

take us & READ

GATHER A GROUP
for

*Tea
time
friends*



GATHER A GROUP

by take up and read



WELCOME

“I’ve always wanted to do a Bible study with a group of young moms,” she said, looking up at an older woman who was long past the stage of juggling journals and juice cups. “But I’m new to the area and I only know two women who might join me.”

“Then you have a group,” said the older woman firmly, with a triumphant smile. “Absolutely. That’s a group.”

And it is. Where even two women are gathered, He is there, delighted to be invited and eager to bless. Whether you are gathering with one friend in a dorm room at 10:00 every Wednesday night or you’re gathering ten women and thirty children at the park on Friday mornings, He’s there.

And He’s so glad you asked. (Matthew 18:20)

TIPS FOR CREATING A GROUP:

Keep it simple. Begin and end the gathering with the same prayer/scripture reading so that no matter who is hosting the gathering, the format remains simple and clear.

Have an established leader for your gathering time. It can be a different individual each meeting, but it helps to have one person to lead the study session.

Set a beginning/ending time for the gathering. Encourage promptness in arrival so that you can utilize the full amount of time you may have to gather. Start on time, even if you have stragglers. They can join in when they arrive. Always be respectful of the hostesses time.

When it comes to personal sharing, having an egg timer set is a huge help. It may sound rather silly, but when you have a specific amount of time to gather, you want to be respectful of each person present and to not have one voice override the rest.

Send out a reminder 48 and 24 hours in advance, especially if the group is filled with young mothers who are at times easily overwhelmed with the details of daily life and need a little encouragement to leave the house and spend time filling their own hearts and minds with the Word and good fellowship. You may also want to try and get a headcount 24 hours before to assist the hostess for the evening to be properly prepared.

Have someone in the group bring the dessert/snack so that the hostess is simply preparing her home and providing drinks. It makes it easier all the way around to divide up the tasks so no one person carries the full burden.

Remember that people are coming to share in prayer and community, not to judge the state of tidiness in your home. Don't let the clutter stop you from hosting. Simplicity is your friend. You have a spot for sitting and having a productive conversation. If there is a basket of laundry next to the sofa, don't stress. The women gathering are there for you, not your home.

Treat this gathering like a vault. What is shared in small group, stays in small group. This is a place of trust among your spiritual sisters. You must treat the struggles shared and prayers asked for with the utmost respect and discretion.

Keep your eye on the numbers. With a larger gathering (more than five) you will need to break up into smaller groups to discuss the scripture so everyone has an opportunity to share how God is working in their life.

Always try to remain positive in your small group responses. Life is difficult and sometimes one (or more) in your small group may be experiencing a crisis. Remember to listen with your heart and hold judgement, especially in a group setting. If there is something the Holy Spirit has placed on your heart to share with this individual, make time after small group to share it privately. You always want to lift up and encourage each other.

If at first you don't succeed, try, try again. Bible studies and small groups take time to cultivate. It's OK if there is fluctuation in attendance. We must strive to meet each other right where we are in life. God is pleased that you are making the effort to know Him better, so just keep going friends.

Praying with you,
The Take Up and Read Team

GATHER A GROUP

by take up and read



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WEEK ONE:
VULNERABILITY



GATHER A GROUP

DAY ONE: *Memory Verse*

DAY TWO: *Mt. 22:36-40*

Was it hard or easy for you to make friends as a child? As an adult? Think about how you made your most lasting friendships: was it by effort, like Elizabeth's dad suggested to her, or was it by chance? How comfortable are you with asking people to be your friend?

DAY THREE: *Sirach 6:14-17*

Do you have authentic friends, ones that, like Kate's, you don't have to hide yourself from? If you do, give thanks for that! If you don't--how can you find some? Are there people that would be accepting if you would take the risk to show your true self to them?

Has a friend been a "sturdy shelter" or "life-saving medicine" for you? How has that impacted your life?

DAY FOUR: *Hebrews 10:19-25*

Have you ever lost a friendship because of neglect--yours or hers? Did the dissolving of the relationship teach you anything going forward? Did you try to repair the relationship?

Do you have a friendship that seems to be slipping away? What are some ways that you can connect better with that friend?

DAY FIVE: *Philippians 1:1-11*

Have you experienced the "You, too?" feeling in your life? When? Have you been excluded, teased, bullied like Rahki was? How did that affect how you made friends, or felt about friendship?

Is friendship for you more about quantity over quality? Do you truly feel connected in your friendships or are they more surface level? Where could you let down your guard and better connect with another?

DAY SIX: *1 Peter 3:8-9*

Are you friends with your siblings? How has your relationship with them evolved over the years? If you don't have siblings, how has your relationship with your parents or other family members changed?

Do you find that a connection of the spirit forms a stronger bond than one on a more material level? Is it difficult for you to connect so strongly in a spirit bonding way with another?

DAY SEVEN: *Selah day*



WEEK TWO:
SERVICE



GATHER A GROUP
WEEK TWO

DAY EIGHT: *Memory Verse*

DAY NINE: *Matthew 25:34-40*

How have your friends ministered to you? Are you open to being vulnerable and letting them see your need?

How does the gift of help from another strengthen friendship? Are you open to receiving the gift of help from another?

DAY TEN: *1 John 3:16-18*

How have you served a friend? It might be something very small, like Emily mentions in today's essay, or it might be much bigger. Do you feel like acts of service have to be big in order to "count"?

DAY ELEVEN: *Titus 2:3-5*

Have you ever mentored someone? What was that experience like? If you haven't, have you thought about mentoring, or asking someone to mentor you? Pray on the qualities of a Titus 2 woman today and examine how you fulfill them, or need to work on them, in your own life.

What gift of wisdom has the Lord blessed your life with that you can share with others?

DAY TWELVE: *Luke 10:38-42*

Are you more contemplative or active in your service? Do you wish you were the opposite type? How can you work to balance your life so that you can attend to the necessary work your vocation entails, but also find the quiet time necessary to live that vocation well?

What are some ways you identify with Martha? What are some ways you identify with Mary?

DAY THIRTEEN: *Mark 10:42-45*

Do you shy away from receiving service? Are you unwilling to be that vulnerable, to let other people into your life, so they can tend you? Do you feel like you'd be a burden if you asked someone for help?

DAY FOURTEEN: *Selah Day*



WEEK THREE:
SINCERITY



GATHER A GROUP
WEEK THREE

DAY FIFTEEN: *Memory Verse*

DAY SIXTEEN: *Philippians 2: 1-5*

Do you feel like you can be honest with your friends? Or do you feel like you have to hide the mess, both inside and outside, before they come into your home or your life?

Does the vulnerability of opening your home--whatever state it is in--often frighten you? Does the same happen within your heart? Choose something to share today with a friend that allows them a glimpse of the messiness and witness the response.

DAY SEVENTEEN: *1 Peter 4:7-11*

Does your hospitality come with a side of pride? What are some virtues that could/should instead be cultivated alongside hospitality? We are instructed to “serve one another with whatever gift each of you has received”--what is one of the gifts God has given you to serve others? How can you work through those weaknesses in charity?

DAY EIGHTEEN: *Romans 12:9-16*

Have you ever lost control in front of your friends: cried, or been angry, or otherwise been less than put together? How did your friends react? Are you afraid to be this open with your emotions to your friends? Why?

DAY NINETEEN: *1 Thessalonians 5:11-18*

Do you have Internet friends? Why or why not? Are there people online that you'd like to know better, but are reluctant to interact with? Why?

Has an Internet friend become a good friend in real life to you? How can you foster this friendship beyond the online space?

DAY TWENTY: *1 Corinthians 13:4-7*

When has a friend show empathy to you--or have you been empathetic to a friend? Do you find it hard, or easy, to be empathetic to your friends' struggles?

When has a friend “climbed in a hole” to be with you? How did that make you feel? Do you tend to reach out in that way to others in a dark place or observe more from a distance?

DAY TWENTY-ONE: *Selah Day*



WEEK FOUR:
HEALING



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WEEK FOUR

DAY TWENTY-TWO: *Memory Verse*

DAY TWENTY-THREE: *John 18:1-3*

It's hard to think about times we may have betrayed friends, or used them. Has that happened in your life--with you either as the victim or the perpetrator? Did they affect how you dealt with other relationships going forward?

DAY TWENTY-FOUR: *John 21:15-16*

Think about a big fight you've had with a friend, whether it was yesterday or in grade school. Did you try to mend the relationship? Why or why not?

DAY TWENTY-FIVE: *Acts 15:36-41*

Sometimes friendships come to a natural end, and sometimes they are torn apart. Have you had either of these experiences? How did each feel?

DAY TWENTY-SIX: *Luke 15:17-26*

It can be hard to dependent on others. Are you afraid of that intimacy? Are you afraid that you'll be a burden to others, that you are too much to carry, to befriend, to help? Not all friendships are able to carry intense burdens, but some friends can. Can you give them the opportunity, the privilege, of helping you?

DAY TWENTY-SEVEN: *Hebrews 12:1-3*

Who are your best "heavenly friends"?

DAY TWENTY-EIGHT: *Selah Day (last day of study)*

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RECIPES

TO EAT

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TO DRINK

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<i>raspberry mint iced tea</i>	<i>page 24</i>
<i>black tie iced coffee</i>	<i>page 25</i>



RECIPES

BEST BIRTHDAY CAKE (from Nigella Lawson's Feast)

I've made this cake for more birthdays than I can count. It's chocolate, but it's not insanely sweet, so just about everyone loves it. This is a one pot recipe--seriously, you dump all the ingredients in a big pot!--and is best made the day before you want to serve it so the cake cools completely. It also makes a really good breakfast treat.

FOR THE CAKE :

1 cup Guinness
1 stick + 2 tablespoons unsalted butter
 $\frac{3}{4}$ cup unsweetened cocoa
2 cups sugar
 $\frac{3}{4}$ cup sour cream
2 eggs
1 tablespoon pure vanilla extract
2 cups all-purpose flour
3 $\frac{1}{2}$ teaspoons baking soda

For the frosting: (optional)

8 oz cream cheese
1 $\frac{1}{4}$ cups confectioners' sugar (powdered sugar)
 $\frac{1}{2}$ cup heavy cream

Preheat the oven to 350 degrees and butter a 9" springform pan, then line it with parchment paper (just the bottom). Place the sour cream, eggs, and vanilla in a small bowl and beat together.

Pour the beer into a large pot (I use my dutch oven) and add the butter in slices (size doesn't matter). Heat until the butter is melted. Whisk in the cocoa and sugar, then add the sour cream mixture. Finally, whisk in flour and baking soda.

Pour the cake batter into the prepared pan and bake for 45 minutes to one hour, until the center of the cake loses its glossy look. It's a very damp cake, so you want to make sure the center of it is baked through. Let cool completely. (I usually make the cake the night before I'm serving it, so that it is totally cool.)

For the frosting: Bring the cream cheese to room temperature. Lightly whip the cream cheese until smooth, either in a standing mixer or with a handheld mixer. Sift over the confectioners' sugar, and beat them both together. (You can also do this in a food processor: putting the sugar in first and then processing to remove lumps before adding the cream cheese and processing together.)

Add the cream and beat until the frosting has a spreadable consistency. Ice the cake so that it resembles the top of a pint of Guinness.

Makes about twelve slices.



RECIPES

TWICE AS GOOD CARROT CAKE (adapted from Food & Wine Annual Cookbook 2010)

CAKE

- 1 c. walnuts
- 2 c. all-purpose flour
- 2 t. baking powder
- 2 t. baking soda
- 1 t. cinnamon
- 1 t. salt
- 1 c. canola oil
- 1/2 c. buttermilk
- 1 1/2 t. vanilla extract
- 4 large eggs
- 2 c. sugar
- 1 lb. carrots, coarsely grated

FROSTING

- 2 sticks unsalted butter, softened
- 1 lb. cream cheese, softened
- 1 T. vanilla extract
- 2 c. powdered sugar

TO MAKE CAKE:

Preheat oven to 325.

Grease and flour two round cake pans.

Toast walnuts on a baking sheet for about 8 minutes.

In one bowl, whisk together flour, baking powder, baking soda, cinnamon and salt. In another bowl, whisk oil, buttermilk, and vanilla. In a large bowl, using an electric mixer, beat the eggs and sugar at high speed for about 5 minutes. Beat in the liquid ingredients. Beat in the dry ingredients until just moistened. Stir in carrots and walnuts. Divide the batter between the two pans and bake for about 1 hour, until springy and golden. (I inserted a knife in the center and removed them when it came out clean.) Let cakes cool on rack for 30 minutes, then unmold and let cool completely.

TO MAKE FROSTING:

In a large bowl, using an electric mixer with the whisk attachment, beat butter and cream cheese at high speed until light, about 5 minutes. Beat in the vanilla, then the powdered sugar. Beat at low speed until incorporated. Increase the speed to high and beat the frosting until light and fluffy, about 3 minutes.

Invert one cake layer onto cake platter and spread with about a cup of the frosting. Top with the second layer. Spread the top and side of the cake with the remaining frosting and refrigerate until chilled, about 1 hour.

Slice and enjoy.

Makes about 10-12 servings.



RECIPES

RASPBERRY SPONGE TORTE (from The Taste of Home Entertaining Cookbook)

1/2 c. butter, softened
1/2 c. shortening
2 c. sugar
5 eggs, separated
1 1/2 t. vanilla
2 c. flour
1 t. baking soda
1 c. buttermilk
1 c. walnuts, chopped, toasted
1/2 c. coconut
1/2 t. cream of tartar

FROSTING/FILLING:

1 c. raspberry preserves, warmed
2 packages of cream cheese, softened
3/4 c. butter, softened
6 1/2 c. powdered sugar
2 t. vanilla
1/2 c. chopped walnuts

In a large bowl, cream butter, shortening, and sugar. Add egg yolks, one at a time, beating well after each addition. Beat in vanilla. Combine flour and baking soda to creamed mixture alternately with buttermilk. Stir in nuts and coconut. In another bowl, beat egg whites and cream of tartar until stiff peaks form. Fold into cake batter. Pour into 3 greased and floured 9 in. round cake pans. Bake at 350 degrees 28-30 minutes, until toothpick in center comes out clean. Cool 10 minutes before removing to wire racks to cool completely.

To assemble: Spread raspberry preserves over 2 layers. Refrigerate 20 minutes. In mixing bowl, beat cream cheese, butter, and sugar until fluffy. Beat in vanilla. Spread between layers and over top and sides of cake. Sprinkle with nuts. Store in fridge.



RECIPES

APPLE GALETTE

3-4 large apples, peeled, cored and sliced
3 T. brown sugar (or more, if you like)
1 t. cinnamon
half a lemon

Preheat oven to 400 degrees F. Mix apples with brown sugar, cinnamon, and juice of the half lemon. Let it sit and mingle while you prepare your crust.

FOR CRUST:

1 1/2 c. flour (I used all-purpose, but whole wheat would be great too.)
1 T. sugar
1/4 t. salt
8 T. cold, unsalted butter
1/2 c. or so of ice cold water

Place all dry ingredients into a bowl and mix together. Cut butter into dough and mix together with your fingers until chunks are about pea size. Mix water in by the tablespoon, until there is just enough to hold dough together. Try not to overmix.

Place some flour on your work surface, and roll your dough out to about 12 inches in diameter. Place dough onto a baking sheet by rolling it carefully onto your pin and unrolling it onto the sheet.

Arrange apple mixture onto the middle of the dough, allowing about one inch around the perimeter of the dough for folding. Once you've artistically arranged your apples ;), fold and pinch the dough around the apples.

Cook in the oven for about 45 minutes, until crust is a golden brown. (Check after 30 minutes and place foil on top if apples are beginning to brown.)



RECIPES

COCONUT SNOWFLAKE SCONES

2 c. flour
1/4 c. brown sugar
1 T. baking powder
6 T. salted butter, cut into small pieces
1 c. sweetened, shredded coconut
1 egg white
1/2 - 3/4 c. milk

Preheat oven to 400 degrees F.

Mix together flour, sugar, and baking powder in a large bowl. Cut in pieces of butter and blend with your fingers until butter is the size of peas. Add in coconut.

Stir egg white and milk together, pouring into prepared mixture a little at a time. Amount of milk varies depending on altitude and weather. You want the dough to just come together. Combine with your hands into a round ball. Breaking off clumps, form into smaller balls (about 1 1/2 in. diameter) and press down onto an ungreased baking sheet. Bake 15 minutes or until golden brown.

Makes about 10.

PUMPKIN PECAN SCONES

2 c. flour
1/2 c. brown sugar
1/4 t. ginger
1/2 t. nutmeg
1/4 t. allspice
1/2 t. cinnamon
1 t. baking powder
1/4 t. baking soda
1/2 c. butter
1/3 c. buttermilk
1/2 c. pumpkin puree
1 t. vanilla
1/3 c. candied pecans, finely chopped

Preheat oven to 375 degrees F.

Place flour, sugar, spices, baking powder, and baking soda in a large bowl. Cut butter into small pieces and mix with dry ingredients until butter is the size of small peas.

Mix buttermilk, pumpkin and vanilla in a separate cup or bowl. Add to large bowl and mix together by hand just until it comes together. Carefully, mix in pecan pieces.

Flour a clean surface. Pat ball of dough into a round about 1/2 in. thick. Cut into 8 triangles. Place on greased baking sheet. Bake 20 minutes, until browned at edges.



RECIPES

PEACH COBBLER SCONES *(from joythebaker.com)*

3 cups all-purpose flour
1/4 cup granulated sugar
3 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt
1/2 cup unsalted butter, cold and cut into cubes
1/4 cup vegetable shortening, cold and cut into cubes (if you don't have shortening you can certainly substitute unsalted butter)
1 egg, beaten
3/4 cup buttermilk, cold
1 teaspoon pure vanilla extract
1 ripe peach, sliced thin
1/4 cup buttermilk, for brushing
2 tablespoons granulated sugar
3/4 teaspoon ground cinnamon

Place a rack in the center of the oven and preheat to 400 degrees F. Line two baking sheets with parchment paper and set aside.

In a mixing bowl, sift together flour, sugar, baking powder, baking soda and salt. Cut in shortening and butter until mixture resembles coarse meal. Use your hands to break the fat cubes into the dry ingredients. Some of the fat bits will be the size of peas and some fat bits will be the size of oat flakes. In another bowl, combine egg, milk, and vanilla, and beat lightly with a fork. Add the liquid to flour mixture all at once, stirring enough to make a soft dough.

Turn out onto a floured board and knead about 15 times. If the butter has warmed too much in the making of the dough, shape the batter into a disk, wrap in plastic wrap, and let rest in the fridge for 15 minutes. If the butter is still cool, shape the dough into a disk and, on a well floured surface, roll dough to a little less than 1/2-inch thickness. My dough was about 12-inches long and 10-inches tall. The dough will be rolled just thinner than a biscuit dough that you would cut biscuits from.

Brush half of the rolled out dough with buttermilk. Arrange peach slices, in a single layer, across the buttermilk moistened dough. Sprinkle with half of the cinnamon sugar mixture. Carefully fold the empty side of dough over the peach sliced layer. Press gently together. Add a bit of flour to your hands and press the edges of the dough in, creating more of a rectangle shape than a half circle shape. Using a floured knife, slice dough into eight even pieces.

Place dough on prepared baking sheets, leaving about 1 1/2-inches of room around each scone for spread while baking. If dough has warmed, and feels mushy, place in the fridge for 20 minutes to re-chill. Remove from the fridge. Brush each scone top with buttermilk, and sprinkle with remaining cinnamon sugar.

Bake scones for 15-18 minutes, until golden brown and cooked through. Remove from oven and allow to cool for 15 minutes before serving. Scones are best served warm, on the day they're made, with soft butter.

Makes 8.



RECIPES

SUNSHINE BARS

- 1 c. orange juice
- 1 c. dried apricots
- 1/2 c. honey
- 1/2 c. oil
- 1 1/2 c. rolled oats
- 1 c. whole wheat flour
- 1/2 c. wheat germ
- 1 t. cinnamon
- 1/2 t. salt
- 1 c. raisins
- 2/3 c. toasted almond meal
- 1/2 c. shredded, sweetened coconut (opt.)

Preheat oven to 350 degrees F.

Heat orange juice to a boil. Put apricots into a pan, bring to a boil again, and turn off heat. Cover pan and let apricots absorb juice until tender enough to cut with a sharp knife, but not really soft.

Mix honey and oil. Stir oats, flour, wheat germ, cinnamon, and salt together.

Drain apricots and add the juice to the honey-oil mixture.

Chop apricots and add to dry ingredients along with raisins and almond meal. Combine dry and wet ingredients and press mixture into a greased 9" x 13" baking dish. Sprinkle coconut on top if desired.

Bake 30 minutes. Watch carefully -- cookies made with honey brown quickly.

Allow to cool completely before cutting.

Makes about 2 dozen squares.



RECIPES

COCONUT CHAI COFFEE CAKE (from eatliverun.com)

FOR STREUSEL:

1/2 cup butter, melted
1/2 cup flour
3/4 cup brown sugar, packed
1 cup unsweetened flaked coconut
1 tsp ground cardamom
1 tsp black pepper
1/2 tsp ground ginger
1/4 tsp ground cloves
1/2 tsp salt

FOR CAKE:

2 cups flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 1/2 cups brown sugar, packed
1/2 cup butter, room temperature
1 cup sour cream
2 eggs
1 tsp vanilla

DIRECTIONS:

Preheat oven to 350.

Coat a 9" springform pan with butter and flour. Set aside.

Combine all streusel ingredients in a small bowl and mix until clumpy and well incorporated. Place in the fridge until you're ready to use.

To make the cake, whisk together the flour, baking powder, baking soda and salt in a large bowl.

Cream together the brown sugar and the butter in another bowl using an electric mixer. Add the sour cream and mix well, then add the eggs and vanilla and blend until combined.

Add the dry ingredients to the wet ingredients and mix until just combined, then transfer the batter into your prepared pan and spread evenly. Remove the streusel from the fridge and scatter it on top of the cake, pressing gently so it adheres to the batter.

Bake the coffee cake for 50-55 minutes. Transfer to a rack and let cool for 20 minutes before slicing and serving.



RECIPES

ROASTED RED PEPPER AND FENNEL QUICHE WITH GOAT CHEESE

2 pie crusts
2 large red peppers
1 head of Fennel, green part removed
1 large yellow onion
8 oz. goat cheese
A dozen eggs
1 c. milk
2 t. thyme (I used dried, but it would be great with fresh)

Preheat oven to 500 degrees F. Place your red peppers on a baking sheet, whole and entire. Roast for 30 minutes, turning about every 10 minutes. Keep them in the oven until their skins are completely blackened. Once black, remove from oven and immediately wrap in foil. Leave inside for at least 30 minutes. Once cool, remove stem and seeds, and carefully peel off skin. Cut into thin strips.

Reduce oven heat to 350 degrees F.

Chop onion and fennel. Heat a teaspoon of olive oil in a large skillet over medium-high heat. Cook onion and fennel for about 10 minutes, until softened. Place in bottom of pie crust along with roasted red peppers, split evenly between two pies. Sprinkle 4 oz. of cheese in each crust.

In a small bowl, crack 6 eggs. Whisk eggs. Mix in a 1/2 cup of milk and 1 teaspoon of thyme. Pour into pie crust on top of vegetables and cheese. Repeat with second crust.

Place in oven for one hour, or until inserted knife comes out clean.

Allow to cool for at least a half hour. Delicious hot or cold!



RECIPES

MEDITERRANEAN CHICKPEA SALAD

FOR THE SALAD:

- 1 can of garbanzo beans (aka chickpeas)
- 1/8 c. flat leaf parsley, chopped
- 1/2 c. red bell pepper, diced
- 1/2 c. Roma tomatoes, diced
- 1/8 c. olives (black or Greek), diced
- 2 oz. feta cheese
- 1/8 c. red onion, finely chopped

FOR THE DRESSING:

- 1/2 Tbs. red wine vinegar
- 1/2 Tbs. lemon juice
- 1/4 tsp. Garlic, chopped
- 1 Tbs. plain Greek yogurt
- Pinch salt and pepper
- 1/2 c. English cucumber, diced

Rinse and drain chickpeas. Place in a medium sized bowl. Add all other chopped salad ingredients to bowl.

Place dressing ingredients into a shaker or water bottle, and shake to mix. Pour over salad and toss to coat. Chill in the fridge or enjoy immediately!

TABBOULEH SALAD (from simplyrecipes.com)

- 2 cups vegetable stock (for vegetarian option), chicken stock or water
- 1 teaspoon salt
- 2 cups bulgur wheat
- 1/2 cup olive oil
- Zest and juice from 2 lemons
- 5-6 Roma or plum tomatoes, seeded and chopped
- 2 scallions, chopped, including the greens
- 2-3 cups parsley, chopped
- 1 cup fresh mint leaves, chopped

Place bulgur wheat in a medium sized bowl. Bring vegetable stock to a boil and pour over bulgur wheat. Allow it to sit for 30 minutes to an hour.

In a large bowl, place olive oil, lemon juice, and bulgur wheat. Stir to combine. Add in the remaining ingredients and mix well.

Taste the tabbouleh and add lemons or salt and pepper to taste. Let marinate for at least 30 minutes before serving.



RECIPES

SUN-DRIED TOMATO PASTA SALAD FOR A CROWD *(from thepioneerwoman.com)*

I made this pasta salad for a joint thirtieth birthday party for two of my good friends. We celebrated their birthdays with a cookout and a trip to Lake Erie, and this was a great option for feeding a crowd, especially since it's served cold and makes a huge amount!

DRESSING INGREDIENTS

1 jar Sun-dried tomatoes in olive oil, drained.
4 cloves garlic
3 tablespoons red wine vinegar
1 cup extra virgin olive oil
Salt and pepper to taste

SALAD:

16 ounces corkscrew pasta
1 jar kalamata Or assorted olives
1 pint cherry tomatoes, halved
10-15 leaves basil, chopped or julienned
1 ½ cup grated Parmesan cheese

Dressing:

In a blender or food processor, combine sundried tomatoes, garlic, salt, pepper, and vinegar until tomatoes are chopped. Continue blending while drizzling in olive oil until mixed together. (If you're using a food processor that doesn't allow you to do this, just pour all the oil in at one time and then mix.) Let sit overnight in the refrigerator so the flavors can fully blend.

Pasta:

Cook pasta according to package directions. (Don't forget to salt the water once it's come to a boil!) Drain and rinse with cold water until no longer hot. Place the pasta in a large bowl.

Pour 2/3 of the dressing over the pasta. Add olives and toss together. Add remaining ingredients, tossing together and adding more dressing until the salad is coated to your liking. Taste for seasoning and adjust, if needed.

Serve on a big platter or in a deep bowl with an extra sprinkling of Parmesan cheese. (I usually just mix it in the bowl I'm going to serve it in--saves time and dishes!)



RECIPES

LEMON BASIL ICED TEA

1/2 lemon, thinly sliced
6 fresh basil leaves
3 green or black tea bags
4 cups hot water
Honey, optional

Add the lemon slices, fresh basil leaves, and green tea bags to a 1 quart pitcher or mason jar. Pour hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags. Place into a refrigerator to chill for 3-4 hours. Sweeten to taste and stir well.

ICED PEACH GINGER TEA

1 peach, pitted and sliced
3 green or black tea bags
4 1/4 inch rounds of fresh ginger
4 cups hot water
Honey, optional

Add the slice peach and the green tea bags to a 1 quart pitcher or a mason jar. Skewer the ginger rounds on a kebob skewer. Add them to the jar. Pour hot water over all and steep for 15 minutes. Remove the tea bags. Chill for 3-4 hours. Sweeten if you like and stir well.

RASPBERRY MINT ICED TEA

1/2 cup fresh raspberries
6 leaves fresh mint
3 bags green or black tea
4 cups hot water
Honey, optional

Add the raspberries, mint leaves, and tea bags to a pitcher or 1 quart mason jar. Pour the hot water into the jar and steep for 15 minutes. Remove the tea bags. Chill for 3-4 hours. Sweeten as desired and stir well.



RECIPES

BLACK TIE ICED COFFE

4 cups of very strong coffee, hot

¼ cup condensed milk (more or less, depending how sweet you like it)

6 cardamom pods, optional

2 cups whole milk

In a serving pitcher, add the hot coffee and mix in the condensed milk. Add the cardamom pods and let the coffee cool. Once cooled, remove the cardamom pods, and add the whole milk. Chill in the refrigerator until really cold. Serve over ice.

Makes 6-8 servings