



Recipes & Ideas for Meatless Fridays

Courtesy of Court St. Rita #409

Crockpot Veggie Minestrone

From the kitchen of Pat Hager

- 3 cans beans (navy or cannelli)
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 carrots -in 1/2 in. slices
- 2 stalks celery -in 1/2 in slices
- 3 cloves garlic -in thin slices
- 2 diced potatoes
- 1 diced onion
- 1/4 tsp crushed red pepper
- 1 envelope onion soup mix

Peel and slice veggies (Option: can do this the evening before)

Put everything into the crockpot on low before you leave for work.

Serve over pasta, with garlic toast, or with grilled cheese.

I didn't drain the beans. I like the thicker sauce.

Fish Tacos

Shrimp Fettucine

From the kitchen of Fuzz Hammers

- 1# fresh shrimp-cooked and deveined
- 8oz Fettuccine Noodles cooked
- 2 cans mushroom soup-undiluted
- 1 cup sour cream
- 1 bunch sliced onions with tops
- 1 large can mushrooms drained
- 1 teaspoon dill weed
- 1 1/2 cup cheddar cheese grated

Cook, shrimp and noodles, combine soup, sour cream, onions mushrooms, and dill weed.

Stir in noodles, cut 1/4 of shrimp in thirds. Fold 1/4 shrimp and cheese into mixture, put into 2 quart casserole. Cover with tin foil. Bake 350-20 minutes until cheese is bubbly. Remove from oven arrange shrimp in rows on top bake another 5 minutes. Garnish with dill weed. God Bless!

Ratatouille

Egg Salad Sandwich

Veggie Soup w/Garlic Bread

Margherita Pizza

Gnocchi Soup

Clam Chowder

Cheese or Veggie Pizza

Falafels

Broccoli Cheese Soup

Shrimp Stir Fry

Veggie Chow Mein

PB&J Sandwich w/Veggies & Dip

Salmon & Eggs Benedict

Eggplant Lasagna

From the kitchen of Fr. Omar

A nutritious and healthy dish

Ingredients:

- eggplants
- chicken, mushrooms or meat to taste
- tomato
- Neapolitan tomato paste
- Onion

Goat cheese and mozzarella

Preparation:

Grill the eggplants with butter until golden, then season with garlic powder, sea salt, onion and paprika, then in a bowl begin to assemble the lasagna with the Neapolitan paste, place in the oven for a few minutes to gratinate with parmesan cheese and that's it.

Salmon Loaf

From the kitchen of Jackie Hager

- 1-16 oz can salmon, drained, deboned & separated
- 1 can Cream of Celery soup
- 1 large or 2 small eggs, beaten
- 1 Tbsp parsley flakes
- 1 Tbsp grated Parmesan cheese
- 1/3 c milk
- 1 tsp onion flakes
- Salt & Pepper
- Approx 16 square crackers, crumbled

Combine in a bowl all ingredients except 1/2 of milk, 1/2 of soup, & 2 crackers.

Place in well-greased loaf pan. Combine remaining milk & soup. Pour over loaf.

Crumble remaining crackers over the top. Bake at 350 degrees for 45 minutes.

Roast Veggie Frittata

Fried Egg Sandwich

Black Bean Burgers

Eggs and Pancakes

Grilled Cheese & Tomato Soup

Scallops w/ Roasted Tomatoes & Green Beans

Chickpea Nachos

For those of you who enjoy fried fish, we have a very good breading mixture that goes over very well. We use Andy's breading mix (Found at Service Foods, Fleet Farm) combined with Panko bread crumbs: approximately three parts Andy's to one part Panko. We wash the fish and while still damp, bread the fish and fry it. No extra seasoning is needed. It's delicious.

Wishing you a Holy Lent. God Bless, Cheryl Keller

Shoestring Salad

From the kitchen of Dianne Rohde-Szarke

Here is a favorite recipe of mine!

- 1 can drained tuna
 - 1 cup shredded carrots
 - 1 cup chopped celery
 - 1/4 cup chopped onion
 - 1/2 cup mayonnaise
 - 2 Tablespoons mustard
 - 1 cup shoestring potatoes
- Mix first 6 ingredients together and then add potato sticks just before serving.

Avocado Toast

Crockpot Tomato-Basil Parmesan Bisque

From the kitchen of Leanne Stoll

28 oz diced tomatoes
1 cup celery
1 cup shredded carrots
1 cup onion
1 tsp. dried oregano
1 Tbsp dried basil
½ bay leaf
4 cups chicken broth

Put all in a crockpot on low 5-7 hours.

Make a roux with:

½ cup flour
½ cup butter
4 cups of soup (blend).

Add back to soup along with
1 cup parmesan cheese
2 cups half and half (warmed)
1 tsp salt
¼ tsp pepper.

Cook on low another 30 minutes and serve. Enjoy!

Shrimp Scampi w/ Caesar Salad & Garlic Bread

Fried Rice

Tuna Salad Sandwich

Lentil Soup w/ breadsticks

Sloppy Lentils

Yogurt Parfait

Bagels w/ Cream Cheese

Perogies

Cheese Pizza Bagel

Egg & Cheese Quesadillas w/ Salsa

Homemade Mac 'n' Cheese w/ Broccoli

Cabbage and Crepes (Injera with Atkilt Wat-Ethiopia)

Rice Bowl Tried and Shared by Leanne Stoll

Makes 4-6 servings.

1 1/2 c all-purpose flour
½ c. whole wheat flour
1 T baking powder
1 t salt
2 c club soda
½ c fair trade olive oil
4 carrots thinly sliced
1 onion, thinly sliced
1 t sea salt
1 t pepper
1 t cumin
1 t turmeric
½ head cabbage-shredded
5 potatoes-peeled and cut into 1-inch cubes

Mix flours, baking powder & salt together. Stir in club soda until batter is smooth. Preheat and wipe skillet with small amount of oil. Ladle half a cup of batter onto skillet; spread to make large crepe. Cook until bubbles on top burst-about 2 minutes. Flip crepe and cook another minute. Wipe skillet with oiled paper after each crepe.

In a medium pot, heat olive oil over medium heat. Cook carrots and onion about 5 minutes. Stir in salt, pepper, cumin, turmeric and cabbage; cook 10 minutes. Add potatoes. Cover and reduce heat to medium-low; cook until potatoes are soft. Serve vegetable mixture in or on the crepes. Can make the crepes smaller and start the vegetables cooking first then make the crepes while it's cooking. This makes, in my opinion more than 4-6 servings.

Hard Boiled Eggs w/ Crackers & Cheese

Crab Cakes

Beans & Rice

Meatless Burrito Bowl

Creamy Tuscan Tortellini

From the kitchen of Lynn Schwanke

- 1 T olive oil
- 1 T butter
- 4 cloves garlic minced
- 1/4 t red pepper flakes
- 1/2 C vegetable broth
- 1/2 C sun-dried tomatoes
- 1/2 t salt plus more to taste
- 6-8 cranks of freshly-ground black pepper
- 1 C heavy cream
- 18-20 ounces cheese or spinach-filled tortellini
- 2 handfuls fresh baby spinach roughly chopped
- 1/4 C freshly-grated Parmesan cheese
- juice of 1/2 lemon

Add the olive oil and butter to a large skillet over medium heat. When the butter melts, add the garlic and red pepper flakes. Cook for about 30 seconds, just until fragrant. Add the broth, sun-dried tomatoes, salt, and pepper. Stir and bring to a simmer. Stir in the cream and tortellini. Reduce heat to medium-low, cover the skillet. Cook about 5 min, until tortellini is tender. Stir in spinach, Parmesan, and lemon juice. Let spinach wilt for about 1 minute. salt and pepper, to taste. Adapted from Nourish and Fete.

Sweet Potato Curry

Pesto Tortellini w/ Roasted Veggies

Baked Fish w/Rice

Pasta Alfredo w/ Salad

Sweet Potato & Black Bean Chili

St. Henry's Fish Fry

Tomato & Cheese Sandwich

Baked Salmon w/ Baked Potato & asparagus

Veggie Biscuit Potpie

Tuna Hotdish

Mushroom Spaghetti

Fish Sticks, tots, & fruit

Bean & Rice Enchiladas

Greek Past Salad

Veggie Pita w/ Hummus