



Fish Tacos

INGREDIENTS

- 1 lb white fish fillets (tilapia or cod)
- 1/2 cup flour
- 1/2 cup cornmeal
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 egg, beaten
- Vegetable oil
- 8 small tortillas
- 2 cups shredded cabbage
- 1/2 cup chopped cilantro
- 1/4 cup mayonnaise
- 1 tbsp lime juice
- Salt and pepper to taste

DIRECTIONS

Mix the flour, cornmeal, cumin, chili powder, salt, and pepper in a bowl. Dip the fish fillets in the beaten egg, then coat with the flour mixture. Fry the fish in vegetable oil until golden brown and cooked through. For the slaw, mix the shredded cabbage, cilantro, mayonnaise, lime juice, salt, and pepper in a bowl. Warm tortillas in a pan. Assemble the tacos and serve with lime wedges.



Grilled Cheese

INGREDIENTS

- Sliced sourdough bread
- 1/4 cup grated Swiss cheese
- 1/4 grated white cheddar cheese
- 1/2 onion, sliced
- 1/4 cup grated parmesan cheese
- 2 Tomatoes, sliced
- 2 Tbsp butter
- 1 Tbsp pesto

DIRECTIONS

In a small size skillet on med-high heat, sweat down the sliced onion in 1 tbsp of butter until caramelized. While the onion cooks, lightly spread the rest of the butter on the outside of the sliced bread. Spread pesto on the other side of the bread. Top slices of bread, pesto side up, with a mix of grated Swiss, cheddar and parmesan cheese, caramelized onions and tomato slices. Close the sandwich. In a medium size skillet on med-high heat, grill each side of sandwich until the cheese is melted and bread is toasted.

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Lentil Soup

INGREDIENTS

- 2 cups diced yellow onions
- 2-3 large garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup dry lentils
- 1 bay leaf
- 4 tablespoons fresh lemon juice
- 32 oz canned chopped tomatoes
- 1 15 oz jar artichoke hearts, drained
- 1/4 teaspoon crushed red pepper flakes
- 4-6 cups low sodium broth of choice
- 2 cups water
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 Tbsp olive oil

DIRECTIONS

Add onions and garlic to large sauce pan with olive oil and sauté on medium heat for about 5 minutes, until golden. Add the 4 cups broth, water, cumin, coriander, lentils, bay leaf, lemon juice, tomatoes, artichoke hearts, and crushed red pepper and bring to a boil. Lower the heat and simmer for about 20-30 minutes or until the lentils are tender. Add additional chicken broth if desire less thickness. Remove and discard the bay leaf. Add salt and pepper to taste.

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Potato Pancake

INGREDIENTS

- 2 lbs russet potatoes (about 4 large)
- 1/4 cup grated onion
- 2 eggs, slightly beaten
- 2 tbsp flour
- 1/2 tsp baking powder
- 3/4 tsp salt
- Dash pepper
- Dash nutmeg

DIRECTIONS

Grate potatoes, squeeze through cheesecloth to get out most all of the juice. Mix in all other ingredients. Shape into thin, 3-inch round patties. Pan fry in oil, turning half way through, until golden brown. Serve with sour cream, syrup, or apple sauce.

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Quiche

INGREDIENTS

- 1 cup sliced mushrooms
- 1 cup chopped onion
- 1/2 cup butter
- 3 cloves garlic, minced
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1 6 oz package shredded parmesan cheese
- 1 8 oz package shredded Swiss cheese
- 1 9-inch unbaked pie crust
- 6 eggs, beaten
- 2/3 cup cream
- 1 cup milk
- Salt and pepper to taste

DIRECTIONS

Preheat oven to 375 degrees. In a medium skillet, melt butter over medium heat. Sauté garlic, onion and mushrooms until lightly browned. Stir in spinach, mushrooms, Swiss and 1/2 cup parmesan cheese. Season with salt and pepper. Add to pie crust. In a medium bowl, whisk together eggs, cream, milk, and salt and pepper. Pour carefully over spinach mixture into pie crust. Lightly tap, or jiggle to help egg mixture to thoroughly combine with spinach mixture. Bake in preheated oven for 15 minutes. Sprinkle top with remaining parmesan cheese, and bake an additional 30 to 40 minutes, until set in center or knife comes out clean. Allow to stand 10 minutes before serving.

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Vegetable Lasagna

INGREDIENTS

- 6 oz can tomato paste
- 8 oz can tomato sauce
- 16 oz crushed tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- 1 3/4 cups water
- 2 eggs
- 1 pint ricotta cheese
- 1/2 teaspoon salt
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1 package shredded Parmesan cheese
- 1 package shredded mozzarella cheese
- 1 16 oz box lasagna noodles

DIRECTIONS

Preheat oven to 350 degrees. In a medium saucepan add tomato sauce, tomato paste, crushed tomatoes, 6 oz water, oregano, basil, garlic, and salt and pepper to taste. Bring to a boil and let simmer for at least 1 hour. In a large pot boil lasagna noodles until they are slightly undercooked (4-6 mins). Remove noodles from pot and rinse under cold water. In a medium bowl, beat the eggs and combine them with the ricotta, salt, spinach and 1/4 cup of the Parmesan cheese. Spread sauce into the prepared baking dish. Layer enough noodles to cover the sauce, spread with half the spinach mixture, half the mozzarella cheese, and top with sauce. Repeat layers, with ingredients. Top with sauce and parmesan cheese. Bake for 1 hour. Let stand 10 minutes before cutting and serving.

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