

February 19, 2021 – Meatless Meal to Show Your Love

In recent Eucharistic miracles in Legneica, Poland, 2013; Sokolka, Poland, 2008; and Buenos Aires, Argentina, 1992-1996, heart tissue was detected. So, in a way, Jesus shows us his love by quite literally offering us his heart every day at Mass. In recognition of St. Valentine's Day, we thought that we would start our Virtual Lenten Suppers with Meals to Show Your Love.

Mary's Spinach Salad – Gertrude Creed

Mary was Gertrude's sister-in-law who was Loved by all who knew her. She played a special part in Gertrude's life during a difficult experience 60 years ago. Gertrude remembers Mary each time she makes this salad. Most people who try this salad love it.

Salad:

1 Package fresh spinach

1 purple onion, thinly sliced

3 hard boiled eggs, sliced

Wash spinach, break off stems and dry. Toss together spinach, onions, and eggs.

Dressing:

½ cup mayonnaise

¼ cup evaporated milk or half & half

¼ cup sugar

2 Tablespoons red wine vinegar

Blend all dressing ingredients well with whisk or in blender. Pour over salad just before serving.

Caramelized Onion, Red Pepper and Zucchini Frittata – Nancy Meehan

186 Cals 13 Protein 8 Carbs 11.5 Fats

PREP TIME: 5 mins

COOK TIME: 35 mins

TOTAL TIME: 40 mins

YIELD: 4 SERVINGS

INGREDIENTS

1 white onion, thinly sliced

1 medium red bell pepper, diced

1 1/2 cups zucchini, diced into matchsticks

6 large eggs

1/4 cup Parmesan cheese, grated

2 tsp olive oil

salt and fresh pepper, to taste

INSTRUCTIONS

Preheat oven to 400F. Over medium-low heat, heat oil in a 10-inch skillet. Stir in onion and cook until slightly brown, about 10 minutes. Add peppers and cook 5 more minutes, then add zucchini. Season with salt and pepper and cook 3 more minutes stirring occasionally.
zucchini cut into matchsticks.

In a medium bowl whisk eggs, Parmesan, salt and pepper.

Add eggs to the skillet making sure eggs cover all the vegetables. When the edges begin to set (about 2 minutes) move skillet to oven.

Cook about 10-15 minutes, or until frittata is completely cooked.

Cut into 4 pieces and serve warm.

Calories: 186kcal, Carbohydrates: 8g, Protein: 13g, Fat: 11.5g, Saturated Fat: 4g, Cholesterol: 284mg, Sodium: 226.5mg, Fiber: 2g, Sugar: 4g