

Lenten

C O O K B O O K

2021



RC CALGARY
FORMATION TEAM

Contents

Introduction	2
Prayer Before and After Meals	3
Sheet Pan Lentil and Veggie Dinner	4
Easy Baked Salmon	5
Tomato Artichoke Baked Fish with Orzo	6
Linguini with Clam Sauce	7
Easy Buffalo Shrimp Tacos	8
Black Bean Burgers	9
Mediterranean Tuna Penne on Arugula	10
Sheet Pan Salmon with Broccoli and Bok Choy	11
Spicy Black Bean Soup	12
Famous Carrot Soup	13
Baba's Borscht	14
Green on Green Salad	15
Spinach Pasta Salad with Chickpeas	16

Introduction:

“Fasting of the body is food for the soul.”

Saint John Chrysostom

The intent of this cookbook is to provide some fish/seafood or vegetarian recipe ideas for days of abstinence¹.

The Canadian Conference of Catholic Bishops decrees that the days of fasting² and abstinence in Canada are:

- ✧ Ash Wednesday and Good Friday.
- ✧ Fridays are days of abstinence, but Catholics can substitute special acts of charity or piety on this day.

¹ Abstinence: this refers to abstaining from meat.

² Fasting: this refers to the quantity of food taken, thus also refraining from eating between meals.

Prayer Before and After Meals:

To Begin:

V/ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

V/ Our Father,

R/ who art in heaven, hallowed be thy name. Thy Kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

V/ Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord.

R/ Amen.

To Conclude:

V/ We give thee thanks for all thy benefits, almighty God, who live and reign forever.

R/ Amen.

V/ May the souls of the faithful departed, through the mercy of God, rest in peace.

R/ Amen.

Sheet Pan Lentil and Veggie Dinner



Ingredients:

Vegetables:

- 2-4 Tbsp canola or avocado oil
- ½ red onion, sliced into wedges
- 2 medium sweet potatoes, peeled and quartered
- 1 large broccoli crown, divided into smaller pieces
- 2-3 Kale leaves chopped into smaller pieces, with stems removed
- ~½ tsp black pepper

Lentils:

- 1 - 540mL (19 fl oz) can of lentils (rinsed & patted dry)
- 1 Tbsp canola or avocado oil
- 1 tsp each: garlic powder, oregano, chili powder, cumin
- ½ tsp black pepper
- ¼ tsp salt

Sauce:

- 3 Tbsp plain greek yogurt
- 1 Tbsp maple syrup
- 1 Tbsp lemon juice
- 2 Tbsp hummus

Directions:

1. Preheat oven to 400°F. (You will need 1 sheet pan and 1 bowl that you can keep reusing to save on dishes.)
2. Mix sweet potatoes and 2 Tbsp oil in a bowl until well coated. Sprinkle with black pepper. Transfer to your sheet pan. Place onion wedges around the sweet potato.
3. Using the same bowl, mix together the lentils, oil, spices (all the lentil ingredients). Spoon lentil mixture relatively even over the sheet pan as well. Bake for 10 minutes.
4. Meanwhile place broccoli in the bowl and drizzle a bit of oil on it. Remove sheet pan from the oven and now add broccoli. Continue baking for another 10 minutes.
5. Add the kale to the bowl and drizzle oil on it as well. Massage the oil into the leaves. Add the kale to the sheet pan and bake for another 5 minutes.
6. While the lentils and vegetables are baking, prepare the sauce. Stir together all sauce ingredients until it's a smooth consistency.
7. Place sheet pan on the table for everyone to dish their own or you can serve dinner in bowls by dividing it up and topping with a drizzle of sauce!

Easy Baked Salmon



Ingredients:

- 2 Tbsp orange juice
- 2 Tbsp dijon mustard
- 1 Tbsp fresh ginger, grated or ½ tsp ground ginger
- 1 Tbsp rice vinegar
- 2 tsp honey
- 1 tsp soy sauce
- 1 tsp sesame oil
- Freshly ground black pepper
- ~1.4 Kg (~3lbs) salmon filet

Directions:

1. Preheat oven to 450°F.
2. Mix together all ingredients in a small bowl (except the salmon).
3. Cover a sheet pan (cookie sheet) with foil. Grease the foil with oil cooking spray or a small amount of oil. Lay the salmon on the foil and coat with half the mixture. Bake for 5 minutes.
4. Remove from the oven and spread the other half of the mixture on the salmon. Bake for another 5 min.
5. Turn the broiler on for the ~2min to lightly brown the top. Be careful not to burn the top or overcook the salmon.

*Cooking time should = approximately 13min per inch of thickness. (The fish should flake easily but still be slightly pink inside as it will continue to cook as it rests outside the oven.)

*Cynthia Di Stefano
Adapted from:
a newspaper clipping
30yrs+ ago*

Tomato Artichoke Baked Fish with Orzo



Ingredients:

- ~2-3 cups dry orzo pasta (more or less depending on your appetites!)
- 2 Tbsp olive oil, divided
- ½ cup onion, diced
- 4 cloves garlic, minced
- 3 garlic cloves minced
- 28 oz canned diced tomatoes
- ¼ cup fresh basil, chopped
- 2 tsp dry oregano
- ½ tsp black pepper
- ~1 lb or ~450g frozen white fish fillets, thawed (sole, cod, etc.)
- 1 Tbsp lemon juice
- ¾ cup (~170 ml jar) marinated artichoke hearts, drained
- ¼ cup Kalamata olives (~12 olives), pitted and cut in half
- 1 Tbsp capers (optional)
- ¼ cup feta or parmesan cheese

Directions:

1. Preheat oven to 350°F.
2. Cook orzo as per package directions. Drain and stir in 1 Tbsp olive oil so it doesn't stick together.
3. While the orzo is cooking, heat the other Tbsp of olive oil in a pan. Add onion and garlic and sauté for 2-3 minutes until soft.
4. Add diced tomatoes, basil, oregano and black pepper. Bring to a boil then reduce to simmer for ~5 minutes. Reserve 1 cup of the mixture and set aside. Pour the rest into an oven safe 9"x 13" casserole dish.
5. Lay the fish fillets on top of the tomato sauce. Drizzle the lemon juice on top of the fish.
6. Place drained artichokes, olives and capers (if using) on top of the fish. Pour reserved 1 cup of tomato sauce on top.
7. Bake in the oven for ~20min or until fish is cooked through.
8. Top with feta or parmesan cheese. Serve with orzo and enjoy!

Richelle Tabelon

Source:

Faithfuleating.com

Linguini with Clam Sauce



Ingredients:

1 garlic clove, minced
1 onion, finely chopped
2 tsp olive oil
½ cup white wine
2 cups vegetable or chicken broth
2 – 150ml cans baby clams (not drained)
1 – 4oz can cocktail shrimp (optional)
184 g crab meat (optional)
Dash ground black pepper
3 dashes Tabasco sauce
1 tsp dried oregano
170g cream cheese, cubed
500g linguini pasta
Grated parmesan (optional)
Chopped parsley (optional)

Directions:

1. Heat oil in a 4L saucepan. Add onion and garlic. Sauté until soft and transparent (not brown).
2. Add wine, broth, clams with the liquid, and optional shrimp and crab. Stir in pepper, Tabasco and oregano.
3. Simmer mixture on low for 30 minutes (do not boil).
4. Add cream cheese to pot and stir until well-blended.
5. In a separate pot, cook the linguini noodles as per package directions.
6. Add cooked noodles to sauce mixture and let it sit for ~3 minutes to absorb the flavour. Then serve! Sprinkle with parmesan and parsley if desired.

*Mary Beth Manarey
Adapted from:
"Among Friends"
Rotary Cookbook*

Easy Buffalo Shrimp Tacos



Ingredients:

- 1.5 lbs (~680g) Frozen precooked (or raw) shrimp, thawed
- 3 cloves garlic, minced
- 1 tsp sweet smoked paprika (or regular paprika)
- ½ tsp ground black pepper
- 1 Tbsp canola oil
- ¼ cup Buffalo Sauce ie. "Frank's" (or just enough to coat shrimp)
- Soft taco shells (corn tortillas, flour wraps or lettuce wraps)
- Toppings: Grated cheese, lettuce, thinly sliced cabbage, cilantro, hot peppers, red bell pepper, ranch or blue cheese dressing, and/or any other vegetables in your fridge!

Directions:

1. Ensure your shrimp is thawed (you can run it under cold water in a strainer to thaw quicker). Dry excess water by dabbing with a paper towel if needed.
2. Add garlic, paprika and black pepper to shrimp and mix till evenly dispersed.
3. Heat a frying pan over medium low heat. Add the canola oil. Once oil is heated, add shrimp (if shrimp is precooked, heat until just warm or if shrimp is raw, heat until pink). Do not overcook or shrimp will become rubbery.
4. Add buffalo sauce to pan and mix to coat shrimp.
5. Make your tacos by adding shrimp and toppings to your taco shell or wrap of choice!

Richelle Tabelon
Source:
Faithfuleating.com

Black Bean Burgers



Ingredients:

1 tsp	olive oil
½	onion diced
2 cups	walnuts
2 – 540ml (19 fl oz) cans	black beans, rinsed and drained
1 cup	cooked brown rice or quinoa
1 tsp	hickory liquid smoke
1.5 Tbsp	KEG spice or Montreal steak spice
⅔ cup	oat flour

Directions:

1. Sauté onion in oil. Set aside.
2. Blend the walnuts in the food processor until crumbly (don't over blend or they will turn into oil).
3. Add the beans and rice/quinoa. Mix until combined.
4. Dump mixture into a big bowl.
5. Mix in onions, oat flour, and spices.
6. Shape into burgers. BBQ or grill them as desired. (You can freeze extra burgers for another meal!)



Mediterranean Tuna Penne on Arugula



Ingredients:

Penne pasta (~600-800g package)
2 Tbsp olive oil, divided
2 Tbsp butter
4 cloves garlic, minced
Finely grated rind of 1 lemon
Juice of 1 lemon (~1/4 cup)
12 Kalamata olives, pitted and chopped
2 Tbsp capers (cut them in half if you have time)
2 large green onions, finely sliced
1 can chunk light tuna (170g), drained
Handful of baby arugula for each plated serving
Optional: grated Parmesan cheese and freshly ground black pepper

Directions:

1. Cook pasta as per package. Stir in 1 Tbsp olive oil and set aside.
2. Melt butter with the other 1 Tbsp olive oil in a skillet. Stir in garlic, lemon rind, lemon juice, olives, capers, and green onions. Cook for about 3 min.
3. Reduce heat to low and add tuna. Stir until heated through but be careful to leave tuna in large chunks.
4. Mix cooked penne pasta into the skillet tuna mixture.
5. Place on top of a plate of baby arugula and sprinkle with parmesan and black pepper if desired. Enjoy!

Richelle Tabelon
Source:
Faithfuleating.com

Sheet Pan Salmon with Broccoli and Bok Choy



Ingredients:

Salmon
4 cups broccoli, cut into bite size pieces
~350g baby bok choy (~3 whole), quartered lengthwise
1/3 cup peanuts, chopped
Rice (if desired)

Sauce:

1/4 cup Hoisin sauce
1/4 cup low sodium soy sauce
2 Tbsp sesame oil
4 cloves garlic, minced

Directions:

1. Preheat your oven to 400F.
2. Start cooking rice (as per package directions) if desired with your meal.
3. Prepare sauce by combining the above sauce ingredients, mix and set aside.
4. Line a sheet pan (cookie sheet) with tin foil for easy clean up.
5. In a large bowl, combine broccoli, bok choy, peanuts and half the sauce. (reserve the other half of the sauce for the salmon)
6. Place the bowl contents onto the sheet pan. Roast in the oven for ~5minutes. Remove from oven.
7. Rearrange vegetables so that you can fit the salmon in the middle of the sheet pan. Pour the remaining sauce on top of the salmon.
8. Roast an additional 10-15min or (depending on thickness) until the salmon is cooked. Do not overcook the salmon or it will be dry.
9. Remove from oven and enjoy!

Richelle Tabelon
Source:
Faithfuleating.com

Spicy Black Bean Soup



Ingredients:

- 1 tsp olive oil
- ½ cup diced carrots
- ½ cup diced celery
- ½ cup diced onion
- 1 Tbsp minced garlic
- 1 ⅓ cups dried black turtle beans
- 7 cups vegetable or chicken broth
- 1 ½ Tbsp chili powder
- 1 tsp ground black pepper
- ½ tsp ground cumin
- ¼ - ½ tsp ground cayenne pepper (optional)

Optional toppings:

- sour cream
- cilantro, chopped

Directions:

1. Heat 1 tsp of olive oil in a large stock pot. Sauté onions, celery and carrots until soft. Mix in the garlic and cook for another minute.
2. Add the broth, beans and spices to the pot. Bring to a boil and then reduce heat to low. Cover and simmer for 3 hours. (You could also cook in a crockpot for at least 3 hours.)
3. Once done cooking, purée in a blender. Garnish with sour cream and cilantro if desired.

*Amanda Bernard
Adapted from:
an Earl's recipe*

Famous Carrot Soup



Ingredients:

1 cup sliced carrots
3 Tbsp butter
½ cup chopped onion
4 cups vegetable stock
1 bay leaf
½ tsp salt
1 tsp dry basil
1 tsp sugar
1/3 cup uncooked white rice or barley
½ cup half & half cream (optional)
Pinch white pepper
Fresh croutons

Directions:

1. Sauté the sliced carrots in the butter for 5 minutes without browning.
2. Add the onion and sauté for 3 minutes more. Add the vegetable stock, bay leaf, salt, basil, sugar, nutmeg (if using), and rice or barley. Cover and simmer for ~30 minutes (~35 minutes if using barley).
3. Remove the bay leaf and puree in a food processor or food mill. Add the cream (if using) and the pepper. Taste and correct for seasonings. Reheat and serve with fresh croutons.

*Yes this is the Famous "Soup Lunch" Carrot Soup!

*Eileen Coady
Adapted from:
The San Francisco
Junior League
Cookbook*

Baba's Borscht



Ingredients:

6 unpeeled beets (with tops/greens removed)
1 Tbsp olive or avocado oil
2 cups onions, diced
1 cup carrots, diced
1 cup celery, diced
4 cloves garlic, minced
1 cup green beans, cut into bite size pieces
1 can 28oz/796ml diced tomatoes
2 cups peeled potatoes, cubed
½ tsp ground black pepper
2 Tbsp Worcestershire sauce
1 Tbsp white vinegar
3 cups vegetable broth

Optional: 2 tsp fresh dill, chopped
Possible Toppings: hot sauce and/or sour cream

Directions:

1. Place beets in a large covered soup pot of boiling water for ~30min or until you can pierce them with a fork. Run cold water over the beets to easily rub off the skins. Then cut into small bite size cubes. Set aside.
2. Heat oil in soup pot and sauté the onions, carrots, celery until softened ~5min. Add the minced garlic for the last minute.
3. Add the beet cubes back to the pot along with all the rest of the ingredients. Stir and cover.
4. Cook over medium heat for about 1 hour until vegetables are tender. Enjoy!

Richelle Tabelon
Source:
Faithfuleating.com

Green on Green Salad



“The spirit cannot endure the body when overfed, but if underfed, the body cannot endure the spirit.”

Saint Frances de Sales

Ingredients:

Butter leaf or green leaf lettuce
Green grapes
Fresh dill (generous amount)

Dressing:

Olive Oil
Lemon Juice

*This salad pairs well with fish!

Eileen Coady
Source:
Doreen McLellan

Spinach Pasta Salad with Chickpeas



Ingredients:

Dressing:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 Tbsp lemon juice
- 1 tsp honey
- 1/4 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp oregano

Salad:

- ~5 cups fresh baby spinach, roughly chopped
- ~400g pasta, uncooked (Fusilli Bucati Corti)
- 1 -540ml can chickpeas, drained and rinsed (19 oz)
- 3/4 cup feta, crumbled
- 1/2 cup red onion, diced
- 1 bell pepper (red or orange), diced
- 1/4 cup fresh basil, chopped

Directions:

1. It works best to make the dressing first and pour some over the spinach while putting together the rest of the ingredients to let the spinach soften and marinate.
2. Cook pasta according to package. Drain and add 1 Tbsp olive oil so it doesn't stick. Let cool.
3. Add all other ingredients and the rest of the dressing to the pasta. Stir to combine. Let it sit in the fridge for better flavour. (great leftover as well!)

Please share your recipes

If you have a favourite fish or meatless recipe please submit it for the **2022** cookbook!

*Please keep in mind that recipes need to be original or if adapted from another recipe please include the original source.

(If you don't want your name published with the recipe please let us know).

Email recipes starting now to:
richelletabelon@gmail.com

“Jesus answered them: I am the bread of life. No one who comes to me will ever hunger; no one who believes in me will ever thirst.”

John 6:35