

Lenten recipes

The following are some Lenten recipes that will be included in the Diocese of Brownsville's Lenten cookbook.

Nopales

Ingredients:

2lbs cleaned and diced nopales
2 medium onions
2 tablespoons canola oil
1 head of cilantro
1 large tomato
1 serrano pepper
4 garlic cloves
1 cube chicken bouillion
2 tablespoons salt
1 tablespoon oregano

Directions:

Boil nopales on low-med heat until tender (45 min. to one hour), adding salt, one whole (peeled) onion and two whole (peeled) garlic cloves to flavor the nopales as they boil. Drain and set aside, discarding onion and garlic cloves.

Dice the remaining onion, garlic cloves, tomato, cilantro and serrano pepper. In non-stick skillet, heat canola oil under medium heat, dissolve chicken bouillion cube in the skillet first, then add the diced vegetables. Once the onion is transparent, add nopales and flavor with oregano. Stir regularly until fully blended, simmer 15 minutes. Serve hot.

Submitted by Jesse Salinas, Brownsville

Tuna Macaroni Salad

Ingredients:

1 lb. elbow macaroni
1 tsp salt
dash of pepper
1/2 chopped bell pepper
1/2 cup sweet relish (you can use dill relish)
1 c mayonnaise
2 diced boiled eggs
1 c tuna fish (small can)

Directions:

Cook macaroni according to package directions; drain well and add eggs, bell pepper, relish and tuna and mix.

Add mayonnaise, salt and pepper. Mix well and chill for 1 hour. Serve cold with crackers or on a bed of lettuce.

Serves 8-10.

Submitted by Maggie Boyd, Brownsville

Spinach Pie

Ingredients:

1 9" pie crust all ready prepared
2 eggs – season to your taste and scramble. Add a little milk and mix
4 boxes of frozen chopped spinach (enough for 1 9" pie)

Directions:

Defrost and drain as much water as possible from the spinach otherwise pie will be too watery.
(Canned spinach can be used.) Add scrambled egg to spinach and mix.
Put mixture in pie dough and sprinkle grated cheese (your favorite flavor) throughout.
Cover with broken pieces of sliced cheese and put in oven at 350 until cheese is melted and crust is brown. (Usually about 20 minutes depending on your oven) Serves 4.

Submitted by Sister Maureen Crosby

ZUCCHINI SURPRISE

Ingredients:

6 zucchini (cut in slices and then quartered)
2 tablespoons of olive oil
1 large onion (cut in slits)
1 garlic clove or 1 tablespoon of minced garlic
½ can of black beans (drained)
½ can of corn (drained)
Parmesan cheese
2 red roasted peppers (cut up)
6 green olives (or black)

Directions:

In an electric skillet (300 degrees) put in olive oil. When hot, sauté the onions and garlic until caramelized. Add the quartered zucchini and stir. When the zucchini begins to look cooked, add the black beans and corn. Lower the temperature, simmer 10 – 15 minutes and then stir.

Garnish with: parmesan cheese, red roasted peppers, olives and French fried onions. Set electric skillet to warm until served. (Makes about 6 – 8 servings)

You can also, use a fry pan if preferred.

***Submitted by Sr. Cynthia A. Mello, SSD,
Principal, Our Lady of Guadalupe Catholic School***