

© 2007 by
MOODY BIBLE INSTITUTE

All rights reserved. No part of this book may be reproduced in any form without permission in writing from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

Scripture quotations marked NIV are taken from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations marked THE MESSAGE are from The Message, copyright © by Eugene H. Peterson 1993, 1994, 1995. Used by permission of NavPress Publishing Group.

Cover & Interior Design: Julia Ryan | www.DesignByJulia.com
Images: ©JupiterImages.com

Thanks to Lori Neff, producer of *Midday Connection*, for her immeasurable assistance, and to Cheryl Dunlop, for her editorial preparation.

Library of Congress Cataloging-in-Publication Data

Come to our table : a Midday Connection cookbook / Melinda Schmidt and Anita Lustrea, editors.
p. cm.
Cookbook with recipes contributed from guests, staff, and listeners of the radio show Midday Connection from the Moody Broadcasting Network.
Includes index.

ISBN-13: 978-1-881273-90-5
1. Cookery. I. Schmidt, Melinda. II. Lustrea, Anita. III. Midday connection (Radio program)
TX714.C6253 2007
641.5--dc22

2007025787 ISBN: 1-8812-7390-3
ISBN-13: 978-1-881273-90-5

We hope you enjoy this book from Moody Publishers. Our goal is to provide high-quality, thought-provoking books and products that connect truth to your real needs and challenges. For more information on other books and products written and produced from a biblical perspective, go to www.moodypublishers.com or write to:

Moody Publishers
820 N. LaSalle Boulevard
Chicago, IL 60610

1 3 5 7 9 10 8 6 4 2

Printed in the United States of America

Introduction.....7

Recipes

Appetizers..... 9

Recipes from MBN Staff..... 10

Recipes from Midday Connection Listeners 10

Main Dishes..... 13

Recipes from Midday Connection Guests..... 14
Sharon Hanby-Robie; Nancy Kane; Graham and Treena Kerr; Susie Martinez, Vanda Howell, and Bonnie Garcia; Kathy Peel; Marcia Ramsland; Jane Rubietta; Jan Silvius

Recipes from MBN Staff..... 23
including Melinda Schmidt

Recipes from Midday Connection Listeners 28

Side Dishes..... 43

Recipes from Midday Connection Guests..... 44
Robin Chaddock, Paul and Sandy Coughlin, Howard Dayton, Shaunti Feldhahn, Dannah Gresh, Ellie Kay

Recipes from MBN Staff..... 49

Recipes from Midday Connection Listeners 50

Soups and Salads..... 55

Recipes from Midday Connection Guests..... 56
Dee Brestin, Danna Demetre, Nancy Leigh DeMoss

Recipes from MBN Staff..... 59

Recipes from Midday Connection Listeners 60

Breads..... 69

Recipes from Midday Connection Guests..... 70
Kendra Smiley, Barbara Smith

Recipes from MBN Staff..... 71
including Anita Lustrea

Recipes from Midday Connection Listeners 72

Desserts..... 77

Recipes from Midday Connection Guests..... 78
Rosalie de Rosset, Lois Evans, Tracy Groot, Liz Curtis Higgs, Nancy Sebastian Meyer, Ethan Pope, Leslie Parrott, Jan Silvius, Kim Thomas, Lisa Whelchel

Recipes from MBN Staff..... 86
including Anita Lustrea and Melinda Schmidt

Recipes from Midday Connection Listeners 91

A Full Meal Neil Atkinson..... 101

Index of Contributors 106

Index of Recipes..... 108



Get the Best Sermons by
the World's
Great
Preachers



—only one of the inspiring features every week in the CHRISTIAN HERALD, which a prominent contemporary recently referred to as "the strongest interdenominational religious weekly in our country."

The Christian Herald
A Favorite Family Paper Since 1878

is throbbing with interest, for it believes in practical Christianity—something to LIVE here and now, to meet our everyday problems pressing for solution, to conquer wrongs, to alleviate suffering and to add to the sum of human happiness. Issued every week—52 times a year—for all denominations. Contributors include Margaret Slattery, Margaret E. Sangster, Wm. T. Ellis, LL.D., Sherwood Eddy, Wm. Jennings Bryan, Dr. Samuel D. Price, Bishop Wm. T. Manning, Rev. Wm. (Billy) Sunday, Dr. J. H. Jowett, Rev. D. J. Burrell, Rev. Paul Rader, Senator Arthur Capper, Wm. G. Shepherd, Wm. E. (Pussyfoot) Johnson, Dr. Charles M. Sheldon, etc. Price alone \$2.00 a year.

MONEY SAVING COMBINATIONS

Independent (26 issues)	\$3.00	BOTH FOR \$4.00 SAVES \$1.00
Christian Herald (52 issues)	\$2.00	
Independent Review of Reviews	All 3 \$7.00	Independent All 3 \$5.50
American Independent	All 3 \$6.50	Christian Herald All 3 \$5.50
Christian Herald		Modern Priscilla \$5.50

Send Money Order or Check to
THE INDEPENDENT
140 Nassau Street New York, N. Y.
P. S. Postage extra on Canadian and

SAVO FLOWER AND PLANT BOX

Self-Watering and Sub-Irrigating For Windows, Porches, Sun Parlors, Etc.



Leak-proof and rust-proof. You can have SAVO Steel Boxes indoors or out and have beautiful Flowers and Plants the year around. Write for Free Catalog.

The All Year Round Garden
SAVO MFG. CO., Dept. "D," 39 So. LaSalle St., Chicago, Illinois

BUY THE WRINGER THAT SAVES THE MOST LABOR IN OUR PURCHASE GEAR
Does not GREASE THE CLOTHES
Solid White Rubber Rolls. Warranted. Agent wanted everywhere. **Empire W. Co.** Auburn, N. Y.

DURKEE'S
Peppers stuffed with Cabbage SALAD
is a deliciously insipid water dish: the peppers give it just enough quantity of flavor to give a mild appetite. Use green sweet peppers, cutting a part off the end to remove the pointed portion, then boil for five minutes. Next take the stalks and after draining out, liberally rub with fat and for every measure, then add half as much sliced onions as you have cabbage, season with salt. Carefully mix and stuff the empty peppers, then bake, pouring over all
Durkee's Salad Dressing
Hard boiled eggs may be used, if desired. Our dressing has a cream flavor, but there is the use of the most refined fat prepared by scientific processes for our Salad Dressing.
Our handsome Booklet, "SALADS, How to Make and Dress Them" is the standard authority in the household. It contains many valuable recipes for a wide variety of delicious salads and is now free on application to
E. R. DURKEE & CO. 204 Washington Street, New York City, N. Y.

Mark your Clothing! Clear Record of half a Century.

"Most Reliable and Simplest for plain or decorative marking." Use a common pen.

PAYSON'S MARKING INK
MADE IN U.S.A.
TRADE MARK

Sold by all Druggists, Stationers, News and Fancy Goods dealers.

LADY AGENTS clear \$100 Monthly with our new undergarments and other goods for ladies only.
G. L. ERWIN & CO. Chicago, Ill.
Mention Lippincott's Magazine in your letter when you write.



JULIE EICHEL
New Philadelphia, OH—WCRF
(also listen on the Internet)

This recipe is easy and delicious! My kids also enjoy eating it. I believe it's heart-healthy.

Bean Salad

- 1 cup sugar or Equal sweetener
- 1 cup red wine vinegar
- 1 cup olive oil
- 1 tsp. dried basil
- 2 T dried parsley
- 1 tsp. dry mustard
- chopped onion (small pieces)
- chopped red or green pepper (small pieces)
- 5 cans of beans—I like garbanzo, red beans, black beans, black-eyed peas, and kidney beans.



Mix first 6 ingredients together in a large bowl. Add onions, peppers, and beans. Mix well. Best refrigerated overnight. Serve as a bean salad or with tortilla chips.



MARIA HARDY
Tuscaloosa, AL—WMFT

A quick and easy chowder that my family enjoys eating on cold nights. I enjoy preparing it because it is so simple!

Corn Chowder

- 1 (28 oz.) can whole new potatoes, drained and diced
- 32 oz. creamed corn
- 1 T butter
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 1 can cream of mushroom soup
- 4–6 cups milk (depending on how thick you like your chowder)
- bacon bits and shredded cheddar cheese for topping



Melt butter or margarine. Sauté onions and green pepper in butter until soft. Add remaining ingredients and heat gently until thoroughly warmed. (Do not boil.) Top with bacon bits and cheese if desired. Serve with corn bread or a crusty loaf of bread.



DEANNA GAGALIS
Glenview, IL—WMBI



I found the recipe at Christmastime last year in the Gooseberry Patch Cookbook, Comfort and Joy, and it has been adapted for this book. It's a healthy one. Every time I serve it, everyone wants the recipe! I've served it at gatherings in church and home. A light fruity salad that looks so pretty in a sparkling glass bowl.

“Must Have Recipe” Salad

Serves 8–10.

- 2 5-oz. pkgs. romaine lettuce (or fresh spinach)
- 1 cup shredded Swiss cheese
- ½ cup sweetened, dried cranberries
- 1 cup cashews
- 1 apple, peeled and diced
- 1 pear, peeled and diced

Combine all ingredients in a large serving bowl; toss to mix. Pour salad dressing over salad and toss.

Dressing

- ¾ cup sugar
- ½ cup lemon juice
- 1 T red onion, finely chopped
- 1½ tsp. salt
- ¾–1 cup oil
- 1½ T poppy seed

Combine sugar, lemon juice, onion, and salt in blender container; cover and blend well. While blender is running, add oil in a slow, steady stream; blend until thick and smooth. Add poppy seed and blend an additional 10 seconds to mix.



CINDA D. KAUFFMAN
Shippensburg, PA—WCRH

In the summer, we grow our own squash and zucchini, so I enjoy making this soup for my husband, who had a heart attack approximately 1½ years ago. Everything in this soup is good for your health!!

Summertime Soup

- approx. 4–5 lbs. of squash and/or zucchini (washed but not peeled, cut bite-sized)
- 1 large onion, chopped to your liking
- 2–3 cloves of garlic, chopped or minced
- salt and pepper
- 2 16 oz. cans of petite cut diced tomatoes (zesty style)
- 2 cans of water
- 2 16 oz. cans of cannellini beans (drained)

I use a medium-sized granite roasting pan. Add zucchini, onion, garlic, salt, and pepper to pan. Pour the tomatoes over the top and then add water. Bake at 350° for approximately 1 hour, 15 minutes. Remove from oven and stir cannellini beans into mixture. Ready to eat!



PAMELA LEITMA
Hagerstown, MD—WCRH

I was asked to help out with a pastor's prayer luncheon at my church (Black Rock Bible Church). This is the hearty soup I came up with. It is kid-friendly (I have five kids who love it), heart-healthy, quick, and inexpensive.

Pam Leitma's Hearty Lentil Soup

- 2 cups lentils
- 2 T olive oil
- 1 14 oz. can diced tomatoes
- 4½ cups water
- 1 large chopped onion
- 1 stalk chopped celery
- ⅛ tsp. cumin
- ¼ tsp. oregano
- 1½ tsp. salt
- 1 cup diced ham
- 1 clove minced garlic
- ¼ tsp. basil
- ¼ tsp. paprika
- 3 T beef bouillon salt and pepper to taste



Sort and rinse lentils. In large saucepan, heat oil. Stir in onion, celery, garlic, and ham, and cook until tender. Add lentils and remaining ingredients. Bring to boil. Reduce heat, cover and simmer until lentils are tender and soup gets thick, about 45 minutes. Add more hot water if necessary. Serve with warm bread and side salad.

Hint: To make it richer, you can substitute chicken broth for the water.



LESLIE PARROTT

author of *You Matter More than You Think*
www.RealRelationships.com

What a Real Meal Will Do for Your Marriage

When you allow the fast-food mentality to infiltrate the majority of your meals, you are missing out on one of the very best means to reclaiming the moments you've been missing together. Why? Because a leisurely meal gives a couple an oasis of slowness and a way to rejoin their spirits. Think about it. What happens in your relationship when the two of you step off the treadmill to actually sit down without a scheduled appointment nipping at your heels? A meal where you don't hear or say things like: "We've got to order fast," or "We don't have time for dessert," or "We've got to eat quickly," or "Where's our waitress?" A slow meal occurs when you allow your souls to catch up and be reunited after a fast-paced day.

We recently celebrated our twentieth wedding anniversary. And like most couples, one of the ways we marked this milestone was with a fancy meal—just the two of us. But this was like no meal we had ever experienced. We arrived at the five-star herb farm in the foothills of the Cascade Mountains at 6:00 and the meal did not end until well after 11:00. No entertainment, no interludes, just five leisurely hours of a nine-course meal. Occasionally we took a walk around the gardens in between courses, but most of our time was spent talking about anything and everything that came to mind. Talk about having time to let your souls catch up! With our two boys safe at home with a babysitter, we relished the slow pace of the evening. We basked in the time we had with no agenda other than to be together.

Granted, this is not the kind of meal we'd want all the time. It was highly unusual, to say the least. But it underscored for us the value "slow food" brings to our relationship. Truth is, a slow approach to food strengthens any relationship. There is something in the nature of eating together that forms a bond between people. As Carl Honoré points out in his book *In Praise of Slowness*, "It is no accident that the word 'companion' is derived from the Latin words meaning 'with bread.'" Meals become meaningful when we share them with our spouse. Dining together relaxes our spirits and makes us more loving. It's what caused famed playwright Oscar Wilde to say, "After a good dinner one can forgive anybody, even one's own relations."

French Iced Coffee

A wonderful, slushy coffee drink!

3 cups strong coffee
2 cups sugar
1 pint cream or half & half
1 quart milk
2 tsp. vanilla



Dissolve sugar in hot coffee. Cool. Add other ingredients. Pour into milk cartons to freeze. Remove from freezer 2 hours before serving. Mix and serve very icy.

My mother-in-law kept this recipe secret for many years before finally sharing it with the many people who had asked for the recipe. Serve it as an elegant drink in a punch bowl.

NANCY SEBASTIAN MEYER

author of *Beyond Expectations*
and *Talk Easy, Listen Hard*
www.hope4hearts.net

A Grandmother's Touch

Although my grandmother is gone now, I remember her cracker pudding from when I was a little girl. Recently I visited my cousin, her only other grandchild, and we made this pudding together and enjoyed eating it while we reminisced about Grandma. Cracker pudding is definitely a "comfort food."

Old-Fashioned Cracker Pudding

2 cups milk
1 egg, separated
½ cup sugar
½ cup crumbled saltine crackers
⅓ cup shredded coconut
½ tsp. vanilla
¼ cup sugar



Scald milk in a saucepan; then turn down heat and add a mixture of the egg yolk, sugar, cracker crumbs, and coconut. Mix well and continue stirring until thickened (about 3 minutes). Remove from heat and stir in vanilla. Pour in 8x8" (or equivalent) baking dish.

Beat egg white until stiff and add sugar gradually as you continue beating to make a stiff, glossy meringue. Spread over pudding and put in a preheated 425° oven for 5 minutes or until browned. Refrigerate.

ETHAN POPE

author of *Identity Theft*
wwwFOUNDATIONSforLiving.org

Foundations for Living

One of my favorite memories of growing up is eating cookie dough before my mom could bake the cookies. My mom had a special cookie recipe (see below) that required the baker to make the dough, roll it into a "log," sprinkle it with flour, wrap it in wax paper, and put it in the freezer to harden. The concept was that whenever you wanted to bake a few cookies, you could pull the cookie log out of the freezer, cut several slices off, and bake the cookies. The only problem was, I loved the cookie dough so much that I would eat it all before my mom could bake the cookies. (For health reasons, I don't recommend eating raw cookie dough like I did *and still do*, but to actually bake the cookies.) I have shared my love for making and eating cookie dough (and sometimes actually baking the cookie dough) with both of my children.

I find an interesting correlation between baking cookies and managing money. If you eat (or spend) all of the cookie dough before you actually bake the cookies, you will never have an opportunity to enjoy fresh-baked cookies (money) in the future. In so many cases, managing money is about delayed gratification. For example, if you want to purchase a home, you have to "save" for the down payment and not eat or "consume" every dollar before it goes into your money-market account. In the same way, you can't eat your cookie dough and have fresh-baked cookies later.

Have you ever noticed how much our culture correlates food to money? Dough, bread, bringing home the bacon, and bean counting, just to list a few expressions where food terms are used for money.



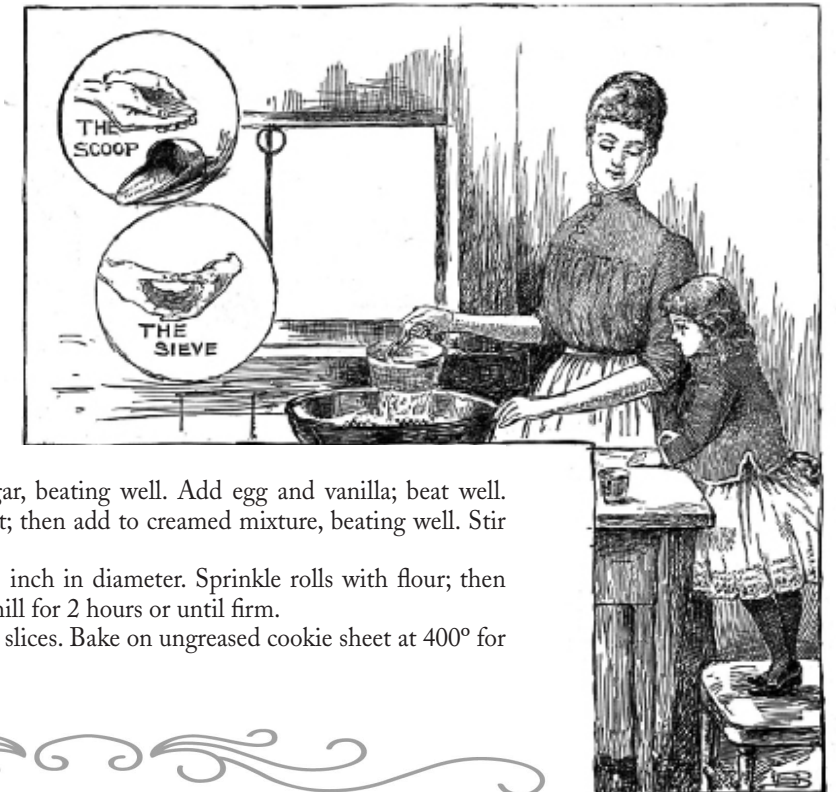
Ice Box Cookies

½ cup butter, softened
1 cup sugar
1 egg
2 tsp. vanilla
1¾ cups all-purpose flour
½ tsp. baking soda
½ tsp. salt
½ cup chopped pecans

Cream butter; gradually add sugar, beating well. Add egg and vanilla; beat well. Combine flour, baking soda, and salt; then add to creamed mixture, beating well. Stir in chopped pecans.

Shape dough into 2 long rolls, 1 inch in diameter. Sprinkle rolls with flour; then wrap the rolls in waxed paper, and chill for 2 hours or until firm.

Unwrap roll, and cut into ¼-inch slices. Bake on ungreased cookie sheet at 400° for 8–10 minutes.





BECKY BORGSTROM

Boynton Beach, FL
administrative assistant at WRMB

This is the dessert I made every year for my son Eric's birthday. He preferred this to birthday cake. This dessert is kid-friendly, but adults love it. Also, it's quick to make.

Chocolate Éclair Dessert

Yield: 15 large servings

- 1 box graham crackers
- 2 regular boxes instant French Vanilla pudding mix
- 1 8-oz. Cool Whip
- 3¼ cups milk (lowfat or skim works fine)
- 1 can ready-made milk chocolate frosting



Blend both boxes of pudding mix with milk. Mix with electric mixer for 2–3 minutes at medium speed. Add container of Cool Whip, and mix at low speed until blended.

Place one layer of graham crackers (whole) on bottom of greased 13x9" pan. Pour ½ of pudding mixture on top of graham cracker layer in pan. Place second layer of whole graham crackers on pudding mixture. Pour the second half of pudding mixture on top of second layer of graham crackers. Top with third layer of whole graham crackers.

Chill in refrigerator for 2 hours. Frost with milk chocolate frosting. (Can be frosted without chilling, but it's easier when graham crackers are hard and chilled!)

Refrigerate for at least 6–8 hours before serving.

TRICIA BOYLE

MBN program producer

This is a family favorite that the five of us Boyle kids grew up making with my mom. It adds great color to any Christmas gathering, it is quick to make, and kids (and adults) enjoy making it. (It's kind of messy, though.)

Christmas Wreaths

Makes about 30 cookies

- 30 regular (large) marshmallows
- ½ cup butter
- ¼ tsp. green food coloring
- ¾ tsp. vanilla
- 3½ cups cornflakes
- red cinnamon candies (red hots)

Melt marshmallows, butter, food coloring, and vanilla together. Stir well, being careful not to burn it. Add cornflakes, stirring well. Form into wreath shapes on wax-paper-lined cookie sheets. Drop red cinnamon candies onto wreaths.

Tip: The mixture is very hot. I generally use cold butter on my fingers to keep from burning them.



MARK ELFSTRAND

host on Mornings, WMBI, Chicago

Chocolate Chip Pecan Pie is an Elfstrand family holiday tradition. It is usually baked for Thanksgiving and Christmas. Served warm with ice cream, it makes for a quick "lights-out" at nap time.

Chocolate Chip Pecan Pie

- 2 eggs
- ½ cup flour
- ½ cup sugar
- ½ cup brown sugar
- 1 cup butter, melted
- 1 cup chocolate chips
- ¾ cup pecan halves

Beat together first 5 ingredients. Add chocolate chips and pecan halves. Pour into deep-dish pie crust. (Optional: With an extra ¼ cup pecan halves, decorate the top in spoke fashion.) Shield edge of crust with foil. Bake at 350° for 1 hour. (One never satisfies my family—I have to make two of them!)

"No-Fail" Pie Crust

- 1 cup flour
- 1 tsp. salt
- ⅓ cup butter-flavored Crisco
- 1 egg
- 1 tsp. apple cider vinegar
- 5 T very cold water

Measure dry ingredients. Cut in Crisco with pastry blender, or shake well in a sealed mixing bowl until small pea-sized balls form. In measuring cup mix egg, vinegar, and water. Mix well. Add half of liquid to flour mixture. Secure seal on bowl and swirl in a rolling motion until mixture adheres and forms a ball. If necessary, add 1 tsp. more of liquid at a time until mixture forms a ball. Roll onto a well-floured surface, into a circle to fit the size of your pie pan. Carefully roll the pastry around the rolling pin and lay the crust in the pie pan. After chocolate chip mixture is poured, crimp the edges of the crust as desired (with alternating thumb and forefinger, or by pressing with a fork). Keep crust covered and well chilled if not using immediately.

KAI ELMER

national music assistant for MBN

These recipes come with a little help from my grandmother, Evy Elmer, from Burlington, WA. My grandparents immigrated to the U.S. from Denmark after World War II, and I can't remember a Christmas dinner at their house when we didn't have Ris a la Mande for dessert. The best thing about Ris a la Mande, though, is that as part of Danish tradition, we always hide an almond in a bowl, and the lucky person who receives the almond in his or her serving wins a prize!

Christmas Rice Dessert

Julegrød is the base for Ris a la Mande, but can also be served alone hot. Sprinkle sugar and cinnamon over the porridge and put a pat of butter in the center of the porridge. I estimate the Rice Pudding recipe makes about 4–6 servings. As far as the Ris a la mande is concerned one cup of Rice Porridge along with the other ingredients makes 6 servings of delicious but rich ris a la mande.

Julegrød (Christmas Rice Porridge base)

- 2 cups rice
- 6 cups milk
- 1 cup heavy cream
- 1 tsp. salt



Cook rice in milk for approximately 1 hour in a heavy saucepan. Stir often with wooden spoon. Add more milk if porridge base gets too stiff. Add cream and salt when rice is done.

Ris a la Mande

- 1 cup rice porridge (from above recipe)
- 1 cup whipped cream
- ¼ cup chopped, blanched almonds
- 2 T sugar
- 1 tsp. vanilla extract
- raspberry syrup, heated

Place the cold porridge in mixing bowl. Add sugar, chopped almonds, vanilla, and whipped cream. Mix well and chill. Drizzle warm fruit sauce on top to taste.

