

Elliniko Lenten Pasta

Submitted by Michelle Broussard-Hanes

Ingredients:

- 1 box of Bow tie pasta
(or Orzo would be even nicer! Your preference...)
 - 2 Vidalia Onions, finely chopped
 - 6-8 Fresh cloves of garlic
 - 2 tsp of dark brown sugar
 - 6 Zucchini, peeled & chopped
 - 3 Yellow Squash, peeled & chopped
 - 1 Large jar of Roasted Red Peppers, drained & chopped
 - 1 can (large) of sliced Black Olives, drained (rinsed if you like less salt)
(if you really like Black Olives, add another ½ can)
- Oregano flakes
Seasoning blend of your choice

Directions:

Boil & Cook Pasta/Orzo according to package—and start on the veggies...

Sauté' and caramelize onions and garlic. Once cooked, set aside –you will add it at the end again. Sauté zucchini and yellow squash in scant amount of oil. Add oregano while the veggies are cooking so it infuses them. Once veggies are done, add the chopped roasted red peppers and the *amount of black olives which suits your taste*.

Add back the caramelized onions and garlic which were set aside. Toss and fold in the drained pasta. Add seasoning blend of your preference. Cover while still freshly steaming so the tastes blend together.

“The reason that fasting has an effect on the spirits of evil rests in its powerful effect on our own spirit. A body subdued by fasting brings the human spirit freedom, strength, sobriety, purity, and keen discernment.”

St. Ignaty Brianchaninov