

LENTEN DOLMADES

Submitted by Mary Miltiades

Ingredients:

2-1/2 cup rice
2-1/2 cups olive oil
1/2 cup lemon juice
1 cup golden raisins
1/2 cup pine nuts—toasted
1 med onion—chopped
2-3 bunches green onions
3 TBPS parsley
3 TBPS dill
1 TBPS salt
2 tsp pepper
1 large jar Orlando grape leaves

Directions:

Preheat oven to 350 degrees.

Mix ingredients—Use one tablespoon mix in each grape leaf and roll sealing edges . . . Cover halfway with water and add 1/4 cup olive oil and 1/4 cup lemon juice . . . Cover and bake one hour at 350 or cover completely with water and add 1/4 cup olive oil and 1/4 cup lemon juice . . . Top with a plate to avoiding breaking and simmer for one hour on stovetop.

***“Every good and innocent thing is achieved and perfected thought
fasting”***

St Gregory Palamas