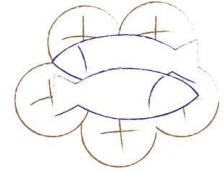




OLP's Parish Outreach MEATLESS Recipes



SPINACH BALLS

Christine Toglia

40 minute prep; serves 4-6

2 boxes frozen, chopped spinach, drained
1/2 cup butter, softened
2 1/2 cups Pepperidge Farm Stuffing, can be seasoned
1 onion, minced
3-4 eggs
1/2 cup Parmesan/Asiago cheese

Directions: Defrost spinach and drain, squeezing out excess water (can begin this earlier in the day). Preheat oven to 350. Beat eggs and combine all ingredients. Form into 1" balls and place on greased baking sheet. Bake for 10-15 minutes, depending on the size of the ball.

PASTA WITH CAULIFLOWER AND BREADCRUMBS

Matilda DiNoia

65 minute prep

Cauliflower Sauce

1/4 c olive oil
1 onion, diced
1 large garlic clove, diced
red pepper flakes
salt
1 head of cauliflower, cut into 1" pieces

Bread Crumb Topping

2 T olive oil
1 clove garlic, minced
1/2 cup breadcrumbs

Pasta

1lb small-shaped pasta

Directions for Cauliflower Sauce: Saute onion in oil over medium heat until golden. Add garlic and pepper, cooking for 1 minute. Stir in cauliflower and 1/2 cup of water, simmering for 25 minutes. With the back of a spoon, break up the cauliflower into smaller pieces.

Directions for Breadcrumb Topping: In a different skillet, saute garlic and breadcrumbs in olive oil over medium heat until breadcrumbs turn golden, about 3 minutes.

Directions for Pasta: Bring water to boil, adding pasta and cooking until al dente. Before draining, save 1 cup of pasta water to add as necessary to moisten dish. After draining, combine pasta with sauce and cover w/ bread crumbs. Serve with Italian bread and salad.

GNOCCHI W/ BROCCOLI RABE*

Rachel DiNoia

35 minutes prep

1/3 c olive oil

5 cloves garlic, minced

1 bunch broccoli (Rabe, Broccolini or Regular)

1lb package of Gnocchi

1 cup pasta water

Parmesan/Asiago grated cheese to taste

*Note: Broccoli Rabe has a sharp, almost bitter taste which goes nicely with the potato gnocchi. Broccolini or regular broccoli can work, too!

Directions: Bring large pot of water to boil and keep it simmering. On low heat, sautee minced garlic in oil. Raise heat to medium high and saute broccoli for 10 minutes. While broccoli is cooking, add gnocchi to boiling water. Watch as they begin to surface. Scoop out 1 cup of pasta water and set aside. When most of the gnocchi have surfaced, drain. Empty colander of gnocchi into a container. Add broccoli on top and stir. Add in any pasta water to keep it moist. Serve w/ grated parmesan cheese.

CHUNKY SALSA SALAD

Annmarie Sartschev

45 minute prep, serves 4

2 cans black beans

2 cans of corn

2 cups of fresh, diced grape tomatoes

1 red onion, diced

2 bunches of spring onions, chopped

1 cup cilantro, chopped

4 limes squeezed over ingredients

coarse sea salt and black pepper to taste

4 avocados, diced

Note: serve w/ sturdy tortilla chips

Directions: Combine everything following the order above!

POTATO PASTA

20 minute prep

1 onion, minced

1/3 cup olive oil

2 lb potatoes, diced

4+ cups broth

1/2 lb pasta

Romano/Asiago/Parmesan grated cheese

Directions: Saute onion in olive oil until translucent. Add diced potato and broth. Simmer for 10 minutes. Add pasta and broth to cover, cooking 10 minutes more until pasta is cooked. The potatoes and the pasta will absorb the broth. While the pasta is cooking, continue to add broth just to cover the pasta. Mixture should be soupy. May mash the potatoes if you like. Sprinkle with cheese. Very filling.

GRANDMA'S FISH AND BREADCRUMBS

Matilda DiNoia

45 minutes prep

~1/3 cup Olive oil

~1/2 cup Breadcrumbs

2 cloves garlic, minced

1 t oregano

1 t mint

1 T parsley

Salt and pepper to taste

1lb any white fish

Note: This recipe of my grandmothers is a little less defined than others, but it is really hard to get wrong!

Directions: Preheat oven to 350. Pour some olive oil into a small bowl, incorporating breadcrumbs into it. Stir with a fork until the mixture is crumbly, not too moist and not too dry. Add the garlic, oregano, mint, parsley, salt and pepper. Spread mixture on top of any white fish and baked no more than 30 minutes. Serve with bread and salad.