

LENT AT THE TABLE

February 18-24

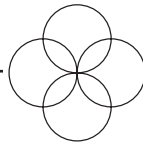
Dining Al Fresco¹

- What is a favorite “outdoor” food for you? Something from the grill? Ice Cream? S’mores? Hot dogs over a campfire? When is the last time you had that favorite “outdoor” food?
- How did the COVID-19 pandemic affect your communal dining experiences (both in terms of social events and Holy Communion)? Did eating al fresco take on new significance for you?

Read Mark 6:30-44

The apostles gathered around Jesus and told him all that they had done and taught. He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When it grew late, his disciples came to him and said, “This is a deserted place, and the hour is now very late; send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.” But he answered them, “You give them something to eat.” They said to him, “Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?” And he said to them, “How many loaves have you? Go and see.” When they had found out, they said, “Five, and two fish.” Then he ordered them to get all the people to sit down in groups on the green grass. So, they sat down in groups of hundreds and of fifties. Taking the five loaves and the two fish, he looked up to heaven, blessed and broke the loaves, and gave them to his disciples to set before the people; then he divided the two fish among them all. And they all ate and were filled; and they took up twelve baskets full of broken pieces and of the fish. Those who had eaten the loaves numbered five thousand men.

- Obviously, one of the questions that comes up here is “how did this happen?” The answer is... we don’t know. We can try to imagine how the disciples kept reaching into baskets and kept pulling out food but we really don’t know. If we are able to move beyond the questions of the “how” can you move to the questions of what this means?
- What does this story mean to you?
- This is one of the few stories that shows up in all four Gospels? What importance does that give to the story for you?
- Can you eat something outside each day this week? How does it taste different when you’re outside? Does being outside change how you eat it?



RECIPE

This was shared by Anna Gise and is a favorite in their home.
Feel free to make it for yourself, or can you make some extra to share with someone else?

One Pan Chicken Dinner Bake

Prep Time 10 minutes minutes

Cook Time 1 hour hour 15 minutes minutes

Total Time 1 hour hour 25 minutes minutes

Servings 4

Ingredients

- 1 to 1-1/2 lb. boneless, skinless chicken thighs
- 1 lb. potatoes, scrubbed and diced into 1" pieces
- 1 cup frozen green beans
- 1 cup frozen carrots
- 1/4 cup unsalted butter, melted
- 1 teaspoon kosher salt
- 1 teaspoon Italian herb seasoning
- 1/2 teaspoon ground black pepper
- 1/4 cup sliced scallions, green parts only

Instructions

1. Preheat oven to 350 degrees F. Spray a 13" x 9" baking pan with olive oil cooking spray.
2. Place the chicken thighs down the long middle of the baking pan.
Place potatoes on one side of the chicken and green beans and carrots on the other side.
3. Combine the melted butter with the salt, Italian herbs and pepper.
Drizzle over the chicken, potatoes and vegetables. Sprinkle with the scallions.
4. Tightly cover pan with aluminum foil and bake for 1 hour to 1 hour and 15 minutes,
or until chicken is done and potatoes and veggies are tender. Serve.