

Friday after Ash Wednesday

Reading: Matthew 9:14-15

Reflection: When I was growing up I can remember trying to convince my parents that the hamburgers at school were not made of real meat; therefore it was ok for me to eat them on a Friday during Lent. My Dad would always say that regardless, I would be abstaining from meat because we are Catholic and that is what we do. As time went on and I entered seminary, I began to understand that fasting and abstinence are not just things we do because it is a part of our Catholic culture, they have purpose and reason. Jesus' response to the disciples of John indicates that there will be times of fasting for us. We fast and we abstain because they give us the opportunity to focus more on prayer and our relationship with God, which brings us closer to Christ by doing without things that we desire to redirect our desire towards Christ.

Questions for reflection:

1. At the beginning of Lent, what will days of fasting or abstinence look like for you?
2. What will you do with the extra time that fasting gives to you?
3. As you abstain from something during Lent, how will your abstaining benefit others?

Over these weeks of Lent we will be posting a recipe along with a Lenten reflection so that you can have something that may be new or different to try for yourself or your family during Lent. Enjoy this Lent as we feed ourselves, and we are Feeding Our Faith!

Friday during Lent Recipe #1

Shrimp Fra Diavolo

Ingredients:

- 1lb. Medium sized fresh or frozen deveined shrimp with shells on
- Salt and Pepper
- 1 medium yellow onion cut into thin slices
- 1 tablespoon unsalted butter
- 2 tablespoons Extra Virgin Olive Oil
- ½ cup of dry white wine
- ½ tablespoon dried oregano
- ½ teaspoon red chili pepper flakes (more if you like things really spicy)
- 1 can of peeled whole San Marzano Tomatoes
- Juice of one small lemon with half of the zest
- 3 cloves of garlic minced
- 1 to 2 tablespoons of fresh basil chopped
- 1 pkg of Linguine
- Grated Parmesan Cheese



Directions:

If shrimp are frozen, then allow to defrost in your refrigerator for several hours. Remove the shells and the tails and place the shrimp to the side, but keep the shells handy. Lightly salt and pepper the shrimp. Begin heating a pot of salted water for your pasta. Peel and slice the yellow onion into thin slices.



Remove the tomatoes from the can and leave the tomato juice behind. Cut the tomatoes into small pieces and set to the side.

In a large frying pan, put the butter and the olive oil in there and set the heat to medium. After the pan is hot, put the shrimp in there and cook 1 to 2 minutes per side. You just want to cook the outside and give it some color; you want to still leave them so they are not completely cooked.



Remove shrimp from the pan and put the sliced onions in the pan. Cook the onions until they are beginning to soften and have some color to them. Your water should now be boiling. Take the shells from the shrimp and put them in the water and boil them until they turn pink. Remove the shells from the water and throw the shells away. At this point, put your pasta in the pot and boil according to the directions on the package, which will probably be six minutes for al dente pasta.



While the pasta is cooking, pour the white wine into the pan with the onions, and then add the chopped tomatoes, the oregano, the juice of the lemon and the lemon zest, the chili pepper flakes and the garlic.



Turn the heat to medium high and cook this mixture until it begins to thicken. If it gets too thick, feel free to add some of the juice left in the can from the tomatoes. Add the shrimp and cook for 2 minutes making



sure to mix well so that everything gets well incorporated. Drain the pasta and put the pasta into the pan and mix it with the sauce and shrimp and allow this mixture to cook for 2 to 3 minutes. Add the basil, mix and serve immediately with Parmesan cheese on top.

Makes 3 to 4 servings