

Spicy Corn Casserole

(Side dish)

Submitted by Michelle Broussard-Hanes

Ingredients:

- 1 large Vidalia onion, finely chopped
- 1 Bell pepper, chopped and de-seeded
- 4 cloves of fresh garlic, chopped
- 2 tbsp oil
- 1 jar (4 oz.) Green Chilies, chopped
- 1 cup of Roasted Red Peppers (Trader Joe's has an excellent jar!), chopped
- 2 bags of frozen, sweet corn
- Seasoning blend of your preference—we like something with a “kick” in it...
- Earth Balance Vegan “Buttery Spread” (dairy free), to enhance taste
- 1 tbsp of Red Pepper Flakes (optional)

Directions:

In a large skillet, sauté chopped bell pepper for a few minutes (remove from skillet and set aside for a few minutes). Lower heat, caramelize onions & garlic in the EVOO. Once the onions and garlic are sweetly caramelized, add back the sautéed bell peppers.

Add the jar of chopped green chilies, the chopped roasted red peppers, & frozen corn to the previously sautéed ingredients. Cook the casserole, covered—until the corn is tender. Be generous with your seasoning blend, your “butter substitute” (we like vegan Earth Balance) and the red peppers flakes. If you are adventurous, kick up the heat level with yet another tbsp of red pepper flakes.

Fasting is an expression of love and devotion, in which one sacrifices earthly satisfaction to attain the heavenly. Altogether too much of one's thoughts are taken up with care for sustenance and the enticements of the palate; one wishes to be free from them. Thus fasting is a step on the road of emancipation and an indispensable support in the struggle against selfish desires. Together with prayer, fasting is one of humanity's greatest gifts, carefully cherished by those who once have participated in it. Gleanings from Orthodox Christian Authors

