

Appendix C

21-DAY ADVENTURE AT THE TABLE

For a long time, Jeremy and I saw the value of coming to the table consistently, but what we needed to do it well was a radical change. We needed a shift in our routines and attitudes. We knew the best way to create a habit is to dive into a routine, so we committed to intentionally coming to the table for twenty-one days. We completed the exercise over the course of one month and saw that it not only created a shift in habits but also a priceless growth in our relationship.

WHY TWENTY-ONE DAYS?

There are some things in life that are not going to allow us to come to the table every single night. Kids with extracurricular activities or travel for work may keep us away from home at dinnertime. We wanted to create a system that allowed a lot of grace, so we would not get discouraged. During a thirty-day month, we included nine grace days. As you're gearing up for this challenge, know that

COME AND EAT

however long you need to finish the twenty-one-day challenge is fine. Even if it takes you two months, that is a start! The goal is to increase the number of times you gather around the table. You know your family and your season of life better than anyone else, so factor that in and create something that will not stress you out or cause you great discouragement.

HOW TO START

Because this was completely foreign to Jeremy and me when we first started, we sat down and created a few guidelines to help us succeed:

- Every Sunday evening we pulled out our calendars and marked the evenings during that week we could gather for meals at the table. This both set expectations and gave us flexibility.
- We also planned out meals for the week on Sunday. This helped ease the stress of “What are we eating tonight?”
- We selected a book we wanted to go through (or questions, cards, or something to learn). This helped us get excited about what our time at the table could look like.

Feel free to make use of what worked for us or come up with a whole new set of practices that work better for you. To help guide you on this adventure, I am including twenty-one meals for dinner, as well as a prayer and questions for the table. Each meal feeds four to five people (depending on how much your people eat!), and the recipes can easily be doubled. All recipes use real ingredients and are predominantly grain-free or paleo. They are also all 100 percent delicious and neighbor approved!

The first twelve days mirror the twelve chapters of this book, so you can go through the book as a family. Then the remaining nine days of the adventure allow us to continue the journey beyond what we've talked about already, which I hope will help you get a rhythm for how to start making your own versions of each day's plan to keep going into the future! But if you're ready now to do the challenge with your own ideas, feel free to get creative and cook your own meals or bring your own questions/activities/prayers to the table.

DAY 1

PRAYER FOR THE TABLE

Jesus, thank you. Thank you for meeting us exactly where we are. In our own homes, at our own tables. Thank you for meeting our basic need so that we can have a window into our deepest need: your saving grace. May we receive not just this food we are about to eat but also your great love. The love that provides. The love that prepares a place for us at the table. Amen.

QUESTIONS FOR THE TABLE

1. Take time to reflect on all the different tables God has placed you at over the years. Share a favorite memory from a meal you have had in your life.
2. What was so amazing about that meal? Was it the food? Or the people? Was it the conversation? Or just the way you felt?
3. What are your thoughts on how many times Jesus appeared at a meal in the Gospels? Is this new to you? Why do you think it is significant?
4. Is there anyone in your life right now who, like Elijah, might be at

COME AND EAT

the end of his or her rope? Plan as a family to bring that person a meal or to invite him or her over to share a meal with you.

RECIPE FOR THE TABLE

THE EASIEST AND TASTIEST ROAST

Serves 5 to 6.

Think of this recipe as a kickoff to your journey of coming to the table consistently and enjoying a meal with the people you love. It's the easiest recipe I have in my arsenal, and my friends have told me time and time again that it's one of the tastiest roasts they've had. The simplicity of this recipe is a great reminder to me that the focus at the table is not the meal. It's the people.

Ingredients:

1 (3-pound) chuck roast
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
1 (16-ounce) jar pepperoncinis
5 whole garlic cloves, peeled

Instructions:

Pat the roast dry. Season with salt and pepper on all sides.

Optional: Brown the roast before adding it to your slow cooker. Heat a large skillet over medium-high heat. Add the olive oil. When the oil is shimmering, add the roast, and brown it on each side for 1 to 2 minutes.

Add the roast to a slow cooker. Pour the whole jar of pepperoncinis, including the juice, over the roast. Add the garlic

APPENDIX C

cloves. Cover and cook on low for 8 hours or on high for 4 hours. The meat is done when it easily shreds with a fork.

Alternate cooking method: Dutch Oven

I like to cook this roast in my Dutch oven when I can. I do this so I can brown the roast before adding all the ingredients (which gives it great flavor), and because I love using my Dutch oven!

Preheat the oven to 325 degrees.

Season the roast on all sides with salt and pepper.

Heat a Dutch oven over medium-high heat. Add the olive oil. When the oil is shimmering, add the roast, and brown it on each side (1 to 2 minutes per side).

Remove the Dutch oven from the heat. Add the whole jar of pepperoncinis, with the juice, and the garlic cloves. Cover with the lid, and bake for 3 hours.

To see images of this meal, visit <http://oursavorylife.com/the-easiest-paleo-roast-recipe/>.

DAY 2

PRAYER FOR THE TABLE

Lord, thank you for enjoying us. Thank you for loving us and desiring so strongly to walk with us every day. Thank you for sharing so many meals with us when you were here on this earth. Give us the grace to routinely set a place for ourselves at the table. Give us the joy to come to the table every evening with the family you placed in our homes. Change our hearts to be bearers of peace, love, and patience, not just bearers of a meal when we come to the table.

COME AND EAT

QUESTIONS FOR THE TABLE

1. Have you ever struggled with showing up at the table?
2. What are some of the obstacles keeping you from coming to the table every evening?
3. What are some creative or new ways that you can overcome these obstacles to start coming to the table with your family?
4. Have you entered a home and been treated the way Jesus was treated by Mary? (To read the full story, check out Luke 10:38–42.)
5. How can you treat others the way Mary treated Jesus?

RECIPE FOR THE TABLE

CHEESY FONTINA DIP

Serves 5 to 6.

This dish is easy and creative. It is ooey-goey cheese baked in the oven and then served with loads of fruits and vegetables. When you're short on time and looking to simplify so you can be more intentional about bringing hope, love, peace—and your actual self—to the table, try this quick, fun dish that has the added perk of being interactive!

Ingredients:

- 1 1/2 pounds Fontina cheese, cut into 1-inch cubes
- 1/4 cup olive oil
- 3 garlic cloves, thinly sliced
- 1 tablespoon minced fresh thyme leaves
- 1 teaspoon minced fresh rosemary
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

APPENDIX C

Carrots, green apples, cauliflower, broccoli, or other veggies for dipping

Instructions:

Preheat the broiler, and position the oven rack 5 inches from the heat.

Add the cubes of Fontina to a cast-iron pan. Drizzle the olive oil over the cheese.

Combine the garlic, thyme, rosemary, salt, and pepper, and sprinkle the mixture over the cheese and olive oil.

Place the pan under the broiler for 6 minutes, until the cheese is melted and bubbling and starts to brown.

Serve the cheese family-style right out of the oven in the cast-iron pan (make sure to place a hot pad over the handle so no one gets burned!). Place the fruit and veggies on a tray that is easily accessible to your guests.

NOTE: You will want to eat this right out of the oven, so the cheese does not harden. I usually wait until all the guests have arrived and then pop it in the oven. If the cheese does harden, just place it back under the broiler until it's melty again.

DAY 3

PRAYER FOR THE TABLE

Jesus, thank you for modeling to us how we can love others well as you walked this earth and consistently showed up to a meal with others. Thank you for this daily ritual of eating that can be used by you to create community right where you have us. Grant us vision and bravery as we step out into our neighborhoods, our work places, our communities and invite others over to a

COME AND EAT

meal. May we be controlled by your Spirit as we step out. May we extend the invitation and trust you to do the rest.

QUESTIONS FOR THE TABLE

1. Share a story or a memory you have about being invited to a table, especially during a time when you really needed the invitation. If you do not have one, ask God to bring someone onto your path to show you the power of being invited to come and eat.
2. Is there anything that is holding you back from inviting people to your table? What is it, and how can you overcome it?
3. “Come and eat!” is such a simple invitation, and it is the invitation Jesus used often. Are you drawn to the simplicity of this invitation? Are there ways you complicate the invitation for your friends or family to come to the table?

RECIPE FOR THE TABLE

EASY, DELICIOUS BOLOGNESE SAUCE WITH SWEET POTATO NOODLES

Serves 4 to 5.

I learned a long time ago that I'm more likely to invite people to my table if I have some easy and delicious recipes in my arsenal that I know turn out well every time. This recipe is one from my mom, and if I could, I would eat it every night. I have also been known to eat spoonfuls of this sauce before even serving it over noodles. It's that good! Make plenty of this recipe to serve all your guests, and if you have leftovers, this tastes amazing the next day!

Ingredients:

2 tablespoons olive oil

APPENDIX C

1/2 red onion, diced
1 pound ground beef, 80 percent lean
3 garlic cloves, minced
1 tablespoon dried oregano
1/4 teaspoon crushed red pepper (optional)
1 1/4 cups dry red wine (or beef stock), divided
1 (28-ounce) can crushed tomatoes
2 tablespoons tomato paste
1 tablespoon salt
1/2 teaspoon pepper
1/4 cup heavy cream
1/2 cup freshly grated Parmesan cheese
1 sweet potato, peeled and spiralized (for sweet potato noodles) or 1 (16-ounce) package spaghetti

Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add the onion, and cook until softened, about 3 minutes.

Add the ground beef, and cook, crumbling the meat with a spatula, for 5 to 7 minutes, until it begins to brown.

Stir in the garlic, oregano, and crushed red pepper, and cook for 1 more minute.

Pour 1 cup of the wine (or beef stock) into the skillet, stirring to scrape up any browned bits.

Add the tomatoes, tomato paste, salt, and pepper, and stir until combined. Bring to a boil, reduce the heat to low, and simmer for 10 minutes, uncovered.

Add the cream and the remaining 1/4 cup wine (or beef stock) to the sauce. Simmer for 8 to 10 minutes, stirring occasionally until thickened. Turn off the heat, and stir in the Parmesan cheese.

Bring a large pot of water to a boil. Add the spiralized sweet potato noodles. Boil for 4 to 6 minutes but no longer than 6

COME AND EAT

minutes. Drain the noodles. (If using spaghetti noodles, cook them according to the package directions.)

Place the noodles on a plate, and spoon the sauce on top. Sprinkle with more Parmesan cheese if desired.

To see photos of this recipe and how to spiralize the sweet potato, visit <http://oursavorylife.com/how-to-make-sweet-potato-noodles/>.

DAY 4

PRAYER FOR THE TABLE

Father, thank you for choosing us to pour out your love into the world. Thank you for giving us a common way to show and practice and accept your love: inviting others to come and eat. Grant us a vision for what you want to see happen around our table. Illuminate the specific gifts you have given me and the needs you want to meet at my table, so I and the people under this roof can partner with you to fulfill your will.

QUESTIONS FOR THE TABLE

1. Do you have a life verse or current mission statement?
2. What specific kinds of people are most often at your table or what specific needs do you see consistently met at your table?
3. Grab a piece of paper, write out your verse, and fill out two columns of actions and outcomes you want to see happen at your table. What themes do you see presented in the columns and verse?
4. As a family, write out a vision. Remember that you can start out with a longer statement and then simplify.

BONUS: Once you've written your vision, go to your table the next night with some pens or crayons or paint and write your vision

APPENDIX C

on a large piece of paper. Then hang it in a place where you all can see it! Also, there is no timestamp. It took weeks for Jeremy and me to land on a vision that was simple, one we could memorize, and also one that embodied our desire for our table.

RECIPE FOR THE TABLE

BALSAMIC GLAZED PORK

Serves 5 to 6.

This recipe is a quick, no-fuss meal with lots of options for serving, so you can focus less on the food and enjoy more time with your people as you gather to discover a vision for your table!

Ingredients:

1 (2- to 3-pound) boneless pork tenderloin, fat trimmed
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup chicken or vegetable broth
1/2 cup balsamic vinegar
2 tablespoons apple cider vinegar
1 tablespoon honey
3 garlic cloves, smashed
1 yellow onion, quartered
1 1/2 cups basmati rice
Oil for cooking eggs
5 to 6 eggs (or 1 egg per person)

Instructions:

Rub the pork all over with salt and pepper.

In a small bowl mix together the broth, balsamic vinegar, apple cider vinegar, and honey.

COME AND EAT

Place the pork in a slow cooker, and pour the liquid all over the pork. Place the garlic and onion around the pork.

Cook on low for 6 to 8 hours or on high for 4 hours. The meat should easily shred with two forks.

When the pork is finished, let it rest, and cook the basmati rice according to the package instructions.

Place a large, nonstick skillet over medium heat. Add the oil, and when the oil is hot, crack a few eggs into the pan. (My pan holds three eggs at a time.) Allow the eggs to cook for about 1 minute. Reduce the heat to low, cover with a lid, and allow the eggs to cook for an additional 2 minutes. The eggs are done (over-easy) when a white film has formed over top of the eggs, but the yolk is still liquidy.

To serve, remove the pork from the slow cooker and shred with two forks. Spoon some basmati rice onto a plate. Top with balsamic pork, and be sure to get some of the juices and onions onto the rice. Top with the over-easy egg.

ADDITIONAL SERVING OPTIONS: You can also serve the shredded pork on top of baked sweet potatoes (cooked in the oven at 400 degrees for 40 minutes). Or serve the pork on hamburger buns with sweet potato fries.

DAY 5

PRAYER FOR THE TABLE

Jesus, you came not for the healthy but for the sick. You ate at the tables of tax collectors and sinners. May we be so willing to have the hurting at our table. May we not be made uncomfortable or distant by their hurt, but may we move ever closer to them by your power. If we are the hurting ones, give us the grace and patience to keep showing up at the table. May we all find you and usher you to our tables of brokenness.

APPENDIX C

QUESTIONS FOR THE TABLE

1. Have you eaten at a broken table? What was that like for you? Describe how you felt, what you thought, and where you saw Jesus in the brokenness. If you are in a season of eating at broken tables, take heart. Jesus ate at many broken tables. He knows exactly what you are facing, he sees you, and he is your anchor.
2. Do you have a story about a time when you received healing at a table? Why was there healing? Was it a kind question? Or a listening ear? Or a patient host?
3. How can you demonstrate the hope and love of Jesus at tables with the broken?

RECIPE FOR THE TABLE

CHICKEN CURRY WITH CAULIFLOWER RICE

Serves 4.

Sometimes sitting at broken tables requires serving comfort food. Just as my Diet Coke became a sort of tangible anchor as I entered into long and complicated conversations in Thailand, comfort food can help anchor us. Takeout has always been my favorite comfort food—so much so that I learned how to make my own curry.

Ingredients:

Curry:

- 1/4 cup (1/2 stick) unsalted butter
- 2 medium onions, finely chopped
- 2 large garlic cloves (or 3 small cloves), finely chopped
- 1 tablespoon peeled and finely minced fresh ginger
- 3 tablespoons curry powder

COME AND EAT

- 2 teaspoons salt
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper (optional)
- 2 (8-ounce) boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 (14.5-ounce) can diced tomatoes
- 3/4 cup full-fat canned coconut cream
- 3/4 cup cashews, finely ground

Cauliflower Rice:

- 1 head cauliflower
- 1/4 cup chicken stock
- 1 teaspoon garlic powder
- 1 1/2 teaspoons salt
- 1 cup golden raisins
- 1/4 cup roughly chopped cashews

Instructions:

To prepare the curry, heat the butter in a large skillet over medium-low heat until it is melted and slightly bubbling. Add the onions, garlic, and ginger. Cook and stir until softened, about 5 minutes.

Add the curry powder, salt, cumin, and cayenne (omit the cayenne if you do not like spicy curry), and cook, stirring to coat the onion mixture with the spices, for 1 minute.

Add the chicken and cook, stirring to coat, for 3 minutes.

Add the tomatoes, including the juice, and bring the mixture to a simmer. Cover and allow to simmer for 20 minutes, stirring occasionally.

Uncover and add the coconut cream. Stir, cover, and simmer for 20 minutes, stirring occasionally.

Add the finely ground cashews. Stir and cook for 5 minutes.

APPENDIX C

To prepare the cauliflower rice, wash and dry the cauliflower. Remove the greens, and cut the head into 4 sections.

To grate the cauliflower, use a box grater or a food processor with the grater attachment.

Add the grated cauliflower to a medium pot, along with the chicken stock, garlic powder, and salt. Turn the heat to medium, cover, and allow to steam for 7 minutes. Uncover and stir to fluff. Stir in the raisins and chopped cashews.

Serve the curry over the cauliflower rice.

NOTE: You can also use basmati rice in place of the cauliflower rice. Follow the instructions on the package, and add the raisins and cashews at the end. Serve the curry over the rice.

To see pictures of this recipe, visit <http://oursavorylife.com/chicken-curry-recipe-paleo-rice/>.

DAY 6

PRAYER FOR THE TABLE

Jesus, thank you for letting us participate in your great work. Thank you for calling us to extend ourselves and our food and to trust you with everything else. May we do the holy and honored work of practicing hospitality, so that we might be your hands and feet to a hurting world. Amen.

QUESTIONS FOR THE TABLE

1. Have you ever received gracious hospitality from the poor? Describe your encounter.
2. What are some unique ways God has gifted you to show hospitality?
3. What is one way you can love a stranger this month?

COME AND EAT
RECIPE FOR THE TABLE

IT'S DONE ALREADY? CHICKEN SALSA SOUP

Serves 5 to 6.

This soup is a one-pot wonder, and it takes minutes from start to finish. It's perfect for last-minute guests and a great way to keep you out of the kitchen and, instead, at the table.

Ingredients:

1 tablespoon olive oil

1/2 medium white onion, diced

2 garlic cloves, diced

6 cups chicken stock or chicken broth

Juice of 2 limes

2 cups shredded rotisserie or precooked chicken

1 (15-ounce) can white cannellini beans, drained (optional)

1 cup frozen corn (optional)

1 (16-ounce) jar tomatillo salsa

Toppings for serving, such as hot sauce, sour cream, shredded

Cheddar cheese, fresh cilantro, sliced avocado, and lime wedges

Instructions:

Heat a large pot or Dutch oven over medium-high heat. Add the olive oil, and when the oil is hot, add the diced onion and garlic.

Cook, stirring, for about 3 minutes, until the onion is softened.

Add the chicken broth, lime juice, shredded chicken, beans, corn, and salsa.

Allow the soup to simmer for 10 to 15 minutes, stirring occasionally. To serve, let your guests ladle out some soup, and have toppings set out for them to add to the soup.

DAY 7

PRAYER FOR THE TABLE

Father, we come to you just as we are. We come home after a day at war with our flesh. We come home feeling like we may have lost a few battles, like we missed the mark of your calling. But we look to you for our peace tonight. We look to you, because we know you have not forsaken us. You have not called us back to our former life apart from you, but you draw us ever nearer, reminding us that we do, in fact, love you more than this world and what it has to offer. Fill us with your peace that reminds us you won the war. Fill us with your peace as we share a meal.

QUESTIONS FOR THE TABLE

1. Do you have a memory of receiving a meal that brought great peace? Was that peace the result of the company or the food itself, or both?
2. What do you most want people to leave your table feeling? Is it peace? Did you find peace at your table growing up? How can we usher the peace of God to our table? The peace that pardons us, that reminds us we are covered by his sacrifice, that is Jesus' voice to us, saying,

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. (Matthew 11:28–30, THE MESSAGE)

COME AND EAT
RECIPE FOR THE TABLE

CILANTRO LIME FISH TACOS

Serves 4 to 5.

In honor of the meal Jesus ate and prepared several times, let's make fish! Mahi mahi is a mild-tasting fish with a firm texture that makes it great for grilling. These tacos are filled with flavor thanks to the marinade. People who don't like fish have told me they love this meal.

Ingredients:

2 garlic cloves, peeled

1 cup cilantro leaves, loosely packed

Juice of 2 limes

2 teaspoons ground cumin

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

1 pound mahi mahi

Oil for the grill

Corn tortillas, warmed (2 small corn tortillas per person)

Toppings such as sour cream, extra cilantro, salsa, lime wedges, cheese, avocados

Instructions:

Place the garlic, cilantro leaves, lime juice, cumin, salt, and black pepper in a food processor, and pulse until all ingredients are roughly chopped and combined. Be sure to scrape down the sides of the bowl to combine everything.

Place the mahi mahi in a 1-gallon resealable plastic bag, and add the herb mixture. Set the fish aside to marinate at room temperature for 15 to 20 minutes.

Heat the grill to medium-high heat, and liberally coat the

APPENDIX C

grates with oil. Remove the fish from the marinade (discard the marinade), and place the fish on the grill. Grill 4 minutes per side.

Place the fish in a bowl, and roughly shred it with two forks.

Add the fish to warmed tortillas (we like to throw our tortillas on the grill for a few seconds), and allow everyone to add their favorite toppings.

NOTE: You can also cook the fish on the stove by preheating a nonstick pan over medium-high heat. Add 1 tablespoon of oil, and when it begins to shimmer, add the fish. Cook for 4 to 5 minutes per side, until it easily flakes with a fork.

DAY 8

PRAYER FOR THE TABLE

Jesus, thank you for your sacrifice. Thank you that you modeled a way for us to remember what you did for us. A way to remember that there is now no condemnation for us in you. Holy Spirit, grant us wisdom as we desire to participate in a communion that is holy and unrushed. May we be part of many little rehearsals before the grand marriage banquet.

QUESTIONS FOR THE TABLE

1. One unique way of bringing communion to your table is to take some time to share your testimony over a meal. If you've already shared it with your people, find a creative way to share it again. Try doing it in new and varied ways: in three sentences or less, only using verbs, or even in a riddle or a haiku. This is your personal great remembering of how Jesus saved you.
2. What is a favorite memory you have of taking communion? Why was it so special?

3. What are your thoughts about taking communion inside your home with your people? If you are interested, plan a time and date to perform this ritual for the first time.

RECIPE FOR THE TABLE

THIN CRUST PIZZA

This is the pizza recipe Jeremy and I made in the communion story I shared. It's quite fitting for communion because it's a grain-free dough—so it's unleavened. We have made this pizza for extreme pizza lovers, and though it is more of a thin-crust style, people of all crust preferences have loved it!

Ingredients:

1 cup tapioca flour
1/4 cup potato flour
1 teaspoon dried Italian herbs
1/4 teaspoon garlic powder
1/4 cup grated Parmesan cheese (optional)
1/3 cup water
1 teaspoon powdered unflavored gelatin
1 egg
1/4 cup extra-virgin olive oil
1 tablespoon harissa oil or 1/4 teaspoon crushed red pepper (optional)
1 tablespoon melted butter (optional)
Sprinkle of fleur de sel (optional)
Toppings such as pizza sauce, mozzarella cheese, pepperoni, bell peppers, red onions

Instructions:

Preheat the oven to 400 degrees. Place a 13-inch pizza stone or large cast-iron skillet in the oven to preheat.

APPENDIX C

In a large bowl mix together the tapioca flour, potato flour, dried Italian herbs, garlic powder, and Parmesan cheese, if using.

In a small bowl add the water, and sprinkle the gelatin over the water. Add the egg and oils, and whisk to combine.

Add the egg mixture to the flour mixture and mix together (I use my hands for this part). A dough should start to form. If the dough is too dry, add water by the teaspoon. The dough should hold together but not be sticky. Keep the dough in the bowl until the pizza stone is ready.

Take the pizza stone out of the oven. Place the dough on the pizza stone, and roll it out to 1/4-inch thickness and about 10 inches in diameter. Be careful, as the stone will be hot! Remember that this is not regular pizza dough. The first few times we made this we did not get it into a perfect circle, but that is okay!

If desired, brush melted butter on the edges of the dough, and sprinkle with fleur de sel.

Bake the dough for 15 to 20 minutes, until it's golden brown around the edges.

Remove the pizza crust from the oven, and coat with pizza sauce and desired toppings. Put the pizza back in the oven for another 15 to 20 minutes until the cheese is melted. Remove from the oven, slice into wedges, and enjoy!

To see pictures of this recipe, visit <http://oursavorylife.com/homemade-paleo-pizza-crust/>.

DAY 9

PRAYER FOR THE TABLE

Jesus, thank you for coming as you did—as a babe and then a humble servant. Never calling on your power or position but kneeling and sacrificing. May we

COME AND EAT

lean into your life and make it our own. Stir us, Holy Spirit, as we come to the table at the end of the day, to pour ourselves out in service. Use us all up, and then fill us again.

QUESTIONS FOR THE TABLE

1. How have you seen meekness or humility practiced at the table over a meal?
2. Have you struggled with meekness? How so?
3. Is there someone in your life who embodies a “there you are” mentality? What about them communicates that they are more about others than themselves?
4. What is one thing you can change at your table to consistently practice humility?

RECIPE FOR THE TABLE

WHITE CHICKEN CHILI

Serves 5 to 6.

This soup is packed with flavor and extremely simple to make, so no unnecessarily complicated instructions here. You can use leftover chicken or buy a rotisserie chicken and just pull the meat off the bones (you can freeze the leftover meat for up to one month). This recipe helps us get to the table quicker so we can focus more on serving the people at our table, not just serving a meal.

Ingredients:

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 2 cups shredded cooked chicken
- 1 1/2 teaspoons garlic powder
- 2 1/4 cups chicken broth, divided

APPENDIX C

- 1 (15.5-ounce) can Great Northern beans, rinsed and drained
- 1 cup frozen corn (optional)
- 4 ounces fresh roasted and chopped green chiles (or one 4-ounce can chopped green chiles)
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 cup plain Greek yogurt (optional)
- 1/2 cup heavy whipping cream (optional)

Instructions:

Heat a large pot or Dutch oven over medium heat. Add the coconut oil, and allow it to melt. Add the onion, and cook until translucent, stirring occasionally, about 3 minutes.

Add the shredded chicken and garlic powder, and stir to combine. Pour in 1/4 cup of the chicken broth and stir, scraping the bottom of the pot to loosen any browned bits. Cook for 2 minutes.

Add the remaining 2 cups chicken broth, beans, corn, chiles, salt, cumin, oregano, and black and cayenne peppers. Turn the heat to high, and bring to a boil. Then reduce the heat to medium-low and simmer, uncovered, for 30 minutes.

Taste the soup, and add additional salt or pepper if needed. The soup may be served like this, or for a super creamy chili, remove the pot from the heat, and stir in the Greek yogurt and cream. Serve warm.

To learn how to make batches of your own roasted green chiles (which will last in the freezer for up to three months), visit <http://oursavorylife.com/substitute-for-canned-green-chilies/>.

For step-by-step pictures of this recipe, visit <http://oursavorylife.com/white-chicken-chili-recipe-2/>.

DAY 10

PRAYER FOR THE TABLE

Father, thank you for life! Thank you for allowing us to live, and thank you for all the curious and wonderful and even mundane things we get to bump into every day. Help us pay attention. Help us choose to show up to what you are doing in our lives. Give us your strength and your grace to live each day awake and then to come to our tables in the evening and share the stories of all the things you did through us.

QUESTIONS FOR THE TABLE

1. Is your table a place for stories? Are your people encouraged in the art of storytelling around the table? What makes your table either an inviting or uninviting place for stories?
2. Share one interesting story from your day. Make sure to tell it in story form. You are a storyteller. Transport the people around your table to the story you are sharing using imagery and sights and smells and even different inflections in your voice.
3. How can you encourage more stories around your table? Maybe on Thursday nights you can have a story slam around your table, where everyone gets five minutes to share a story and vote anonymously (maybe on pieces of paper placed in a hat) on their favorite story.

RECIPE FOR THE TABLE

A PALEO BREAKFAST RECIPE:
SWEET POTATO HASH

Serves 4.

In loving memory of my great-grandma Smith, the person I most loved eating breakfast with, whose stories at the table still echo bright, we're

APPENDIX C

going to have breakfast for dinner! This breakfast scramble is one of my favorites. I especially love it because it's savory. You can serve it with eggs and bacon and even the pancakes of your liking.

Ingredients:

5 strips bacon

2 large sweet potatoes, scrubbed and cubed (you can leave the skin on)

1 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon onion powder

1 tablespoon coconut oil

1 red or white onion, chopped

1/2 poblano pepper, chopped

2 garlic cloves, thinly sliced

1 tablespoon olive oil

2 to 4 eggs (depending on how many people you are serving)

Instructions:

In a cast-iron skillet or frying pan over medium-high heat, cook the bacon until crispy. Remove the bacon, and place it on a paper towel-lined plate. Pour all but 1 tablespoon of the bacon fat out of the skillet, and reduce the heat to medium.

Add the cubed sweet potatoes to the skillet. Add the salt, pepper, and onion powder, and stir to coat the potatoes. Cover the skillet, and cook for 5 minutes, without stirring, so the potatoes can caramelize. Flip the potatoes, and cover again. Cook for 5 more minutes without stirring. Flip the potatoes once more, and allow to cook for 8 more minutes uncovered. Remove the potatoes and set them aside.

Add the coconut oil to the skillet, increase the heat to medium-high, and add the onions, poblano pepper, and garlic.

COME AND EAT

Cook and stir for about 3 minutes until softened. Add the sweet potatoes back to the skillet. Stir and allow the hash to cook for 2 more minutes.

Taste the sweet potatoes to make sure they are cooked through. They should be browned on the outside but pillowy in the center, firm but not crunchy. Add more salt and pepper if desired.

Place another skillet over medium-high heat, and add the olive oil. When the oil is heated, crack the eggs into the pan. Allow to cook until the whites are set but the yolks are still runny, 2 to 3 minutes. Serve the sweet potato hash with eggs and bacon.

NOTE: If you'd like to keep the dish vegetarian, skip the bacon, and add 1 tablespoon coconut oil to the skillet before you add the sweet potatoes.

For step-by-step pictures of this recipe, visit <http://oursa-vorylife.com/paleo-breakfast-recipe-sweet-potato-hash/>.

DAY 11

PRAYER FOR THE TABLE

Father, thank you for trusting us to be salt in this earth. To carry your love and your peace to everyone on our path. May we be brave enough to ask and allow room for questions at our table, finding peace and knowing that we do not need all the answers. Trusting that you can use just a little bit of our love and compassion to reveal yourself to someone.

QUESTIONS FOR THE TABLE

1. What do you think it means to be salt of the earth? What does it look like to bring salt to your table?

APPENDIX C

2. Is there a question (or questions) you have been asking internally that you can share at the table? Take a moment to think about what God has been speaking to you. For example, maybe he has been teaching you more about grace, and perhaps you can ask, “Am I a grace-filled person?” or “How can I show more grace?”
3. As a family, have you come up with some safe rules at the table? For example, Jeremy and I are very clear with our expectations when we want to ask a hard question. I might say, “I have a question I need to ask out loud, but I am not looking for an answer. I am looking for you to listen and pray.” This can help preempt him trying to answer me when I just need to talk.
4. How can you allow more room for questions at the table?

RECIPE FOR THE TABLE

THE BEST BURGER RECIPE

Serves 6.

This is the burger recipe we made for Jeff. It's great for those moments when you invite a new person over and want a casual night where everyone's at ease and feels they can share their hearts. We served it on sweet potato buns. And, of course, added the bacon.

Ingredients:

- 2 tablespoons Worcestershire sauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon garlic powder
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/2 pounds ground chuck, 80 percent lean
- 2 tablespoons butter, cut into 6 cubes

COME AND EAT

Instructions:

Preheat a grill or grill pan over medium heat.

In a medium bowl mix together the Worcestershire sauce, olive oil, garlic powder, onion powder, salt, and pepper. Add the ground chuck, and massage the spice mixture into the meat.

Form 6 tennis ball-sized balls with the meat. Create a patty by flattening the ball out with your palms.

Take a pinch of meat out of the center of each patty and place a cube of butter in the indentation (this will keep the burgers from drying out while they cook). Place the meat back on each patty, fully covering the butter.

Grill the patties for 6 minutes on the first side and 4 to 5 minutes on the second side for medium. Leave them on for an additional 2 minutes for well done.

Let the burgers rest for 5 minutes. Serve with your favorite condiments.

To see pictures of this recipe and the recipe for sweet potato buns, visit: <http://oursavorylife.com/the-best-burger-recipe-so-good-the-bun-gets-in-the-way/>.

DAY 12

PRAYER FOR THE TABLE

Father, thank you for putting us exactly where you have us. The cities you have us in, the jobs you have us in, the neighborhoods you have us in. Help us every day to show up and to love a little more than we did yesterday. We trust you to provide, to give us wisdom, to show us our very next step. May we start a revolution of love right at our tables.

APPENDIX C

QUESTIONS FOR THE TABLE

1. Discuss how God carried out his mission on this earth, that he came eating and drinking. Do you think there is still power in this today?
2. Were you as shocked by the emperor's assessment of the early Christians as I was? What stood out to you? (Refer to chapter 12 for the full story.)
3. Do you believe God can use your coming to the table consistently to teach you how to love better, and that this can ultimately affect your neighborhood and community?

RECIPE FOR THE TABLE

STUFFED BELL PEPPERS

Serves 4 to 5.

This is a savory and hearty recipe that will fill everyone up! It's the perfect meal to bring sustenance to the body as we link arms around a meal and allow God to use us for his glory.

Ingredients:

- 1 tablespoon coconut or olive oil
- 1 (8-ounce) package baby bella mushrooms, sliced
(optional)
- 1/2 medium red onion, chopped
- 1 small zucchini, chopped (optional)
- 1 carrot, chopped (optional)
- 1 pound ground beef, 80 percent lean
- 2 garlic cloves, minced
- 1 1/2 cups marinara sauce (half of a 24-ounce jar)

COME AND EAT

1 handful of spinach, chopped
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon crushed red pepper (optional)
4 bell peppers, tops removed, then cored and seeded
Parmesan cheese (optional)

Instructions:

Preheat the oven to 375 degrees.

Heat the coconut oil in a medium-size pan over medium-high heat. Add the mushrooms and allow them to cook, without flipping them, for 5 to 8 minutes. Flip the mushrooms and cook (without touching) for another 5 minutes.

Add the onion, zucchini, and carrot. Cook and stir until the onions are translucent, 3 to 5 minutes. Add the beef and the garlic. Break the beef apart with a spatula and cook for 8 minutes, until it's no longer pink.

Add the marinara sauce, and stir to combine. Cover the pan, reduce the heat to low, and cook for 10 minutes. Add the spinach, salt, pepper, and crushed red pepper (if you like it spicy). Stir, cover, and cook for 5 minutes. Taste the mixture, and add more salt or pepper if needed.

Place the bell peppers in an 8-inch square baking dish. Spoon the meat mixture into the bell peppers.

Bake the peppers for 15 to 20 minutes. If you would like to top with cheese, sprinkle it on top after 15 minutes, then bake for an additional 5 minutes.

To see pictures of this meal, visit: <http://oursavorylife.com/paleo-stuffed-bell-peppers/>.

DAY 13

PRAYER FOR THE TABLE

Jesus, thank you for this day and for your life poured out for us. Thank you not only for your sacrifice but also for walking with us each day. Grant us peace and comfort as we close out this evening.

QUESTIONS FOR THE TABLE

1. What was one thing that happened today that seemed odd or out of place?
2. If you could label today with one word, what would it be?
3. How did you see God show up in your day?

RECIPE FOR THE TABLE

WEDGE SALAD WITH HOMEMADE
HERB DRESSING

Serves 6.

This salad is so fresh while still being very filling! The creamy, homemade ranch dressing is irresistible and lasts up to one month in the refrigerator in an airtight container. It also comes together very quickly to make for a super-fast meal.

Ingredients:

Herb Dressing:

- 3 green onions, white and green parts, chopped
- 1/2 cup chopped fresh basil leaves
- 1 tablespoon chopped fresh dill
- 2 tablespoons freshly squeezed lemon juice

COME AND EAT

1 1/2 tablespoons Dijon mustard
1 tablespoon olive oil
2 garlic cloves, chopped
1/2 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1/2 cup plain Greek yogurt
1/2 cup heavy whipping cream

Salad:

Iceberg lettuce, cut into 4 to 6 wedges or salad greens for 6
Cherry tomatoes, halved
Fried bacon, chopped
Red onion, sliced
Sharp Cheddar cheese, shredded
Any additional salad toppings you love

Instructions:

Place the green onions, basil, dill, lemon juice, Dijon mustard, olive oil, garlic, salt, and pepper in the bowl of a food processor fitted with the steel blade. Puree for 15 to 20 seconds or until finely chopped. Add the Greek yogurt and heavy whipping cream, and blend until smooth. Transfer the dressing to a container with a lid, and refrigerate for 1 hour for the flavors to develop.

Allow everyone to assemble toppings on their wedge of lettuce. Drizzle with the herb dressing.

DAY 14

PRAYER FOR THE TABLE

Father, thank you for the gift of being able to gather with people we love around a meal. Thank you for providing this food and for creating this day. Even as the day is closing, may we continue to draw near to you and accept your love.

APPENDIX C

QUESTIONS FOR THE TABLE

1. If you could host any kind of dinner party what would it be? Would there be a theme? What food would be served? Who would attend?
2. If you could cook one meal with anyone, who would it be?
3. What is currently bringing you great hope?

RECIPE FOR THE TABLE

HONEY MUSTARD CHICKEN BAKE WITH ROASTED VEGGIES

Serves 4.

Ingredients:

1/3 cup honey

1/3 cup Dijon mustard

1 teaspoon apple cider vinegar

4 chicken thighs or 2 (8-ounce) chicken breasts, cut in half

3 tablespoons olive or coconut oil

1 teaspoon salt

1/2 teaspoon pepper

2 garlic cloves, minced

1 bunch broccoli, cut into florets

3 carrots, peeled and cut in thirds

1 red onion, quartered

Instructions:

Preheat the oven to 350 degrees. Line a rimmed baking sheet or a 12 x 9-inch baking dish with aluminum foil. Grease the aluminum foil with butter or oil.

In a bowl mix together the honey, Dijon mustard, and apple cider vinegar. Place the chicken in the bowl, and roll the chicken in

COME AND EAT

the sauce. Place the chicken in the middle of the baking sheet, and pour the remainder of sauce on top.

Place the oil, salt, pepper, and garlic in a large bowl, and stir to combine. Add the veggies, and toss to coat. Distribute the veggies on the baking sheet around the chicken.

Bake for 30 minutes. For extra-crispy vegetables, toss halfway through cooking time.

DAY 15

PRAYER FOR THE TABLE

Jesus, thank you for modeling the practice of gathering around a meal. May we bless you as we come together and give thanks for your work in our lives. Please come join us as we make room for you at our table.

QUESTIONS FOR THE TABLE

1. If there is one thing you could change about the time you spend at your table during a meal, what would it be?
2. What book (besides the Bible) has most significantly influenced your life?
3. As a family, share thoughts about a book you would like to read and discuss together at the table. Make a plan to do just that.

RECIPE FOR THE TABLE

BUTTERNUT SQUASH LASAGNA

Serves 5 to 6.

Ingredients:

1 tablespoon olive oil

APPENDIX C

- 1 red onion, diced
- 1 pound ground beef, 80 percent lean
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 (24-ounce) jar marinara sauce
- 1 small butternut squash
- 1 pound fresh mozzarella, shredded, divided

Instructions:

Preheat the oven to 400 degrees.

Heat a large skillet over medium-high heat, and add olive oil. When the oil is hot, add the onion and cook, stirring, for 2 minutes. Add the ground beef, and cook for 8 minutes, until it is no longer pink. Use a spatula to break up the meat.

Add the garlic, salt, and pepper, and cook, stirring, for an additional 2 minutes. Add the marinara sauce. Reduce the heat to low, and let the mixture simmer for 5 minutes.

Cut the bulbous end off the butternut squash. This is where all the seeds live. Cut off the top with the stem, and discard. Peel the squash. Set the squash on its side, and cut it into thin rounds.

In a 9-inch square baking dish, place some of the squash in a single layer. Add some of the ground beef mixture. Add a layer of mozzarella. Repeat the layers until all the ingredients, except for about 1 cup of the cheese, are used. The last ingredient on the top should be the sauce.

Bake for 35 minutes. Remove the lasagna from the oven, and add the reserved cheese on top. Return the lasagna to the oven, and allow the cheese to melt and get bubbly, 5 to 10 more minutes.

Let the lasagna stand for 15 minutes to slightly cool and set before serving.

DAY 16

PRAYER FOR THE TABLE

Jesus, we are reminded that when you came to this earth you did not start ministries or nonprofits; you simply called out to people and ate with them. Help us to do the same. Show us how you can use us to show more of your love through meals at our table.

QUESTIONS FOR THE TABLE

1. What was your favorite childhood meal?
2. Did meals around the table play a significant role in your childhood?
3. How can you take an aspect of Jesus' life and model it consistently around your table?

RECIPE FOR THE TABLE

CHICKEN POT PIE SOUP

Serves 5 to 6.

Ingredients:

- 4 tablespoons butter
- 1/2 yellow onion, diced
- 4 carrots, thinly sliced
- 4 ribs celery, thinly sliced
- 3 cups shredded cooked chicken or turkey (or 2 pounds chicken breasts, cooked and shredded)
- 2 tablespoons arrowroot (or 1 tablespoon cornstarch)
- 1/4 teaspoon dried Italian herbs

APPENDIX C

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried sage
- 2 1/2 cups low-sodium chicken broth
- 1/4 cup heavy whipping cream or half-and-half
- 1/2 cup frozen peas (optional)

Instructions:

Melt the butter in a large soup pot over medium-high heat. Add the onion, carrots, and celery. Cook, stirring, until the onions start to turn translucent, about 5 minutes.

Stir in the chicken or turkey, and sprinkle the arrowroot or cornstarch on top. Stir until it coats the meat and vegetables. (The starch is a thickening agent and will create a nice stew consistency.) Cook for 1 minute, then add the Italian herbs, salt, pepper, and sage. Stir to coat the veggies and meat with the herbs.

Pour in the chicken broth. Reduce the heat to low, and let simmer for 20 minutes. When it starts to thicken, stir in the cream. Let the sauce bubble up and thicken for about 3 minutes. If it seems overly thick, splash in a little more broth. Mix in frozen peas if using, and let cook for additional 2 minutes.

Taste and adjust seasoning to your liking. Serve warm.

DAY 17

PRAYER FOR THE TABLE

Father, thank you for creating us so uniquely and intricately. May we honor you with our minds and our gifts. Holy Spirit, teach us how to steward well the lives God gave each of us.

COME AND EAT

QUESTIONS FOR THE TABLE

1. If you could go back to university and get a degree in anything, what would it be?
2. Discuss, as a family, if there is something you would all like to learn together. Perhaps a new language or memorizing Bible verses, or about another culture. How can you implement this at your table?
3. What is one thing about Jesus you always wanted to learn?

RECIPE FOR THE TABLE

HEARTY BEEF CHILI

Serves 5 to 6.

Ingredients:

- 4 to 5 strips bacon
- 1 red bell pepper, chopped
- 1 poblano pepper, chopped
- 1 red onion, chopped
- 3 garlic cloves, chopped
- 1 jalapeño, seeds removed and chopped (omit if you do not want a spicy chili)
- 1 1/2 pounds ground sirloin (or 80 percent lean ground beef)
- 2 tablespoons tomato paste
- 2 teaspoons salt
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/2 cup red wine, beef stock, or beer
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can black beans, drained and rinsed (optional)

APPENDIX C

Instructions:

In a soup pot fry the bacon. Remove the bacon, and keep about 1 teaspoon of bacon fat in the pot. Chop the bacon for topping the chili. Set aside. (This step is optional. If you do not use the bacon, add 1 tablespoon of oil to the soup pot.)

Add the chopped peppers, onion, and garlic to the pot, and cook, stirring, over medium-high heat until the veggies are tender, for 3 to 4 minutes.

Add the beef, and cook until browned, about 5 minutes. Use a spatula to break up the meat as it cooks.

Add the tomato paste, salt, chili powder, cumin, and cayenne, and cook, stirring, about 2 minutes. Add the wine, and cook, scraping up any browned bits on the bottom of the pot. Add the crushed tomatoes (with juice) and beans. Bring to a boil. Reduce the heat to medium-low, and simmer for 10 minutes. Taste and add salt if needed.

Serve with hot sauce, sour cream, Cheddar cheese, crumbled bacon, jalapeños, cilantro, or anything else you like.

DAY 18

PRAYER FOR THE TABLE

Lord, some of us are weary from the journey you have us on. Some of us are filled and brimming over with joy. Wherever you have us, use us, either to accept comfort and healing or to be a well of peace and joy to someone on our path.

QUESTIONS FOR THE TABLE

1. What would you say is your default emotion in this season of life? (It might be joy or stress or sorrow.) Why?

COME AND EAT

2. Read out loud the account of God feeding Elijah in 1 Kings 19:1–9. Have you been provided a meal (or have you provided a meal) that brought great healing and strengthened you for the journey God has you on?
3. Is there someone your family can bless now with a meal? It might be picking up groceries for them, inviting them over, or sending over a prepared meal. Brainstorm as a family and come up with a plan.

RECIPE FOR THE TABLE

TURKEY BURGERS WITH SWEET POTATO FRIES

Serves 4 to 5.

Ingredients:

Sweet Potato Fries:

- 1 large or 2 small sweet potatoes
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons olive oil

Burgers:

- 1 pound ground chicken or ground turkey
- 1/2 tablespoon fresh, chopped dill
- 1 tablespoon chopped fresh chives
- Juice of 1/2 lemon
- 2 garlic cloves, minced (or 1 teaspoon garlic powder)
- 1 teaspoon dried Italian herbs
- 1/8 teaspoon salt
- 1 tablespoon coconut or olive oil

APPENDIX C

Instructions:

Preheat oven to 475 degrees. Line a large rimmed baking sheet with aluminum foil, and grease with oil.

To prepare the sweet potato fries, cut the sweet potatoes into thin strips (leaving the skin on lets them get crunchy).

Mix together the salt, pepper, garlic powder, and olive oil. Toss the sweet potato strips in the spice mixture.

Spread the sweet potatoes evenly on the prepared pan. Bake for 20 minutes. Remove from the oven, turn the fries, and return to the oven to bake for an additional 10 minutes. Serve warm.

To prepare the burgers, place the meat in a bowl, and add the dill, chives, lemon juice, garlic, Italian herbs, and salt. Combine with your hands. (The mixture will be wet because of the lemon juice, but this helps the turkey or chicken stay moist during cooking.)

Heat a skillet over medium-high heat and add the oil.

Mold the meat mixture into 4 or 5 patties, and add them to the pan. Cook on one side for 5 minutes, then flip and cook on the second side for 4 to 5 minutes.

DAY 19

PRAYER FOR THE TABLE

Jesus, we are here again, and we are so grateful! Thank you for bringing us back around the table to share in fellowship and nourishment. Please fill us up as we gather. So many of us are empty after the long day. Allow us to enter the night with hope and joy.

QUESTIONS FOR THE TABLE

1. What is one thing you love having at the table during a meal? It might be candles or flowers or cloth napkins.

COME AND EAT

2. What is one thing you can place on your table that can remind you and your family that the table is a safe and inviting place? We have a printout with a favorite quote above our table, but it can be as simple as something your family loves like seashells or a cloth-lined basket to remember communion. Get creative! It's a great visual reminder for every time you come to the table.
3. Why is it important to you to gather around the table for a meal consistently?

RECIPE FOR THE TABLE

STUFFED BUTTERNUT SQUASH

Serves 4.

Ingredients:

- 1 butternut squash
- 1 tablespoon coconut oil or olive oil
- 1/2 red onion, chopped
- 1 apple, cored and chopped
- 1 tablespoon butter
- 2 garlic cloves, chopped
- 1 pound ground turkey (or ground chicken or ground pork)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon crushed red pepper
- 1 teaspoon chopped fresh sage
- Grated Parmesan cheese (optional)

Instructions:

Preheat the oven to 400 degrees. Line a rimmed baking sheet or glass baking dish with aluminum foil, and grease with oil or butter.

APPENDIX C

Cut the squash in half lengthwise with a sharp knife. Place the squash, cut side down, on the prepared pan. Bake for 30 minutes. Remove from the oven, and allow to cool.

Reduce the oven temperature to 350 degrees.

Heat the oil in a skillet. Add the onion and apple. Cook, stirring, for about 3 minutes. Add the butter to give it a nice caramelization. Cook, stirring, for another 2 minutes or until the onions are translucent. Add the garlic, and cook for 1 minute. Add the ground turkey, salt, pepper, and crushed red pepper. Cook until the meat is no longer pink, about 10 minutes.

When the squash is done, remove it from the oven, and scoop out all the seeds. Remove the flesh from the squash, and place in a bowl. Leave some of the flesh on the walls of the squash to maintain its structure.

Mash the squash in the bowl with a fork, and add the fresh sage. Add this mixture to the ground turkey in the skillet. Stir until combined. Taste and add more salt or pepper if needed.

Scoop the turkey mixture into the hollow butternut squash halves. Top with the Parmesan cheese, if using. Place the filled squash halves in a baking dish, and return to the oven for 10 minutes. Cut the squash in half crosswise to make 4 servings.

DAY 20

PRAYER FOR THE TABLE

Jesus, thank you for creating community and for allowing us to walk through this life with others. Thank you that we can bear one another's burdens, rejoice with one another, and hold hope for others. Impress on us how you lived your life on this earth as we gather together and break bread.

COME AND EAT

QUESTIONS FOR THE TABLE

1. Is it easy for you or more difficult for you to be at the table with lots of people? There is not a wrong or bad answer to this question; we are all made differently. It is good to know how you and your family operate when it comes to bringing others to the table.
2. Is there a neighbor you haven't yet invited to your table? How can your family reach out to him or her?
3. What is one way you hope to demonstrate Jesus' love to newcomers in your home?

RECIPE FOR THE TABLE

CHICKEN "NOODLE" SOUP

Serves 5 to 6.

Ingredients:

- 1 tablespoon coconut oil or olive oil
- 3 carrots, chopped
- 3 ribs celery, chopped
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 to 3 cups shredded, cooked chicken
- 1 teaspoon dried oregano
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 6 cups chicken broth or stock
- 3 sprigs fresh thyme
- 1 bay leaf
- 2 zucchini

APPENDIX C

Instructions:

Place the coconut oil in a soup pot, and heat over medium-high heat. Add the carrots, celery, onion, and garlic, and cook, stirring, for 5 minutes or until the onions start to become translucent but not browned.

Add the chicken, oregano, salt, and pepper, and stir to coat the chicken and veggies with the seasonings. Add the chicken broth, and top with the sprigs of thyme and bay leaf.

Bring to a boil, reduce the heat to medium-low, and simmer for 15 minutes.

While this is simmering prepare your “noodles.” You can make them with your spiral vegetable slicer or with a julienne peeler. To create with a julienne peeler, take one zucchini and cut off the ends. Set the zucchini on the counter lengthwise, and drag the peeler across the zucchini, applying moderate pressure. Noodles before your eyes!

Add the zucchini to the soup, and simmer for another 10 minutes. Taste and add more salt or pepper if needed (this all depends on if your chicken broth was salted or not). Remove the thyme sprigs and bay leaf before serving.

NOTE: We have this soup as leftovers the next day. I was curious about the zucchini noodles being soggy or mushy, but they weren't! Still delicious.

DAY 21

PRAYER FOR THE TABLE

Jesus, we believe you can use us right where you have us. We believe that we are exactly where you need us for just a time as this. May we lean into you

COME AND EAT

as we long to be good stewards of this life you have graciously given us. Holy Spirit, grant us an overflow of grace and persistence as we keep showing up. May we trust in the power of what you can do at our very own dining room tables.

QUESTIONS FOR THE TABLE

1. What has been the most rewarding experience for you and your family after walking through this 21-Day Adventure at the Table?
2. What made this experience difficult or stressful? What are some practical ways you can overcome this in the future?
3. What are some aspects of this adventure you want to continue? (It might be continuing to schedule consistent time at the table, or asking questions, or inviting at least one couple or family a week to your table.)

RECIPE FOR THE TABLE

CREAMY CHICKEN PICCATA

Serves 4 to 5.

Ingredients:

- 1 tablespoon coconut oil or olive oil
- 1/2 tablespoon butter
- 2 (8-ounce) boneless, skinless chicken breasts, cut in half horizontally
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 garlic cloves, minced
- 1 1/4 cups chicken broth or stock
- 1/2 cup heavy whipping cream or half-and-half
- 1/3 cup finely grated Parmesan cheese

APPENDIX C

2 tablespoons capers, drained
Juice of 1 lemon
Cooked noodles or steamed vegetables

Instructions:

Place a large skillet over medium-high heat, and add the oil and butter. Allow butter to melt and bubble.

Season chicken with salt and pepper.

Place the chicken in the pan, and cook until golden on each side and cooked through, 5 to 6 minutes on each side depending on the thickness of your chicken. (The chicken is fully cooked when it registers 165 degrees on a meat thermometer. To check the temperature, insert the needle of the thermometer into the thickest part of the chicken.) When the chicken is done, remove it to a plate, and tent with foil.

Add the garlic to the pan, and cook, stirring occasionally, until fragrant, about 1 minute.

Reduce the heat to medium, and add the broth and cream. Bring the sauce to a boil. Season with a dash of salt and pepper, add the Parmesan cheese and capers, and allow the sauce to simmer until it thickens, about 2 minutes.

Pour in the lemon juice. (If your family does not like lemon, use only half the juice and taste from there.) Allow to simmer for 1 minute. Taste and add any salt or additional lemon juice.

To serve, place chicken on top of noodles or steamed veggies and spoon the sauce on top.