

ST. MATTHEW CATHOLIC CHURCH

Lenten

Parish Recipes



Marcella Hazan's Tomato Sauce

SERVINGS: 4

COOKING TIME: 45 MIN

Ingredients

- 2 cups tomatoes, in addition to their juices (for example, a 28-oz. can of San Marzano whole peeled tomatoes)
- 5 tbsp. butter
- 1 onion, peeled and cut in half
- Salt

Directions

1. Combine the tomatoes, their juices, the butter and the onion halves in a saucepan. Add a pinch or two of salt.
2. Place over medium heat and bring to a simmer. Cook, uncovered, for about 45 minutes. Stir occasionally, mashing any large pieces of tomato with a spoon. Add salt as needed.
3. Discard the onion before tossing the sauce with pasta.

This recipe makes enough sauce for a pound of pasta.



Balkey Family Shells n' Cheese

SERVINGS: 6-8

PREP TIME: 25 MIN

COOKING TIME: 25 - 30 MIN

Ingredients

- 8 oz. pasta shells, al dente
- 2 tbsp. butter
- 2 tbsp. flour
- 2 cups whole milk
- 8 oz. sharp American cheese (approx. 2 cups)
- 4 oz. sharp cheddar, grated (approx. 1 cup)
- 1/2 tsp. salt
- Smoked paprika, to taste

Items Needed:

- 1.5 - 2 qt. baking dish
- whisk

Directions

1. Preheat oven to 350°. Bring water to a boil for pasta.
2. Melt butter in a saucepan over low-medium heat. Add flour when melted. Whisk and cook for 1 - 2 mins, until golden, but not brown.
3. Add milk, stir until thickened, and keep on heat additional 2-3 mins.
4. Add salt. Slice sharp American to finger width and add to saucepan. Keep over low heat until all cheese is evenly melted.
5. Cook pasta and place into 1.5 - 2 qt. baking dish. Pour cheese sauce over the pasta. Stir gently, only enough to evenly coat.
6. Top with grated sharp cheddar, and sprinkle paprika.
7. Bake for 25 mins., then watch closely until the top is browned to taste.

Helpful Notes:

The recipe can be doubled easily to fit a 13 x 9 casserole dish. You can add cheese up to 12 oz., as long as milk keeps proportion.



Becker Family Baked Salmon

SERVINGS: 6

COOKING TIME: 20 - 25 MIN

Ingredients

- ½ cup olive oil
- 5 cloves cloves
garlic, minced
or pressed
through a garlic
press
- 2 ½ tbsp. fresh
lemon juice, or
more to taste
- 1 tbsp. brown
sugar
- 1 tsp. dried
oregano
- 1 tsp. dried
thyme
- salt and freshly
ground black
pepper to taste
- aluminum foil
- 1 tsp. olive oil
- 1 (3 pound)
salmon fillet
- ¼ cup chopped
fresh parsley
- 1 lemon, sliced

Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Combine ¼ cup olive oil, lemon juice, garlic, brown sugar, oregano, thyme, salt, and pepper in a bowl.
3. Place a large piece of aluminum foil on a baking sheet and brush with olive oil. Place salmon in the middle of the foil, skin-side down. Drizzle with olive oil mixture. Fold up the edges of the foil over the salmon to create a packet, making sure to seal the edges.
4. Bake in the preheated oven until fish flakes easily with a fork, 20 to 25 minutes. If your salmon fillet is very thick, it can take longer. Garnish with fresh parsley and lemon slices.

If/When this does not turn out, for a Lenten dinner call the pizza place for a vegetable pizza!



Mary Kay Beduhn's Quinoa Salad

SERVINGS: 12 CUPS

PREP TIME: 30 MIN

COOKING TIME: 12 MIN

Ingredients

- 1/3 cup lime juice
- 1 tbsp. ground cumin
- 1 tbsp. sea salt (or Himalayan)
- 1/3 cup olive oil
- Two 15-oz. cans black beans, drained & rinsed
- 4 1/2 tsp. red wine vinegar
- To taste ground black pepper
- 4 cups water
- 2 cups dry quinoa, rinsed
- 1 med red bell pepper, finely chopped
- 1 med orange bell pepper, finely chopped
- 1 med yellow bell pepper, finely chopped
- One 10 oz. bag frozen corn
- 1 bunch fresh cilantro, finely chopped

Directions

1. Combine lime juice, cumin, and salt in a medium bowl, and whisk to blend.
2. Slowly add oil, while whisking constantly. Set aside.
3. Combine beans, vinegar, and pepper in a medium bowl. Mix well and set aside.
4. Bring water to a boil in a medium saucepan over high heat.
5. Add quinoa. Reduce heat to med-low. Cook covered for 10-12 mins or until all water has been absorbed. Remove from heat. Cool for 15-30 mins. Set aside.
6. Place cooled quinoa in a large bowl. Fluff with a fork.
7. Add bell peppers, corn, cilantro, bean mixture, and dressing. Toss gently to blend.

Eat the salad immediately, or refrigerate for up to 3 days.

This recipe makes a huge amount, perfect if you're hosting a large gathering or bringing a dish to a party! If it's just for your family to enjoy for a couple of days, I'd cut the recipe down. Also, you can get creative by adding any fruit or vegetables you'd like to it! Family and friends can help with the chopping of the peppers and cilantro if you want to make this as a group.



Carmel Gillogly's Baked Cod and Potatoes

COOKING TIME: 35-40 MIN

Ingredients

- 1 lb Cod fillets
(about an inch thick)
- 2 russet potatoes,
thinly sliced
- 2 large onions,
thinly sliced
- 3 cloves garlic,
finely minced
- ½ cup vegetable
broth
- 1/3 cup olive oil
- Salt and pepper to
taste
- Paprika
- Chopped parsley

Directions

Preheat the oven to 400 degrees. Layer the onion slices in an 8x12 baking pan. Top with minced garlic. Layer the potato slices in a single layer over the onions and garlic. Season liberally with salt and pepper. Blend the oil and broth and carefully pour it over the potatoes. Bake the potato mixture for 20-25 minutes until potatoes can be pierced with a sharp knife. Remove the pan from the oven and layer the cod pieces over the potatoes in a single layer. Season with salt, pepper, and paprika and cook for an additional 15 minutes or until the fish is cooked and flaky. Garnish with chopped parsley and serve.



Carmel Gillogly's Lentil Soup

COOKING TIME: 30 MIN

Ingredients

- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 cup dried brown lentils
- 1 cup vegetable broth
- 3 cups water
- 1 tsp salt
- ½ black pepper
- Cooked, broken fettuccine noodles

Directions

Sauté the onion and garlic in the oil. When softened, add the dry lentils and toss them in the oil. Add the vegetable broth and water and bring to a boil, then reduce to simmer for about 20 minutes. Add salt and pepper and continue to simmer for about 10 more minutes. If the soup becomes too thick, add more water or broth.

To serve, add a few cooked fettuccine noodles to a bowl and ladle the hot soup over.



Carmel Gillogly's Shrimp Creole

COOKING TIME: 15 MIN

Ingredients

- 1 lb. peeled and deveined shrimp
- 2 tbsp olive oil
- 2 ribs celery, thinly sliced
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1 small can of Rotel tomatoes
- One 14 oz can diced tomatoes
- Salt and Pepper to taste
- Rice or Riced Cauliflower

Directions

Sauté celery, onion and garlic in the olive oil until softened. Add tomatoes and cover, simmer for 10 minutes. Add shrimp and continue to cook for about five minutes or until shrimp are cooked to desired doneness. Serve over rice or riced cauliflower.

Note: For additional nutrition try adding diced peppers or dice yellow squash.



Marlene Sautter's Lemon Butter Scallops with Spinach

COOKING TIME: 30 MIN

Ingredients

- 2 Tbsp olive oil, divided
- Salt and pepper
- 1 lb jumbo scallops, patted dry
- 1 lemon, juiced and zested
- 1/2 (11 oz) package organic baby spinach
- 1 clove garlic, minced
- 2 Tbsp butter

Directions

1. Heat one tbsp olive oil. In a nonstick pan on high. Lay scallops on paper towels. Pat dry.
2. Place scallops single layer in the pan. Don't move for 2-3 minutes. Flip. Cook another 2-3 minutes. Should have nice caramelized color. Remove to a plate. Cover with foil to keep warm.
3. Add 1 tbsp oil to pan. Reduce to medium. Add in spinach, garlic, lemon zest, salt and pepper. Cook until wilted about 4-5 minutes. Remove from the skillet and place into a bowl.
4. Add butter and lemon juice to the pan. Bring to a simmer. Place spinach and scallops on a serving platter. Drizzle with butter lemon sauce.

Serve with risotto, rice, or angel hair pasta.

Delicious also with shrimp substituted for scallops.



Heather King's Lebanese Mujadara

COOKING TIME: 55 MIN

Ingredients

- ½ cup olive oil
- 2 large yellow onions thinly sliced
- 4 ½ cups water
- 2 cups brown lentils rinsed and drained
- 1 teaspoon salt
- 1 cup long-grain white rice rinsed
- 2 teaspoons cumin

Directions

1. In a medium bowl, cover the rice with cold water. Set aside.
2. Line a plate with two paper towels. Heat the olive oil in a large pot over high heat. Add the onions and cook, stirring constantly, until the onions are deeply browned and start to crisp around the edges, about 20 minutes. Transfer to the plate and set aside. They will continue to crisp as they cool.
3. Add the lentils to another pot, add water, and stir to combine. Bring everything to a boil, then reduce the heat to medium-low and cover with a tight-fitting lid. Cook for 15 minutes.
4. Drain the soaked rice, rinse, and transfer it to the pot with the lentils along with the salt. Stir once, then cover again with a tight-fitting lid and cook undisturbed for 15 minutes.
5. Remove the pot from the heat. Rest, covered, for 5 minutes longer. Add the cumin and fluff the rice and lentils with a fork to combine.
6. Spoon the crispy sliced onions on top of the mujadara. Serve warm, with cucumber yogurt sauce if desired.

Mujadara is a Middle Eastern lentils and rice recipe with crispy caramelized onions. Just 3 ingredients make an easy vegan, protein-rich meal

