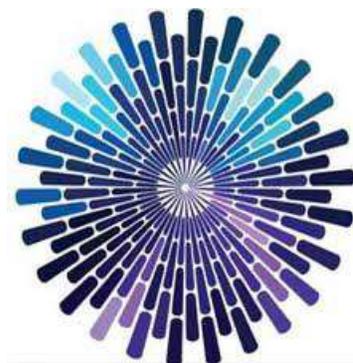


# COME HOME TO GOD

LENTEN RECIPES  
for the  
BODY and SOUL

From Members  
of  
St. Pius X Congregation  
Wauwatosa, WI



### **Salmon Cakes**

**Dorothy Konkel**

¼ cup each: chopped red pepper and green onion  
¼ cup mayonnaise  
1 Tbsp lemon juice  
¼ tsp seasoned salt or garlic salt  
Pepper to taste  
1 (7.1 oz) pouch Chicken of the Sea skinless, boneless pink salmon

1 egg, beaten  
1 cup dry bread crumbs, divided  
3 Tbsp butter

Sauce: 1 can mushroom soup, a little milk, peas

In bowl, combine bell peppers, green onions, mayo, lemon juice, seasoned salt and pepper. Stir in salmon, egg and ¼ cup of the breadcrumbs, mix until well blended. Divide and form mixture into 8 balls. Roll salmon balls in remaining breadcrumbs, flatten into cakes about ½ inch thick. In buttered skillet, over medium heat, fry cakes until golden brown. I make a sauce to pour over the cakes of one can of cream of mushroom soup, a little milk and peas. I serve them with mashed potatoes, buttered vegetables and coleslaw.

### **Baked Scrod**

**Mary Burke**

2 lbs scrod fillets, cut in serving size pieces (cod could be used)  
½ cup butter, melted  
Salt, oregano and pepper to taste  
1 15 oz can/bottle pizza sauce  
1 cup shredded mozzarella cheese

Place scrod in buttered baking dish. Pour butter over fillets, sprinkle with salt, oregano and pepper to taste. Pour pizza sauce over fillets so that all of them are covered. Sprinkle with cheese. Bake 20-25 minutes at 350°

*Plant a seed or bulb and watch it develop through the spring.  
Pray for your own spiritual growth.*

### **Salmon Loaf**

**Anonymous**

1 large can red salmon  
½ cup milk  
½ cup cream

1 cup cracker crumbs  
1 egg, slightly beaten  
¼ tsp salt

Mix all the above. Shape like a meat loaf. Bake in 350° oven for 30 minutes.

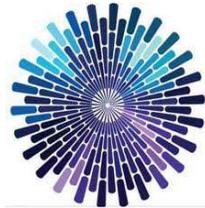
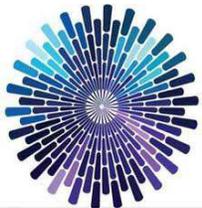
## Fresh Fish Rub

Kathy Wellenstein

2 Tbsp brown sugar  
4 tsp chili powder  
2 tsp grated lemon rind  
 $\frac{3}{4}$  tsp ground cumin  
1 lemon, sliced for serving

$\frac{1}{2}$  tsp sea salt  
 $\frac{1}{4}$  tsp ground cinnamon  
4-6oz. fillets of fish ( salmon, tuna,  
tilapia or any medium to firm fleshed fish

Combine all ingredients except fish in small bowl and mix well. Coat an 11x7 baking dish with spray cooking oil. Place fillets in dish and massage rub into one side of each fillet. Bake in 400° oven for approximately 12 minutes or until fish flakes easily when tested with a fork. Serve immediately with fresh lemon wedges.



## Tuna Swirls

Anna Marie Reinmuller  
Ginny Reinmuller

2 cups flour  
 $\frac{1}{2}$  tsp salt  
1 egg in a cup plus enough milk to make  $\frac{3}{4}$  cup

3 Tsp baking powder  
 $\frac{1}{3}$  cup Margarine

Mix together and roll out to a 10 X 12 rectangle

2 cans tuna  
1 small onion, chopped

1 egg  
 $\frac{1}{2}$  c shredded cheese

Mix together and spread on biscuit dough. Roll up like a jelly roll and slice in 12 pieces. Place on cookie sheet and bake at 350° for 20-30 minutes.

1 can of mixed vegetables  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup flour

1 Tbsp margarine  
 $\frac{1}{2}$  cup shredded cheese

Heat mixed vegetables. Mix milk and flour together and add slowly to mixed vegetables, stirring to make smooth. Add margarine and shredded cheese. Heat slowly. Serve over tuna rolls. Serves 6.

## Microwave Broccoli Lasagna

Marlyn Blonien

1 bunch broccoli  
1 Medium onion, chopped  
2 Tbsp water  
2 cups cottage

2 eggs, slightly beaten  
16 oz jar spaghetti sauce  
6 cooked lasagna noodles  
3 cups shredded Mozzarella cheese

Trim and cut broccoli into bite-sized pieces to make 4 cups. Combine broccoli, onion and water in 2 qt glass mix/pour bowl. Cover with plastic wrap. Microwave on high for 10-12 minutes or until tender-crisp. Drain. Mix in cottage cheese and eggs.. Spoon 1 cup spaghetti sauce into 12 x 8 inch microwave-safe baking dish. Place 3 lasagna noodles on sauce. Spoon all of the cottage cheese mixture onto noodles, spreading evenly. Sprinkle with 2 cups Mozzarella cheese. Pour 2 cups spaghetti sauce evenly over cheese. Place remaining noodles over sauce. Spoon remaining spaghetti sauce evenly over noodles. Cover with waxed paper. Microwave on high 14-16 minutes or until heated through, rotating dish once or twice. Sprinkle lasagna with remaining Mozzarella cheese. Microwave on high, uncovered, for 2-3 minutes or until cheese is melted. Let stand 5-10 minutes before cutting into squares for serving.

### ***WHAT TO GIVE UP...***

***Give up complaining. . . . . focus on gratitude.***

***Give up pessimism. . . . . become an optimist.***

***Give up harsh judgments . . . . think kindly thoughts.***

***Give up worry. . . . . trust Divine Providence.***

***Give up discouragement. . . . .be full of hope.***

***Give up bitterness. . . . . turn to forgiveness.***

***Give up hatred. . . . . return good for evil.***

***Give up negativism . . . . .be positive.***

***Give up anger. . . . . be more patient.***

***Give up pettiness. . . . .become mature.***

***Give up gloom. . . . enjoy the beauty that is all around you.***

***Give up jealousy. . . . .pray for trust.***

***Give up gossiping. . . . . control your tongue.***

***Give up sin. . . . . turn to virtue.***

***Give up giving up. . . . . hang in there!***



### **Vidalia Onion Casserole**

**Mary Burke**

15 saltine crackers, crushed	½- ¾ cup milk
½ butter	2 eggs, beaten
4 medium Vidalia onions	1 cup shredded sharp cheddar cheese
sliced in ¼ inch rings	
1 can cream of mushroom soup	

Melt butter in a large fry pan, sauté onions over medium heat until clear. Reserve 3 Tbsp. Cracker crumbs for topping and place remaining crumbs in bottom of a lightly greased 2 qt casserole. Remove onions from pan with a slotted spoon. Add soup and onions in alternating layers until full. Combine eggs and milk, pour over onions. Top with cheese and remaining cracker crumbs. . Bake at 350° for 20 - 30 minutes or until brown and bubbly.. Serves 4-6.

*Surprise someone today with an act of kindness.*

### **Noodles with Fried Cabbage & Sugar**

**Inge Eszes**

1 med. head of cabbage, grated	oil for frying
1 tsp salt	sugar or pepper
12 oz. egg noodles	

Salt grated cabbage and fry in oil until lightly browned. Mix with the cooked noodles and serve with sugar. Some like to put just pepper on it, without the sugar.

### **Mock Lobster**

**Kathy Wellenstein**

1 lb. cod or haddock cubed	2 stalks celery
1 Tbsp lemon juice	1 tsp salt
Enough melted butter for brushing and dipping - 4-8 Tbsp	

Bring 3 qts water to boiling. Add fish, celery and salt. Boil 10 minutes. Drain. Pop under broiler and brush with melted butter. Broil until browned. Serve with melted butter.

## **Tortilla Casserole**

**Jean Reis**

Four 6-inch corn tortillas  
1 can whole kernel corn with sweet peppers, drained  
1 can chopped green chilies, drained  
1 can refried beans  
2 cups shredded sharp Cheddar cheese  
1 can (16 oz.) stewed tomatoes, drained and broken into large chunks  
½ tsp. dried oregano  
¼ tsp. garlic powder  
For garnish: red bell pepper or pimiento strips.

Heat oven to 325°. Lightly grease a deep, straight-sided, 2 quart casserole. Put 1 tortilla in the bottom. Top with corn, ½ the chilies and another tortilla. Add refried beans and spread into an even layer. Sprinkle with the remaining chilies and ½ cup cheese. Top with a tortilla. Add tomatoes. Sprinkle with oregano, garlic powder and 1 cup cheese. Top with remaining tortilla and remaining cheese. Cover loosely with foil and bake 50 minutes until cheese has melted and flavors have blended. Garnish with red-pepper or pimiento strips. Makes 4 servings.

*Schedule a ten minute period of silence each day  
to listen to your heart and to the Lord speaking to you.*

## **Three Bean Chili**

**Vicki Allen**

1 cup green pepper, chopped	1 tsp dried basil, crushed
2 ½ cups onions, chopped	1 tsp dried oregano
6 cloves garlic, minced	1 tsp dried red pepper, crushed
1 cup celery, chopped	3 cans beans of choice
1 - 28 oz. & 1 - 16 oz can tomatoes and juice	1 cup mushrooms, sliced
1 tsp cumin	2 Tbsp oil
1 ½ Tbsp chili powder	¼ cup barbeque sauce

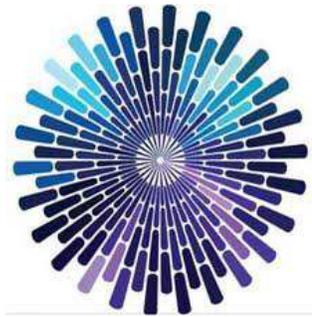
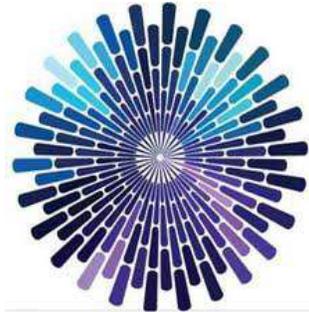
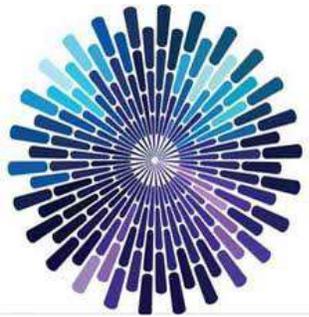
In a large pan, heat oil. Add peppers, onions, garlic and celery; cook 5 minutes stirring occasionally. Add tomatoes and spices. Bring to a boil. Lower heat and simmer at lowest heat for at least 1 hour, stirring occasionally. Longer cooking makes a more flavorful chili. About 20 minutes before chili is ready, add mushroom, beans and barbeque sauce. Stir well. Can be prepared ahead. Freezes well. Serves 6.

## Macaroni and Cheese

Kay Batta

2 cups elbow macaroni cooked according to package directions.  
2 cups cottage cheese  $\frac{3}{4}$  tsp (or less) salt  
1 cup sour cream Pinch of pepper  
1 egg beaten 8 oz shredded sharp Colby cheese  
Paprika (optional) (or mix reg. Colby and sharp cheddar)

Mix together cottage cheese, sour cream, egg, salt and pepper.  
Add cheese and mix well. Stir in macaroni. Pour in a greased 11 x17 pan and sprinkle with paprika. Bake at 350° for about 45 minutes.



## Bread Dumplings & Mushroom Gravy

Grace Fabisch

This is a depression era recipe my German family used on Fridays in Lent.

(First of all save your bread ends and put them in a bowl and just let them dry out. They do not spoil. They just get hard as a rock which is what you want for this recipe.)

### Dumplings:

When you have enough bread for the number of dumplings you want to make, soak the bread in water until it is soft and soggy. Squeeze the water out of the bread. Add about a teaspoon of salt, egg and some flour. Mix well and form into golf ball sized balls. Roll in flour. Drop into boiling water and boil for 20 minutes. (Use 1-2 eggs depending on the amount of bread you use.)

### Mushroom Gravy:

Brown some dry flour in fry pan stirring constantly. (If you add a sprinkle of sugar, the dry flour browns faster. The flour should be a tan color.) Bring a large can of mushrooms to a boil and add about  $\frac{1}{2}$  cup milk. Depending on how much sauce you want you can add water to the mushrooms to make it go farther. Whisk in browned flour - this sort of thickens the sauce. Add vinegar - about a cooking spoon full or to taste.



### **Tortellini Spinach Soup**

**Vicki Allen**

1- 49 oz. can low sodium chicken broth  
1- 10 oz pkg fresh spinach, chopped  
2 -14.5 oz cans diced Italian  
stewed tomatoes  
1 pkg cheese tortellini

½ tsp dried oregano  
½ tsp salt  
Black Pepper to taste  
Grated parmesan for garnish

Combine all ingredients except cheese in a large soup pot. Bring to boil uncovered and simmer uncovered 15 minutes. Serve in bowls. Pass cheese to top.  
Serves 6-8.

***Forgive someone who has wronged you.  
Ask for forgiveness from someone you wronged.***

### **Baked Lentils with Cheese**

**Joel Mouradian**

1 ½ cups (12 oz. package) lentils, rinsed  
2 cups water  
1 bay leaf  
¼ tsp each pepper, marjoram, sage, thyme  
1 onion, chopped  
2 cloves garlic, minced or pressed  
1-16 oz. can diced tomatoes

2 large carrots, sliced  
1 stalk celery, thinly sliced  
1 green pepper, chopped  
2 Tbsp Parsley  
1 ½ cups (6 oz) shredded sharp  
cheddar cheese

Place lentils in a shallow 3 qt casserole or 9x13 baking dish along with water, bay leaf, salt, pepper, marjoram, sage, thyme, onions, garlic and tomatoes and their liquid. Bake, covered in a 375°oven for 30 minutes.

Remove from oven and stir in carrots, celery and green pepper. Cover and bake for about 40 more minutes or until vegetables are tender.

Remove from oven and stir in parsley. Sprinkle cheese on top. Return to oven and bake, uncovered, for 10 more minutes or until cheese is melted. Serves 6

## Shrimp Scampi

Mary Mueller

2 lbs medium shrimp, peeled and deveined  
½ cup butter  
1 tsp dried, minced garlic  
4 tsp dried parsley  
½ tsp salt  
¼ tsp. black pepper

1 tsp lemon juice  
¼ cup chopped, fresh tomatoes  
½ to ⅔ cup dry bread crumbs  
Hot cooked rice

Preheat oven to 400°

Rinse shrimp, drain well. Arrange in a 8 or 9 inch square pan.

Combine butter, garlic, parsley, lemon juice salt and pepper in a saucepan. Simmer one minute. Add tomatoes. Stir lightly, but thoroughly.

Pour over shrimp in pan, coating the shrimp.

Sprinkle the bread crumbs evenly over the top.

Bake in pre-heated oven for 30 minutes.

Serve immediately with the hot, cooked rice. Serves 4-5.

*Spend one day this week fasting from consumerism.*

## Spinach Fantastic

Dawn Poehls

1-6 oz. pkg. long grain and wild rice mix  
2-10 oz pkgs frozen chopped spinach, thawed  
2 cups shredded Monterey jack cheese  
¼ cup butter, melted

1 Tbsp chopped onion  
¾ tsp. dry mustard  
¼ tsp salt

Cook rice according to package directions. Press spinach between paper towels to remove excess moisture. Combine rice, spinach, and remaining ingredients; spoon into 2 qt shallow casserole. Bake uncovered at 350° for 35-40 minutes. Serves 6.



### **Cottage Cheese Casserole**

**S. Virginia Honish SDS**

2 cups elbow macaroni, cooked, drained and placed in a large bowl  
2 Tbsp margarine  
1/2 cup chopped mushrooms  
1/2 cup chopped celery  
1 clove garlic, minced  
1/2 tsp marjoram or oregano  
1 small can diced tomatoes  
3/4 cup tomato paste  
2 cups cottage cheese  
1/3 cup Parmesan cheese  
1/4 cup chopped parsley

Saute margarine, mushrooms, celery and garlic in frying pan.  
Add to bowl with macaroni. Add all other ingredients to bowl and mix.  
Put into a pyrex baking dish, cover with foil and bake at 350° for 1 hour.

### **Carrot Lentil Casserole**

**Jean Reis**

1 large onion, chopped  
1 cup finely chopped carrots  
3/4 cup dry lentils, rinsed  
3/4 cup uncooked brown rice  
3/4 cup shredded cheddar cheese  
1/2 cup chopped green pepper  
1/2 tsp each dried thyme, basil and oregano  
1/4 tsp salt  
1/4 tsp rubbed sage  
1/4 tsp garlic powder  
1 can (14.5 oz.) chicken broth  
1 can (14.5 oz.) diced tomatoes, undrained

In a 1.5 qt baking dish coated with nonstick cooking spray, combine the onion, carrots, lentils, rice, cheese, green pepper and seasonings. Stir in broth and tomatoes. Cover and bake at 350° for 1 to 1 1/2 hours or until the liquid is absorbed and lentils and rice are tender.  
Makes 6 servings.

### **Tortellini and Spinach Soup**

**Betty McFarland**

6 cups vegetable stock  
9 oz fresh cheese tortellini (see note)  
1 1/2 cups fresh spinach leaves, rinsed and shredded  
1/4 cup fresh basil, chopped  
3 Tbsp grated Parmesan cheese

Bring stock to a boil in a heavy saucepan over high heat. Add tortellini and cook 5 minutes. Stir in spinach and cook 2 minutes, until spinach is wilted and pasta is tender. Stir in basil and serve sprinkled with cheese.

**NOTE:** If using frozen tortellini, cook first according to pkg. directions and then add as above.

**Vegetarian Pansit**  
(A Filipino Noodle Dish)

**Arturo Ysmael SDS**

6 oz rice sticks or mung bean noodles	3 cups shredded bok choy
4 Tbsp olive oil	½ tsp crushed red pepper (optional)
1 inch of ginger, finely chopped	2 Tbsp oyster sauce
1 medium onion , chopped	1 large scallion, minced
3 cloves garlic, minced	1 cup vegetable broth

Optional ingredients: matchstick carrots, frozen peas, shelled shrimp, canned clams

To prep noodles: Rice sticks can be prepared according to package directions. Mung Bean noodles can be washed in lukewarm water until pliant, then drained.

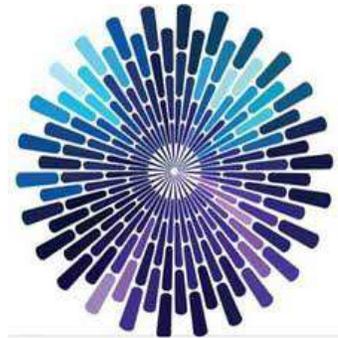
Heat oil in a wok or deep large pan. Add onions, garlic, and ginger. Sautee about 2 minutes or until onions are transparent. Stir occasionally. Season to taste.

Add bok choy, oyster sauce, pepper and vegetable broth. Once the mixture is boiling, you may add other optional ingredients like match stick carrots, peas, shelled shrimp or clams from a can.

Cook for 3 minutes. Add scallions. Add noodles. Cover to allow steam to work. (About 10 minutes)

Serve with wedges of fresh lemon for squeezing over noodle dish.

*Think of a person with whom you have  
a strained relationship and make some gesture  
toward improving that relationship.*



**Tuna Chow Mein Casserole**

**Mickey Jicha**

1 - 3 oz can chow mein noodles	½ cup water
1 - 7 oz can tuna, drained	1 cup celery, chopped
½ cup cashew nuts, chopped	½ cup onion, chopped

1-10 ½ oz can cream of mushroom soup

Put half of noodles in greased 1.5 qt casserole pan. Combine remaining ingredients. Spread over noodles. Cover with remaining noodles. Bake at 325° for one hour uncovered and then at 350° for 15 minutes longer. Serves 4-6.



## **GARDENING GOD'S WAY IN THE 'SPRING' OF LENT**

Plant three rows of peas:

Peace of mind

Peace of heart

Peace of soul

Plant four rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful

Lettuce be kind

Lettuce be obedient

Lettuce really love one another

Plant three rows of turnips:

Turnip for meetings

Turnip for service

To conclude our garden

We must have thyme:

Thyme for God

Thyme for study

Thyme for prayer

