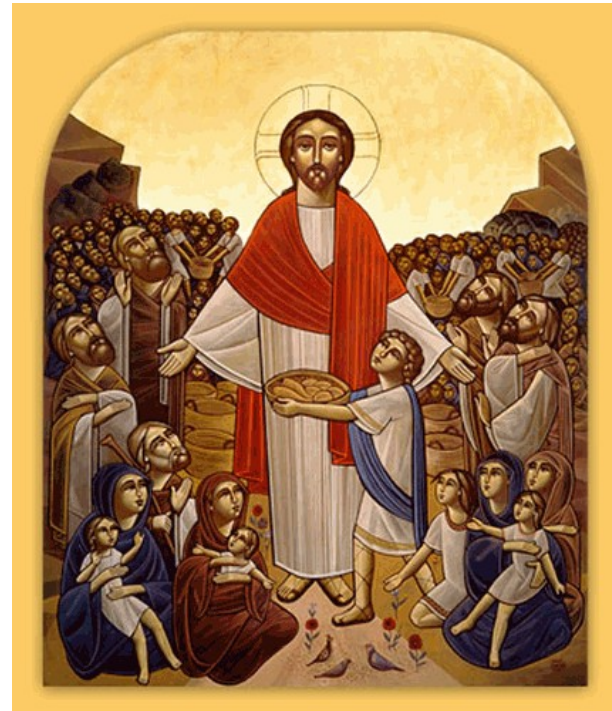


Great Lent Recipes



St. Augustine & St. Monica
April 2017

Chickpea Salad

Ingredients

2 (15-ounce) cans chickpeas, rinsed and drained
1 small red onion finely chopped
1 small red bell pepper, finely chopped
A few ribs celery and leafy tops, chopped
1 clove garlic, minced or grated then grinded into a paste with salt
½ teaspoon crushed red pepper flakes
2 tablespoons rosemary, finely chopped, a few sprigs
2 tablespoons red wine vinegar
3 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper

Directions

Combine chick peas with onions, peppers, celery, garlic, red pepper flakes and rosemary in a medium bowl. Dress salad with vinegar and oil, salt and pepper.

Vegetable & Chickpea Curry

Ingredients

3 cups cauliflower florets
1 15-ounce can chickpeas, rinsed and drained
1 cup loose-pack frozen cut green beans
1 cup sliced carrots
½ cup chopped onion
1 14-ounce can vegetable broth
2-3 teaspoons curry powder
1 14-ounce can light coconut milk
¼ cup shredded fresh basil leaves

Directions

In a 3½ or 4-quart slow cooker, combine cauliflower, chickpeas, green beans, carrots, and onion. Stir in broth and curry powder. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Stir in coconut milk and shredded basil leaves. Serve with rice (optional).



Easy Tomato Avocado Salad

Ingredients

2 cups chopped tomatoes, about ½ inch (any type of tomatoes you like)

2 ripe avocados, cubed

¼ small red onion, sliced

¼ cup minced cilantro (or parsley)

Juice of 1 lime

2 Tbsp. extra virgin olive oil

½ teaspoon red pepper flakes

Salt and black pepper to taste

Additional optional add ins:

1 small cucumber, sliced

½ cup chickpeas

½ cup black beans



Directions

In a large salad bowl, place the tomatoes, avocado, and cilantro. Drizzle with olive oil, lime juice, pepper flakes and salt & pepper to taste. Gently toss. Serve immediately or cover with plastic wrap in fridge for up to 2 hours.

Vegan Tacos

Ingredients

1 package taco shells (hard or soft)

1 cup chopped fresh tomatoes

2 cups shredded lettuce

1 avocado sliced or diced

1 jar salsa of your choice

4 Morning Star Spicy Black Bean Burgers.

Directions

Heat burgers on stove top to defrost. Crumble and place in bowl. Serve alongside other ingredients to build tacos. Optionally, add shredded vegan cheese.

Vegan Sausage & Pepper Pizza

Ingredients

1 package Mama Mary's thin and crispy pizza crust
1 cup marinara or pizza sauce of your choice (Ragu sautéed onion & garlic recommended)
1 block Soy kas vegan mozzarella cheese
1/3 cup chopped red pepper
1/3 cup chopped green pepper
1½ cups Morningstar meatless crumbles
1 teaspoon fennel seeds
1 teaspoon paprika
½ teaspoon garlic powder
2 tablespoons olive oil

Directions

Heat oven to 425. Place crust on a non-stick backing sheet. Spread the pizza sauce over the crust. In a pan, toast fennel seeds in 2 table spoons olive oil for about 1 minute. Add meatless crumbles, red and green peppers, paprika and garlic powder. Cook until defrosted. Transfer crumbles to pizza crust and top with cheese. Bake for 15-20 minutes until cheese is melted and crust is warm.

Rigatoni Peperonata

Ingredients

12 ounces rigatoni (3/4 box)
¼ cup pine nuts
¼ cup olive oil
3 bell peppers (preferably red and yellow), cut into ½ inch pieces
½ cup pitted kalamata olives, halved
¼ cup chopped fresh flat-leaf parsley
2 tablespoons chopped capers
2 tablespoons red wine vinegar
¼ teaspoon crushed red pepper
kosher salt and black pepper



Directions

Heat oven to 400° F. Cook the pasta according to the package directions. Spread the pine nuts on a rimmed baking sheet and toast, tossing occasionally, until golden brown, 4 to 6 minutes. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the bell peppers and cook, stirring occasionally, until tender, 5 to 6 minutes. Add the olives, parsley, capers, vinegar, red pepper, and ¼ teaspoon each salt and pepper. Cook, stirring, until heated through, 1 to 2 minutes. Add the pasta and pine nuts to the skillet and cook, tossing, for 1 minute.

Leafy Green Stir-fry

Ingredients

4 cups chopped and deveined kale
2 cups baby spinach
¼ medium onion sliced
3 chopped scallions
¼ cup shredded carrot
1 cup chopped broccoli
½ medium red pepper sliced
3 table spoons sesame oil
3 table spoons soy sauce or Braggs Liquid Aminos
1 teaspoon brown sugar
½ teaspoon garlic powder
optional 1 cup Morningstar meatless crumbles or crumbled tofu

Directions

In a large non-stick pan, sauté onion and meatless crumbles in oil. Season with garlic powder. Mix brown sugar and soy sauce, then add to the crumbles. Stir to incorporate. Once crumbles have defrosted add remaining veggies (except scallions). Stir about 3-4 minutes until softened, but still crunchy. Serve over jasmine rice and garnish with scallions. Optionally, you can add additional soy sauce or Sriracha sauce for added flavor.

Black Eye Pea Puree Dip

Ingredients

1 cup dry black eye peas
1 lemon zest and juice
½ teaspoon salt
½ teaspoon pepper
½ teaspoon sumac
cumin
1/3 to 1/2 cup olive oil
½ tsp red pepper flakes
4-5 cups of water

Directions

In a pressure cooker, add cups of water and peas. Season water with salt and pepper. Close the pressure cooker and cook until the whistle goes off. Let it whistle for 3-4 minutes before turning off the heat and letting it sit until safe to open top. Drain the peas from the excess liquid and puree in a food processor. Add the zest and lemon juice, red pepper flakes, cumin, salt, pepper and sumac to taste. While the food processor is running, stream in olive oil until well incorporated.

* If you do not use a pressure cooker, boil peas until they are fork tender. Drain and follow the directions above.

Fava Beans with Tahini

Ingredients

1 can (16 oz) cooked fava beans
4 scallions washed and trimmed
4 table spoons extra virgin olive oil
1½ teaspoon cumin
1 lemon
1 tablespoon water
¾ cup tahini paste
¼ teaspoon dried parsley
¼ teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon cayenne powder
Pita bread toasted

Directions

Drain beans and add to saucepan with 2 tablespoons of the olive oil. Simmer on low-medium heat for at least 10 min. Add the juice of ½ lemon and 1 tsp of cumin. Let it simmer on low for another 5 minutes. Turn heat off and place in a bowl. Garnish with 1 tablespoon olive oil and additional pinch of cumin. Place tahini in a bowl and whisk with the 1½ tablespoons of lemon juice, parsley, paprika, garlic powder and cayenne powder. Add water a teaspoon at a time for desired consistency. Serve with hot pita and scallions.

Lentil Soup (Aatz)

Ingredients

1 cup orange lentil
2 peeled carrots
2 small tomato
2 celery stalks cleaned and trimmed (tear off leaves and add as well)
1 medium onion peeled and quartered
4 cloves garlic peeled
Salt & Pepper

Directions

In a stock pot add all ingredients and cover with water (about 1-2 inches over the veggies and lentil). Season with salt and pepper and boil covered until softened (about 15-20 min). Once vegetables have completely softened and cooled, ladle contents of the pot into a blender in batches- placing the pureed batches into a large mixing bowl. Once all of the contents are pureed, pour back into the stock pot and reheat. You can also add more water or vegetable stock to achieve the consistency you want. Season with additional salt and pepper to taste.

Vegetarian Summer Rolls

Ingredients

1 package (4 ounces) vermicelli rice noodles

8-inch spring roll wrappers

Fresh chives (optional)

FOR THE FILLING

1 avocado, thinly sliced

1/2 cup fresh basil leaves

1 medium carrot, cut into matchsticks (1 1/2 cups)

1 small cucumber, cut into matchsticks (3/4 cup)

Directions

Pour boiling water over vermicelli rice noodles and soak 15 minutes. Drain and rinse. Divide into 8 equal portions. Fill a wide, shallow bowl with cool water. Working with one spring-roll wrapper at a time, soak until pliable, 20 seconds. Transfer to a flat surface and smooth.

Place a layer of fillings on bottom third of wrapper, leaving a 1 1/2-inch border. Top with a portion of noodles and another layer of fillings.

Fold bottom of wrapper tightly over fillings.

Roll over once, tuck in sides, and finish rolling. If desired, add 3 fresh chives and continue rolling to enclose them. Transfer roll to a plate and cover with a slightly damp paper towel. Repeat to make 8 summer rolls. Serve immediately with dipping sauces, or refrigerate, up to 2 hours.

Stuffed Cubanelle Peppers

Ingredients

4-6 large cubanelle peppers

1 cups instant couscous (you can use a flavored variety if you like)

1/4 cup frozen corn

1/4 cup frozen peas

1/4 cup frozen carrots

2 tablespoons olive oil

1 medium onion chopped

2 cloves garlic crushed

1 teaspoon of paprika

2 cups vegetable stock

1 8oz can tomato sauce or

Directions

Cut tops of peppers off and clean out seeds then set aside. Cook couscous according to the prep instructions and add peas, corn and carrots- mix well and set aside. Season this mixture with salt and pepper to taste if you are not using a flavored couscous. In a large sauce pan or Dutch oven heat olive oil and add chopped onion. Sauté until softened then add garlic and paprika and stir for one more minute. Pour 1 1/2 - 2 cups of vegetable stock and 1 can of tomato sauce and incorporate thoroughly. Season with salt and pepper to taste and let that mixture reduce