

Meatless traditions ask, 'What's for dinner during Lent?'

written by Special to Arkansas Catholic |



Lent is a great time to incorporate a few new recipes into your meals. Here are a few reader-endorsed recipes that you might like. Parishioners across the diocese shared some their favorite meatless recipes with Arkansas Catholic. Recipes are also posted at www.arkansas-catholic.org for you to print and share with other Catholics.

Casseroles and Salads

- Tomato-Spinach Frittata
- Tuna and White Bean Salad
- Vegetable Spring Rolls (Vietnam)
- Casamiento (El Salvador)

Pasta

- Linguini with Vegetables

Side Dish

- Easy scalloped potatoes

Fish and seafood

- Salmon cakes
- Baked Fish
- Tuna-stuffed pita bread Italiano
- Mediterranean Fish

Casseroles and Salads

Tomato-Spinach Frittata

Servings: 6-8

2 T. olive oil

1 garlic clove, minced

1/2 6 oz. package fresh baby spinach

1-10 oz. can mild diced tomatoes and green chiles, drained

1/4 t. salt

1/4 t. pepper

12 large eggs, beaten (or a 32 oz. carton of egg substitute)

1/2 cup crumbled garlic and herb feta cheese (or plain, if you prefer)

Heat oven to 350 degrees. Heat two inches of oil in a 10-inch ovenproof nonstick skillet over medium-high heat. Add garlic and sauté one minute. Stir in spinach and cook, stirring constantly, one minute or just until spinach begins to wilt. Add tomatoes and green chiles, salt and pepper and cook, stirring frequently, two to five minutes or until spinach is wilted. Add eggs and sprinkle with cheese. Cook three to five minutes, gently lifting edges of frittata with a spatula and tilting pan so uncooked portion flows underneath. Bake for 12 to 15 minutes or until set and lightly browned (16 to 18 minutes longer if using egg substitute). Remove from oven and let stand five minutes. Slide frittata onto a large platter and cut into wedges.

Submitted by Pam Willis of Bentonville

Tuna and White Bean Salad

Servings: 4

1 can (5 oz.) drained tuna

1 garlic clove

1 T. lemon juice

2 T. olive oil

1 can cannellini beans, drained and rinsed

1/2 red pepper, cut into cubes

1/4 cup chopped red onion

Fresh basil, chopped to taste

Salt and pepper to taste

1/2 T. lemon zest

Mince garlic and mash to a paste with the back of a spoon. Mix garlic paste with lemon juice, salt and pepper, and slowly whisk in olive oil. Toss red pepper, onion and beans together. Break apart tuna and mix into bean mixture. Add dressing and toss well. Add basil just before serving. Serve at room temperature on a bed of lettuce with favorite crackers

Submitted by Pam Willis of Bentonville

Vegetable Spring Rolls (Vietnam)

Servings: 6-8

Sauce

1/4 cup water

1 t. corn starch

2 T. rice wine vinegar

2 cloves garlic, minced and crushed

2 T. sugar

Spring Rolls

1 cup cooked thin rice noodles

1/2 cup bean sprouts

1/3 head of green cabbage, chopped

5 green onions, chopped

1/4 cup carrots, grated or julienned

1/4 cup fresh herbs (cilantro, basil or mint)

1 package rice paper wrappers

Combine all sauce ingredients in small saucepan and simmer for three to five minutes, stirring until sugar dissolves and mixture begins to thicken. Cool before serving. Cook rice noodles as described on package. Lightly steam cabbage, green onions, and carrots until slightly tender. Toss noodles, vegetables, and herbs in large bowl. Quickly submerge a rice paper wrapper in warm water and lay on a smooth surface. Place about two tablespoons of mix on each wrapper and fold wrapper into shape.

Operation Rice Bowl, <http://orb.crs.org>

Casamiento (El Salvador)

Servings: 4-5

2 T. vegetable oil

1 onion, finely chopped

1 bell pepper, finely chopped

3 cloves garlic, minced

1 can black beans, drained, liquid reserved

Salt and pepper, to taste

2 cups cooked rice

Heat oil in a large pot. Add the onions, bell pepper, and garlic. Sauté for two to three minutes, until tender. Stir in the drained beans, some of the bean liquid, and salt and pepper. Cook at medium-low until heated through. Add rice and stir until cooked through. Adjust seasoning and add a little more bean liquid if necessary. Serve hot.

Operation Rice Bowl, <http://orb.crs.org>

Pasta

Linguini with Vegetables

Servings: 3-4

1 pound linguini pasta

3 T. olive oil
1 small zucchini, thinly sliced
1 yellow squash, thinly sliced
2 carrots, thinly sliced
1 red pepper, thinly sliced
1/2 onion, thinly sliced
1 T. salt-free herb and spice blend
1/4 cup white wine
1 T. lemon juice

In a large pot with boiling, salted water cook linguini until al dente. Drain well. Meanwhile, in a large skillet, heat olive oil and add thinly sliced vegetables, spice blend and minced garlic. Cook on medium-high for five minutes, stirring frequently. Add white wine and lemon juice and continue cooking until vegetables are crisp-tender and liquid has reduced, about five to 10 minutes. Toss cooked and drained pasta with sautéed veggies and serve with garlic. Serve with French bread and green salad.

Submitted by Pam Willis of Bentonville

Side dish

Easy scalloped potatoes

1 package southern-style hash brown potatoes
1 can cream of mushroom soup
1/2 cup French fried onions
1 cup milk
Salt and pepper
Grated cheese (your choice)

Mix first five ingredients, place in greased casserole. Top with cheese. Bake at 350 until bubbling.

Submitted by Regina Weiner of Arkadelphia

Fish and seafood

Salmon cakes

Servings: 4

1- 14 oz. can salmon, drained

1/4 cup mixture (seasoned Breader-a Cajun blend in 1 lb. bags)

1 beaten egg

2 T. mayonnaise,

2 T. diced scallions

1 T. mustard

Combine ingredients and form into four patties, coat with extra breading. Refrigerate a couple hours and then fry in 1/8-inch hot oil five minutes, turning halfway through.

Submitted by George W. Myers of Hattievville

Baked Fish

Frozen fish fillets

Sour cream

Parmesan cheese

Ritz crackers

Heat oven to 350 degrees. Mix cream and cheese, spread over frozen fillets. Crumble crackers and spread over fillets in baking dish. Bake for 30 to 45 minutes.

Submitted by George W. Myers of Hattievville

Tuna-stuffed pita bread Italiano

Servings: 4

1- 8 oz. package mozzarella or Monterey Jack cheese, cut into 1/2 inch cubes

1- 7 oz. can tuna in water, drained and flaked

1 cup cherry tomatoes, quartered

1 medium-size red onion, halved, thinly sliced and separated into rings

2 large stalks of celery, diced

1/4 cup olive oil

3 T. red wine vinegar

1 T. leaf basil, crumbled

1/2 t. salt

1/4 t. crushed red pepper (optional)

1/8 t. black pepper

4 whole wheat pita breads

Combine cheese cubes, tuna, tomatoes, onion and celery in large bowl. Combine olive oil, vinegar, basil, salt, red pepper flakes and black pepper in small jar. Cover, shake well to blend. Pour dressing over tuna mixture, toss well to coat. Cover with plastic wrap. Refrigerate for at least one hour. To serve, cut top quarter from each pita bread to form a pocket. Spoon marinated salad into each pita. Serve immediately.

Submitted by Arlene Halsey of Russellville

Mediterranean Fish

Salmon, red snapper, grouper, halibut or mahi mahi

1 T. olive oil

1 T. balsamic vinegar

2 t. capers

Salt and pepper

1 T. chopped parsley

1 lemon

Heat oven to 350 degrees. Cover a cookie sheet with heavy-duty aluminum foil. Rinse the fish with water and place fish on the foil. Pat it dry with a paper towel. Layer on the following ingredients per one pound of fish. Slice one lemon and cover fish with the slices. Bake in the oven until the fish starts to brown slightly and flakes with a fork. Serve on bed of rice.

Submitted by Patty James of Little Rock

Lent Recipes 2008

Lent Recipes 2010