

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week I 2009 – Sunday of Orthodox**

Fasting Tip of the Week: Anything “VEGAN” fits the fast.

SHRIMP MARINARA

1 tablespoon canola oil
2 crushed garlic cloves
1 tablespoon chopped parsley
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon basil
1/8 teaspoon pepper
1/8 teaspoon cayenne (more if you like things really spicy)
28 ounce can diced tomatoes
2 pounds fresh or frozen shrimp (if using frozen shrimp follow direction on package for cooking)
4 cups hot cooked rice (white or brown)

Heat oil, add garlic and saute. Add parsley, sugar, salt, oregano, basil, pepper and cayenne, and tomatoes. Bring this mixture to a boil, then simmer for 25 minutes. Leave skillet uncovered while simmering. Use a large skillet or a wok for this recipe. Add shrimp to sauce and let simmer for 10 minutes, stirring. Place shrimp and sauce mixture on cooked rice and serve hot.

MINISTRONE SOUP

Makes 8 cups – serves 8 to 12

3 cups water
2 cups vegetable broth
2 cups chopped tomatoes
1 cup sliced carrots
1 cup sliced celery
3/4 cup chopped onions
3 tablespoons red wine
1/2 teaspoon dried oregano
1 clove garlic, minced
1/2 teaspoon salt or to taste
1/4 teaspoon pepper
2 cups sliced zucchini
1 cup diced, peeled potatoes
1 1/2 cups cooked kidney beans (cooked from dry or canned and drained)
3 tablespoons small shells or other small pasta such as orzo

Place the water, broth, tomatoes, carrots, celery, onions, wine, oregano, garlic, salt, and pepper in a 4-quart pot. Bring to a boil. Reduce heat and simmer, uncovered, 40 minutes. Add the zucchini, beans, potatoes, parsley, and shells. Cook 20 minutes longer or until potatoes are tender. Variation: Use a 14 ½ ounce can diced tomatoes (undrained) instead of fresh tomatoes. The potatoes don't always cook through, so if you par boil them first you'll have better success.

OATMEAL BAR COOKIES

Makes 48 bars or 24 squares – serves 8 to 12

1 cup (2 sticks) margarine*, softened
1 cup firmly packed light brown or dark brown sugar
2 ½ cups rolled oats (old-fashioned oatmeal)
1 cup all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon vanilla
1 cup dark or golden raisins
1 cup chopped walnuts

Preheat the oven to 350F degrees. Grease 9x13 inch baking pan. In a large bowl, cream the margarine with the brown sugar until light and fluffy. Beat in the oats, flour, cinnamon, and vanilla. Stir in the raisins and walnuts. Pat into prepared pan. Bake 35 minutes or until the top is golden. Cool completely in pan. Cut into 1x2 inch bars or 2 inch squares. Variation: use chopped dried apricots instead of raisins.

*Lenten: Shedd's Willow Run is the best. Not all margarines are dairy free – Willow Run is. You can buy this locally at Meijer's or Hiller's.

Questions about fasting? Want to contribute to this effort by sharing recipes?
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