

A Couple Nice Recipes to try During Lent...

Swedish Minnow Loaf

Active Time: 15 minutes
Total Time: 20 minutes
Serves: 4

Ingredients

6 doz. cleaned minnows
1/2 c minced onion
3/4 c dry bread crumbs
1 T snipped parsley
1 tsp salt
1 tsp Worcestershire sauce
1 egg
1/2 c milk
1/4 c salad oil
1/4 c flour
1 tsp paprika
1/2 tsp salt
2 c water
3/4 c sour cream

Directions:

Mix thoroughly. Shape into a loaf set in loaf pan.
Bake in camp oven for 1-1/2 hours.

When fishing is bad this is a good use for leftover minnows.

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Saint Meinrad Archabbey Cookbook

Never had one of our recipes? Try something new! It might surprise you!

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Warm Tortellini and Roasted Vegetable Salad

Prep Time: 10 min
Cook Time: 30 min
Serves: 4

Directions:

Ingredients

2 bell peppers (1 red, 1 yellow), cut into thick strips
1 small bulb fennel, trimmed, halved, cored and thinly sliced, plus 1/4 cup chopped fronds
1 red onion, sliced into 1/4-inch-thick rings
1/4 cup plus 2 tablespoons extra-virgin olive oil
Kosher salt
Freshly ground pepper
1 9-ounce package spinach or cheese tortellini
1 5-ounce package baby kale (about 8 cups)
4 cloves garlic, sliced
2 tablespoons white wine vinegar
1/2 cup torn fresh basil

1. Preheat the oven to 425 degrees F. Toss the bell peppers, fennel, red onion, 2 tablespoons olive oil, 1/2 teaspoon salt and a few grinds of pepper on a rimmed baking sheet. Bake, stirring occasionally, until the vegetables are tender and lightly browned, about 25 minutes.

2. Meanwhile, bring a large pot of salted water to a boil. Add the tortellini and cook as the label directs; drain. Put the kale in a large bowl and top with the warm tortellini and roasted vegetables.

3. Heat the remaining 1/4 cup olive oil in a small skillet over medium heat. Add the garlic and cook, stirring occasionally, until it just starts browning, about 2 minutes. Remove from the heat and add the vinegar; pour over the tortellini mixture and toss to coat. Add the basil and fennel fronds, season with salt and pepper and toss.