



at the
foot of the cross

A Lenten journey from Family Rosary

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.

Spinach, Shrimp, and Tomato Pasta

Instructions:

- 1 lb. cooked, peeled frozen shrimp, defrosted
 - 2 tbsp olive oil
 - 2 shallots, chopped
 - 4 garlic cloves, minced
 - crushed red pepper (to taste)
 - 2 15-oz cans fire roasted diced tomatoes (regular diced tomatoes will also work)
 - 10 oz. baby spinach
 - 8 oz. pasta
- *Makes 4 servings*

Directions:

While pasta cooks, sauté the shallot, garlic, and crushed red pepper in olive oil until fragrant. Add tomatoes and spinach and simmer, stirring occasionally, until spinach cooks down.

Place defrosted shrimp in the colander you'll use to drain the pasta, then drain the pasta over the shrimp. Toss shrimp and pasta together in the colander.

Serve spinach-tomato mixture over shrimp and pasta.

Note from the contributor, Barb Szyszkiewicz:

Keeping a bag of frozen shrimp on hand makes it easy to have a seafood dinner on Friday, even if you do your grocery shopping early in the week. Normally I try to get uncooked shrimp (peeled uncooked shrimp is ideal, and I often find it on sale) but when all that was available was cooked, peeled shrimp, I had to find a way to prepare the meal without overcooking a pricey ingredient. A kitchen experiment resulted in this easy dinner, which was done in the time it takes to cook a pot of pasta.

