

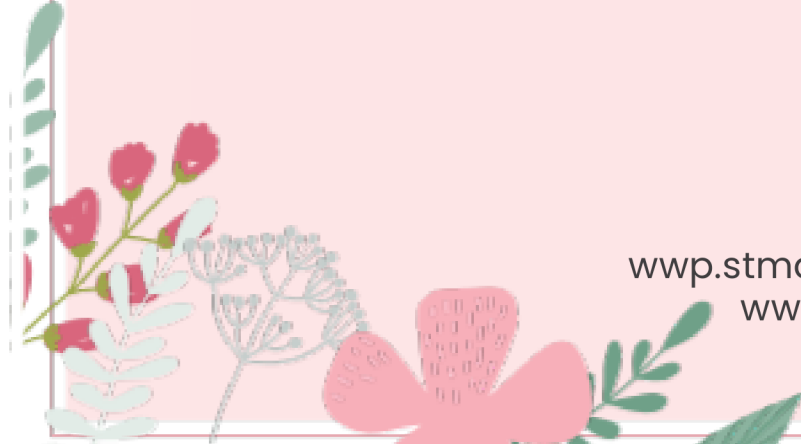


# *A Seat At The Table*

*AN INSPIRED COOKBOOK  
FOR THE LENTEN SEASON  
AND BEYOND*

Contributions by parishioners  
of St. Matthew Norwalk

*Compiled by the  
Walking With Purpose ministry*



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# A Seat At The Table

Inspiration for the Lenten season and beyond

Recipe name: Rigatoni with eggplant and pine nut crunch.

- |   |  |
|---|--|
| 1 eggplant, cut into 1/2" cubes               | 1. Preheat oven to 425°. Spray a large rimmed          |
| 2 yellow peppers, cut into 1/2" squares       | baking sheet with nonstick spray. Add                  |
| 2 c grape tomatoes, cut in half               | eggplant, peppers and tomatoes. Drizzle                |
| 3 cloves garlic, minced, divided              | vegetables with oil, season with salt and pepper       |
| 1/3 c olive oil                               | and 1 clove of the garlic. Toss to combine.            |
| 2 c firmly packed basil leaves, divided       | Roast vegetables 35-45 min, until tender,              |
| 1 c grated Parmesan, divided                  | stirring often.  |
| 1/4 c pine nuts                               | 2. Combine 2/3 c basil, 1/2 c parmesan, pine nuts,     |
| 28 oz can whole tomatoes in juice             | and 1 clove garlic in mini processor. Blend            |
| 1 c heavy whipping cream                      | until crumbly. Season with salt.                       |
| 1 pound rigatoni, cooked to al dente          | 3. Blend tomatoes, cream, remaining basil, and         |
| 1 pound fresh mozzarella, cut into 1/2" cubes | 1 clove garlic in processor until smooth.              |
|   | Season with salt and pepper.                           |
|   | 4. Toss cooked pasta with the vegetables and sauce     |
|   | and remaining parmesan. Transfer to a 9x13             |
|   | baking dish. Top with mozzarella and pine nut topping. |
|   | Bake 25-35 minutes.                                    |

This is a favorite verse of Scripture:

Psalm 19:15 Let the words of my mouth be acceptable, the thoughts of my heart before you, Lord, my rock and my redeemer.

Please consider praying for me in this way:

Submitted by: Lynn Burke




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# A Seat At The Table

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*Recipe name:* Bean Dip Recipe

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Place in pie dish/microwavable:

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Layer of refried beans

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Layer of black beans

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Layer of chopped olives

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Layer of shredded Cheddar cheese

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Or you could vary cheese type

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Cook in microwave for 7 minutes.

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Then top with chopped lettuce & tomatoes if desired

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Serve with corn chips or taco shells

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*This is a favorite verse of Scripture:*

Have patience with all things, but first of all with yourself.

St. Francis de Sales

*Please consider praying for me in this way:*

Please pray for good health and peace for all.

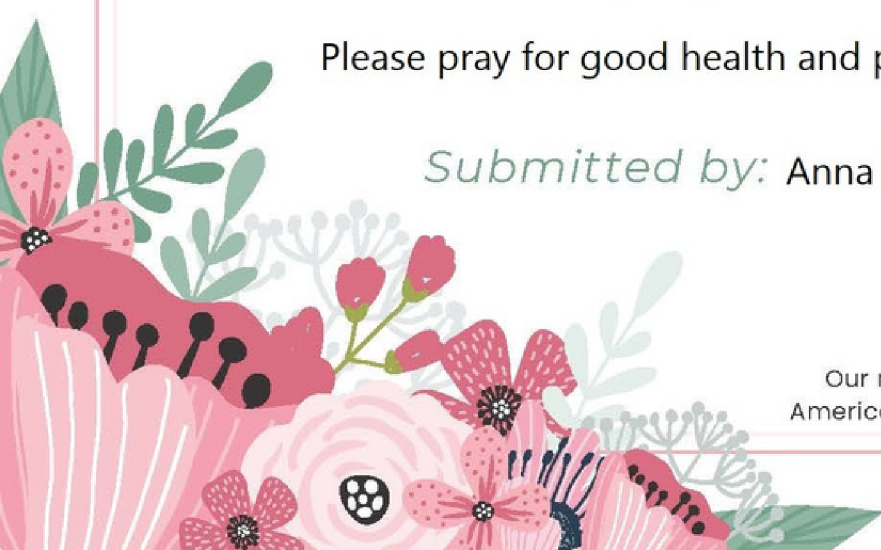
*Submitted by:* Anna Mastrolillo



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# A Seat At The Table

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Recipe name: Hearty Black Bean Quesadillas

Ingredients: 1 15oz can black beans 1/2 cup chopped cilantro  
1 cup frozen corn 2 cups shredded cheddar cheese  
1/2 cup red onion 1 pkg. taco seasoning  
1 clove garlic 10 (7in.) tortillas

- 1) Drain + rinse black beans - add to bowl w/ frozen corn.
- 2) Dice onion, garlic and cilantro - add to bowl with Cheddar Cheese and taco seasoning.
- 3) Stir all ingredients until everything is coated.
- 4) Place 1/2 cup of filling on one side of tortilla, and fold over.
- 5) Cook the quesadilla in skillet on medium heat until each side is brown and crispy and cheese has melted. Slice into triangles to serve

This is a favorite verse of Scripture: Isaiah 41:10 - "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous hand."

Please consider praying for me in this way:

Protect and keep my family safe and healthy.

Submitted by: Michele Giordano



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# A Seat At The Table

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Recipe name: pasta + zucchini - a favorite Friday / Lent dish in my family ☺!

- olive oil for frying; enough to come up 1/4 inch in large frying pan

- 3-4 medium zucchini, cut into discs 1/4 inch thick

- 1 pound penne or ziti, cooked & drained

once oil is hot, but not smoking, add as many zucchini discs that will fit - don't crowd pan; fry until brown / golden brown on both sides, using slotted spoon to remove - Being very careful of hot oil.

You may add more oil as needed, adjusting heat. As zucchini are finished, put in oven-proof dish / pan to

keep warm - don't drain oil, you will use oil in the end

→ in 200° oven. Add all zucchini and all remaining oil to pasta; salt & pepper to taste. Enjoy! P.S. If you like to bake, try this recipe for <sup>medusorje</sup> Medusorje Fasting Bread as well \*

This is a favorite verse of Scripture: Psalm 116

\*catholiccuisine.blogspot.com "Fasting Bread for Lent"

Please consider praying for me in this way: for peace and kindness among all family members

Submitted by: Stephanie Scoppo



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# A Seat At The Table

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Recipe name: *Savory Sweet Salmon*

2T brown sugar

1/2t each paprika + garlic powder

Salt + pepper

Preheat oven to 425°

Combine these.

1/4 cup panko bread crumbs

2T melted butter (or oil)

Combine these.

1 T Dijon mustard

(add fresh chopped parsley if you like)

1 1/2-2 lb salmon

Place salmon on a baking sheet lined with foil or parchment; pat the surface dry. Spread the Dijon over the fish. Sprinkle the brown sugar mix and gently press down. Sprinkle the breadcrumb mix on top. Bake 15-18 minutes until the breadcrumbs are golden brown.

This is a favorite verse of Scripture:

*In this world you will have trouble. But take heart!*

*I have overcome the world.* - John 16:33

Please consider praying for me in this way:

*May I remember God is always with me and always for me, even when it feels like He is far away.*

Submitted by:

*Mallory Moyer*



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Recipe name:

Summer Pasta

Tomatoes (preferably plum tomatoes approx. 7-8,  
diced

1 large pkg. mozzarella, cubed

Fresh basil

Olive Oil

Red Crushed Pepper Flakes

Cook the pasta, penne or rigatoni  
works well. Combine the tomatoes, mozzarella,  
red pepper flakes (a pinch) and toss over the  
hot pasta. Add a handful of shredded  
basil on top. Add olive oil to pasta dish.  
Enjoy!

This is a favorite verse of Scripture:

I can do all things through Christ who strengthens  
me. Philippians 4:13

Please consider praying for me in this way:

Submitted by:

Paulette  
Corso



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Recipe name:

Quiche

3 cups zucchini, peeled and chopped small

1 small onion, chopped

1 cup reduced fat BTBquick

3 eggs, not beaten

1/2 cup vegetable or canola oil

1/4 cup parmesan cheese

1/2 tsp. parsley

1/4 tsp. salt

1/4 tsp. black pepper

Mix all ingredients tightly together

In a deep, dish round casserole dish

Bake for 30-35 minutes at

350° until top is lightly browned

This is a favorite verse of Scripture:

I am the way, the truth and the life. No  
One comes to the Father except through Me.

Please consider praying for me in this way.

John 14:6

Submitted by:

Paulette  
Corso



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# A Seat At The Table

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Recipe name:

Tortellini Soup

1 onion, chopped

2 garlic cloves, crushed

chicken broth (4 cans - 14 1/2 oz each)

1 10 oz frozen chopped spinach

1 can cannellini beans or chick peas

tortellini (1 lb.)

Cook onion in large pot (1 tbsp oil)

until tender, add 2 crushed garlic cloves.

Stir in chicken broth, add spinach to pot.

Reduce heat and simmer 15 minutes. Add

1 lb. tortellini, cook 10 minutes.

~~Drain~~ Drain beans and put into pot.

Serve hot with crusty bread. Freeze leftovers.

This is a favorite verse of Scripture:

Be strong and of good courage... Fear not, be not dismayed

God is with you, He will not fail you or forsake you.

Please consider praying for me in this

Chronicles 28:20

Submitted by:


Paulette  
LORSO



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# A Seat At The Table

Inspiration for the Lenten season and beyond

## *Recipe name: Vegetarian Bean and Rice Burrito*

Ingredients: 2 cups cooked rice; 2 tablespoons fresh cilantro, chopped; 2 limes, juiced; 1/2 medium onion, diced; 3 to 4 cloves garlic, minced; 2 tablespoons vegetable oil (or olive oil); 1 (15-ounce) can black beans (or pinto beans), drained; 1 tablespoon chili powder; 1/2 teaspoon ground cumin; 1 tablespoon hot sauce, or to taste; Pinch salt, to taste; 4 (10-inch) large tortillas

In a large microwave-safe bowl, toss together cooked rice and fresh chopped cilantro, and drizzle with the lime juice. Heat in the microwave or on the stove just until hot and give it a quick stir.

In a separate large skillet, sauté the onion in vegetable oil or olive oil for 5 minutes, or until the onion is soft. Add the garlic and cook another minute. Reduce the heat to medium-low, add the black beans or pinto beans, and season with the chili powder, cumin, and hot sauce, stirring to combine. Allow the beans to cook until heated through, about 5 minutes. Spoon the cilantro-lime rice and the black bean mixture onto lightly warmed flour tortillas and add any additional toppings you want.

Wrap the burrito - fold the short ends in, then fold one long side over the filling and gently push to ensure the fold is tight before rolling up the remainder of the burrito.

Cut in half, serve and enJOY!!

**This is a favorite verse of Scripture:** Dedicate yourselves to thankfulness. Let the word of Christ, rich as it is, dwell in you. Colossians 4:2

**Please consider praying for me in this way:** May we always pray God, let love lead us forward.

*Submitted by: Mare Y.*



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Tips





# A Seat At The Table

Inspiration for the Lenten season and beyond

## *Recipe name: Vegetarian Enchilada Bake*

1 cup shredded zucchini; 1 tablespoon finely chopped sweet red pepper; 1 teaspoon olive oil; 1 garlic clove, minced; 3/4 cup frozen corn; 3/4 cup black beans, rinsed and drained; 1/8 teaspoon salt; 1/8 teaspoon ground cumin; 3/4 cup salsa; 2 tablespoons minced fresh cilantro  
3 corn tortillas (6 inches); 3/4 cup shredded cheddar cheese; Sour cream, optional

### *Directions:*

Preheat oven to 350°. In a large skillet, saute zucchini and pepper in oil until pepper is crisp-tender. Add garlic; cook 1 minute longer. Add the corn, beans, salt and cumin; saute 2-3 minutes longer. Stir in salsa and cilantro.

Place a tortilla in the bottom of a 1-1/2-qt. round baking dish coated with cooking spray. Spread with 2/3 cup vegetable mixture; sprinkle with 1/4 cup cheese. Repeat layers twice.

Bake, uncovered, until heated through and cheese is melted, 20-25 minutes. Let stand 10 minutes before serving. If desired, serve with sour cream.

*This is a favorite verse of Scripture:* Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thes 5:16-18

*Please consider praying for me in this way:* May God's love comfort every soul as only He can.

*Submitted by: Annie Y.*



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# A Seat At The Table

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*Recipe name:* Nonna's Fried Cornbread Hogcakes - my mom's Lenten treat

## Ingredients

2/3 cup cornmeal

1/3 cup self-rising flour

1/3 cup low fat buttermilk

1 large egg

Corn oil for frying

Combine the first 4 ingredients in a large bowl, mixing well. The mixture should be moist but not soupy. Heat the oil in a skillet and drop by spoonful's into the oil.

Cook until brown on one side and flip over on the other side, like a pancake. Place in a platter with paper towels to soak up any excess oil.

Serve with butter (no margarine) and honey (raw and filtered) or orange marmalade.

## Enjoy

*This is a favorite verse of Scripture:*

*Please consider praying for me in this way:*

*Submitted by:* Frank Verdone & Spenser



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