

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

Speedy Shrimp and Cabbage Stir-Fry

Instructions:

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| 1 tbsp vegetable oil | 1/4 lb sugar snap peas, trimmed |
| 1 lb. shrimp (31-40 per pound), peeled and tails removed | 1 lb cole slaw mix (1 bag) |
| 1/2 tsp ground ginger | 4 tbsp soy sauce |
| 1 medium onion, sliced (not too thin) | 1/2 tsp sesame oil |
| 2 cloves garlic, minced | 1 tsp sesame seeds |
| 1 bell pepper, any color, julienned | <i>*Makes 4 servings</i> |

Directions:

Heat work or deep skillet over high heat. Add vegetable oil and heat until shimmering. Season shrimp with ginger and cook 2 or 3 minutes per side. Remove to a plate.

Stir-fry onion until it begins to soften, then add garlic, pepper, and pea pods. Stir until vegetables begin to get tender.

Pour in cole slaw mix and cook just until the cabbage wilts.

Add soy sauce, sesame oil, and sesame seeds and return shrimp to pan. Toss to combine and serve immediately over rice.

Note from the contributor, Barb Szyszkiewicz:

The secret ingredient for speeding up this recipe? A bag of cole slaw mix from the produce section of the grocery store. I normally don't buy precut vegetables because of the high markup, but at \$1.50 a bag, this saves me from the work and time involved in shredding or chopping a head of cabbage and then cleaning up the mess. Use a wok or very large, deep skillet for this; there's a lot of volume in this dish until the cabbage cooks down.

As with any stir-fry, the vegetables you include are up to you. I generally use what's on hand when I'm cooking, so I can use up odds and ends of raw veggies that might otherwise go to waste. When I made this dish, I used onion, sugar snap peas, and an orange bell pepper in addition to the cole slaw mix.

