

Sisters for Yah

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Renewing your Dedication to Yahshua

Every year when Yahweh's people partake of the Passover service, they are, in effect, renewing their dedication to Yahshua. We all know about the Old Testament significance of Passover, but the New Testament significance is even greater. In the past, lambs were killed as offerings. But now we have Yahshua's own sacrifice of Himself! It is sometimes difficult to imagine that Yahweh's own Son gave His life for us.

Renewing our dedication is an awesome privilege. Every year, it's almost like we get a fresh start to make the new year even better as Yahweh's people. That is why the Apostle Paul encouraged us to "examine ourselves." Please read 2 Corinthians 13:5-10. Is there anything in your life that you need to work on? We all have faults that need to be overcome.

Oftentimes, during the Feast of Unleavened Bread, we focus on the physical removal of food items containing leaven. But did you know that "leaven" can also symbolize "sin" and "unrighteousness"? For instance, Yahshua warned against the "leaven of the Pharisees." Sisters, right before Passover is the perfect time to remove other "leavening" in our lives, besides food. Do the "fruit test." Read the Fruits of the Spirit in Galatians 5:22-23. If you are doing anything opposite of the items listed, it's time to make some changes.

I did the "fruit test" recently myself, and was shocked at how many areas I am failing in. So I grabbed a notebook and pen and made a list of everything I plan to work on in my life. Needless to say, it was a very eye opening experience, seeing all my faults down on paper. Try it for yourself! Don't let it discourage you as your list grows longer and longer. After you finish your list, pray that Yahweh will give you the strength to overcome those things which are not helpful to your growth in Messiah. I'm already seeing a difference in my own life. Keep striving for the Kingdom!



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Recipes suitable for the Feast of Unleavened Bread

Crunchy Salsa Chicken Bake (Marilynn White)

- 1 box 12 count yellow corn taco shells, broken in pieces
- 20 ounces cubed cooked chicken (substitute ground beef, cooked and drained, if you prefer)
- 1 packet taco seasoning
- 1 jar salsa (16 ounces)
- 1 cup chicken broth
- 1/4 cup taco sauce
- 1 cup sour cream
- 1 can 4 ounce fire roasted diced green chilies
- 1 cup pimento stuffed olives, rinsed
- 1/2 cup chopped cilantro
- 4 cups Mexican blend shredded cheese, divided use.



Preheat oven to 350 degrees, and cover the inside of a 9 by 13 pan with cooking spray. Break up taco shells in the bottom of pan. Set aside. In large bowl, stir the chicken with the taco seasoning until thoroughly coated. In a medium bowl, combine salsa, taco sauce, and sour cream. Pour over chicken and mix together. Stir in the chilies, broth, olives, cilantro, and three cups of the cheese. Pour the chicken mixture over the broken taco shells. Sprinkle remaining cheese on top. Cook for 20-30 minutes until bubbly.

A note about “breaded” items:

We know that most store bought “breaded” fish or chicken items contain leavening and must be discarded, but Sister Marilynn brought up a good point, that we can still “bread” things like chicken or fish, but make it unleavened by leaving out conventional bread crumbs. For instance, you can use crushed Passover crackers or unleavened or plain or seasoned flour. See the next two recipes for some fun ideas!



Crunchy Unleavened “Breaded” Chicken strips

- 1 egg
- 2 T. yellow mustard
- 1/2 t. salt
- 1 1/2 cup instant mashed potato flakes, dry
- 1 lb chicken breasts, cut in strips
- 1/4 cup oil, for frying

In a shallow bowl, beat the egg and mix in the mustard. In a second bowl, mix the potato flakes and salt. Heat the oil in a deep skillet. Dip the chicken strips in egg mixture, then immediately into potato mixture. Drop into sizzling oil and cook until brown on both sides. Great dipped in honey mustard or BBQ sauce.



Famous French Chicken

- 1 egg, beaten
- 1/2 of a lemon, juiced
- 1 cup all-purpose flour (can use gluten free)
- 1 pinch garlic powder
- 1 pinch paprika
- 6 boneless, skinless chicken breasts
- 2 T. butter
- 1 can chicken broth (14 oz.)
- 1 whole lemon, juiced

In a shallow bowl, mix the egg and juice of 1/2 a lemon. In another shallow bowl, mix the flour, garlic powder, and paprika. Dip the chicken in the egg mixture, then flour mixture. Heat butter in skillet on medium heat. Add chicken, cook till golden on each side. In a medium bowl, mix the broth and remaining lemon juice. Pour mixture over chicken in skillet and simmer 8 minutes. Great with rice and vegetables on the side.

Savory Three Seed Flat Bread

- 1/2 cup chia seeds (or flax seeds)
- 1/2 cup sunflower seeds, unsalted
- 1/2 cup pumpkin seeds, unsalted
- 3/4 cup plain oats (quick oats or rolled oats)
- 1 t. dried oregano
- 1 t. sugar
- 1/2 t. dried thyme
- 1/2 t. salt
- 1/4 t. garlic powder
- 1/4 t. onion powder
- 1 cup water



Blend all ingredients. Bake on parchment paper at 325 degrees, for 25 minutes. Break into pieces. Freeze in freezer bag to keep it fresh.



Easy Tostadas:

1. Cook and drain 1 lb ground beef. Can season with salt and pepper or your favorite spices.
2. Layer the tostada shell in the following manner:
 - Refried beans
 - Ground beef
 - Shredded lettuce
 - Chopped tomatoes
 - Chunks of avocados
 - Grated cheese
 - Sour cream to top it all off

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TIP: CLEAN IT OUT, DON'T THROW IT OUT!

Many have asked us how to clean a toaster before Passover. Some people buy a new one every year and just throw out the old one, which is fine. But you can successfully clean the one you already have if you don't mind spending the time doing it. Try the following steps:



1. Unplug and shake out as many crumbs as possible over a trash can or sink. Don't forget to replace the trash bag with a clean one before Passover.
2. Be sure to open or slide out the bottom compartment and continue shaking. Next, wash out the bottom tray or compartment and dry with a paper towel. Wipe down and dry the outside and top of toaster.
3. Finally, plug it back in, and turn it on the highest cycle. Hold down the button or lever until cycle is completed. A chemist once explained that any "active" yeast molecules won't survive in high heat.

Recipes . . . ,cont.

Family-sized Crunchy Corn Chip Salad (Anonymous)

- 1 pound extra lean ground beef, cooked and drained
- 1 large head of iceberg lettuce, shredded
- 1 1/2 cups diced fresh tomatoes
- 2 cups shredded cheese, either sharp cheddar or Monterey Jack or a combination of the two
- 1 large onion, diced
- 2 cans kidney beans, drained and rinsed
- 1 bag corn chips
- 1 cup Thousand Island dressing (and additional for serving, optional)



Blend all ingredients in a large bowl, except chips and dressing. Place bowl in fridge for at least an hour. Right before serving, add the chips and dressing. Toss to coat evenly. Additional dressing can be used if you want extra flavor.



Unleavened Pizza Crust

- 2 1/8 cups flour
- 1/4 cup oil
- 5/6 cup milk (or substitute for dairy free users)
- 1/4 cup cold water
- 1/2 t. salt
- 1/4 t. sugar

Preheat oven to 425 degrees. Blend all except 1/8 cup flour. It will be sticky, but elastic. Work in the rest of flour; adding more or less flour depending on humidity. Place dough in fridge for 15 minutes. Oil pan lightly. Place dough on pan. Expect tearing, but it will inch back together. Brush with oil and poke holes with fork. Bake 4 minutes, then remove. Add toppings of your choice and bake 10 to 12 more minutes.