turkey in. Place the dish on the cool side of the grill and grill roast the turkey for 20 minutes or until the juices run clear.
- 4 Turn off the grill and place your turkey under some tented tin foil to rest. Pour the drippings from the baking dish into a sauce pan over medium-low heat. Add flour to the drippings to make a paste, then slowly add the broth until you have a gravy.

Source: [www.napoleongrills.com](http://www.napoleongrills.com)

*Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.*

GENESIS 9 : 3

A top-down photograph of a wooden cutting board. On the board are several pieces of pita bread, some whole and some torn, showing distinct grill marks. A small bowl with a yellow liquid, likely olive oil, and a pinch of red spices sits on the left. The background is dark with scattered seeds.

# GRILLED ROSEMARY PITA BREAD

PREP 2 H

COOK 10 M

READY IN 2 H 10 M

## INGREDIENTS

1 tbsp. active dry yeast

Pinch of sugar

1 1/2 cups warm water

2 tbsp. olive oil

1 1/2 tsp. salt

3 1/2-4 cups flour

A few sprigs of rosemary,  
chopped

## DIRECTIONS

- 1 Sprinkle the yeast and sugar over 1/2 cup of the warm water. Let sit for about 10 minutes, until foamy.
- 2 In a mixer use the paddle to combine the remaining 1 cup of water, oil, salt, and 1 cup of the flour. Beat for 1 minute on medium, then stir in the yeast mixture. Beat in the rest of the flour and the chopped rosemary, 1/2 cup at a time, until the dough pulls away from the sides. Switch to the dough hook. Mix on low for about 3 minutes until the dough is stiff and sticky.
- 3 Place the dough into a deep oiled bowl, and turn it in the oil to coat it. Cover loosely with plastic wrap and let rise until doubled, about 1-1 1/2 hours.
- 4 Divide the dough on a lightly floured board into 10 equal pieces. Roll each piece into a ball. Let the dough balls rest for 10 minutes. Flatten each ball into a 6 inch round.
- 5 Place the rounds on the grill, and cover the lid. Flip the bread over and grill the other side. Remove when the bread is puffy and looks completely baked.

Source: [www.makelifelovely.com](http://www.makelifelovely.com)

*Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do.*

ECCLESIASTES 9 : 7



# DATE HONEY CHICKEN THIGHS

**PREP 10 M**

**COOK 40 M**

**READY IN 50 M**

## INGREDIENTS

Cooking spray

1 cup apple juice

12 pitted dates, coarsely  
chopped

6 cloves garlic, coarsely  
chopped

4 tbsp honey

4 tbsp olive oil

1 tsp kosher salt

8 large bone-in, skin-on  
chicken thighs (*about 3 lbs*)

## DIRECTIONS

- 1 Preheat oven to 400° F. Lightly spray a 9x13-inch baking dish.
- 2 Prepare glaze: In a food processor, combine apple juice, dates, garlic, honey, olive oil, and salt. Pulse until fairly smooth.
- 3 In a large bowl, combine chicken and glaze; toss to coat well.
- 4 Transfer to the prepared baking dish and bake for 35 to 40 minutes, or until chicken reaches 175°F internal temperature.

*Source: [www.joyofkosh.com](http://www.joyofkosh.com)*

*My son, eat honey, for it is good, and the drippings of the  
honeycomb are sweet to your taste.*

**P R O V E R B S   2 4 : 1 3**





# FRUIT SALAD

PREP 10 M

COOK 5 M

READY IN 15 M

## INGREDIENTS

Cooking spray

2/3 cup pecans

4 pears

4 apples

2/3 cup pomegranate seeds

4-6 figs

1 small bunch grapes

1/2 cup Craisins

1/4 cup maple syrup

1 tsp cinnamon

1/4 tsp vanilla

1 tsp lemon juice

Orange zest for garnish  
(optional)

## DIRECTIONS

- 1 Lightly toast pecans in a 350 degree oven for 5-6 minutes, or until golden and fragrant. Roughly chop.
- 2 To make the dressing, pour maple syrup, cinnamon, vanilla, and lemon juice in a small bowl and stir until combined.
- 3 Cut pears and apples into thin slices. Quarter figs and half grapes.
- 4 Combine pecans, pears, apples, figs, grapes, pomegranate seeds, and Craisins in a large bowl. Toss with dressing, adding a little at a time until the desired amount is reached. Top with a sprinkling of fresh orange zest if desired.

Source: [www.passthechallah.com](http://www.passthechallah.com)

*A land of wheat and barley, of vines and fig trees and pomegranates,  
a land of olive trees and honey...*

DEUTERONOMY 8 : 8





# KUFTA KABOBS

PREP 45 M

COOK 5 M

READY IN 1 H 20 M

## INGREDIENTS

4 cloves garlic, minced  
1 tsp kosher salt  
1 pound ground lamb  
3 tbsp grated onion  
3 tbsp chopped fresh parsley  
1 tbsp ground coriander  
1 tsp ground cumin  
1/2 tbsp ground cinnamon  
1/2 tsp ground allspice  
1/4 tsp cayenne pepper  
1/4 tsp ground ginger  
1/4 teaspoon ground black pepper  
28 bamboo skewers,  
soaked in water for 30  
minutes

## DIRECTIONS

- 1 Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board. Mix the garlic into the lamb along with the onion, parsley, coriander, cumin, cinnamon, allspice, cayenne pepper, ginger, and pepper in a mixing bowl until well blended. Form the mixture into 28 balls. Form each ball around the tip of a skewer, flattening into a 2 inch oval; repeat with the remaining skewers. Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.
- 2 Preheat an outdoor grill for medium heat, and lightly oil grate.
- 3 Cook the skewers on the preheated grill, turning occasionally, until the lamb has cooked to your desired degree of doneness, about 6 minutes for medium.

Source: by SRKELZ at [allrecipes.com](http://allrecipes.com)

*If you are willing and obedient, you shall eat the good of the land...*

ISAIAH 1:19



# COCONUT BARLEY SOUP

PREP 10 M

COOK 15 M

READY IN 25 M

## INGREDIENTS

3/4 cup coconut milk

1 cup cooked barley, *refer to the handy tip below*

1 tbsp butter

1/2 tsp finely chopped garlic

1/2 tsp grated ginger

1 tsp finely chopped green chillies

1 lemon grass stalk

1 cup chopped spring onions (*white and green*)

1/2 cup carrot cubes  
salt to taste

3/4 cup milk

1/4 cup finely chopped coriander

## DIRECTIONS

- 1 Heat the butter in a deep non-stick pan, add the garlic, ginger, green chillies, lemon grass and spring onions, mix well and sauté on a medium flame for 2 to 3 minutes.
- 2 Add the carrots, barley, salt and 3 cups of water, mix well and cover and cook on a medium flame for 7 to 8 minutes or till the carrots are cooked, while stirring occasionally.
- 3 Add the coconut milk, milk and coriander, mix well and cook on a medium flame for 4 to 5 minutes or till the soup comes to a boil, while stirring occasionally.
- 4 Discard the lemon grass and serve hot.

## HANDY TIP

- 1 To make 1 cup cooked barley – bring enough water to boil, add 1/2 cup barley and cook on a medium flame for 5 to 7 minutes. Drain and keep aside.

*Source: Tarla Dalal's Latest Recipes*

*For He satisfies the thirsty and fills the hungry with good things.*

P S A L M 107 : 9