MERCY MEATLESS MONDAYS

An easy guide from the Sisters of Mercy of the Americas for prayerfully eating less meat during Lent 2020.
An easy guide for prayerfully eating less meat during Lent!

During the Season of Creation 2019, the Sisters of Mercy encouraged the Mercy Community to refrain from eating meat on Monday for seven weeks. We took this action as one way to care for Earth, as meat production consumes large amounts of water and produces more greenhouse gasses than a vegetarian diet. With Lent 2020, the Mercy Justice Team is reintroducing Mercy Meatless Mondays.

**Same resource, new content and look.**
Just as in the fall, Mercy Meatless Mondays Lent 2020 will include inspirational quotes, informational resources regarding health and the environment, and of course, recipes!

**Taking the next step.**
Participating in Mercy Meatless Mondays during Lent means abstaining from meat two days per week: Friday, as is our Catholic tradition, as well as Monday. If you participated in Meatless Mondays during the Season of Creation, maybe you want another challenge for Lent. Here are some ideas:

- **Meatless Middays – Commit** to not eating meat for lunch every day during Lent.
- **Mostly Meatless – Try making fruits, vegetables, legumes, soy, nuts and grains your go-to choices for meals. Make meat the exception rather than the rule, or use meat as a seasoning/flavoring instead of the main entree.
- **Meat-Free Lent – Make giving up meat your Lenten sacrifice and try on vegetarianism for the duration of the season.

**Why reduce meat consumption?**
As the impact of climate change becomes harder to deny, people around the world are beginning to look at patterns of food production and consumption. Meat production consumes large amounts of grain and water and leads to massive deforestation in areas such as the Amazon where land is cleared for animal grazing. The Food and Agriculture Organization (FAO) of the United Nations has determined that if 50 percent of the world’s population restricts their diet to 2,500 calories a day and reduces meat consumption overall, at least 26.7 gigatons (a gigaton is 1,000,000,000 tons) of greenhouse gas emissions could be avoided by 2050.

This effort is rooted in the Sisters of Mercy 2017 Chapter Recommitment *Called to New Consciousness.* The initiative is adapted from the Friday Food Fast Facts, produced by the IHM Sisters in Monroe, Michigan for Lent 2019.

**Share on social media!**
We encourage everyone taking part in Mercy Meatless Mondays to share their meatless creations with us on social media! Share photos of your meals and how you’re reducing meat consumption on Facebook, Twitter, and Instagram using #MercyMeatlessMondays.

And please email your favorite meatless recipe to ckelley@mercywmw.org as we hope to create a Mercy Meatless Mondays cookbook. We can’t wait to see all the ways you’re participating during Lent!
Mercy Meatless Mondays

Week One

To work zealously toward the sustainability of all life by caring for Earth’s ecosystems, addressing global climate change, advocating for the fundamental right to clean water and committing ourselves to an “integral ecological conversion”

—Sisters of Mercy of the Americas Chapter 2017
Recommitment Called to New Consciousness

The University of California does research examining the amount of carbon produced by individual food choices.

They have created a 5 ½-minute video that explains the effect of food choices on the environment. Watch the video here: bit.ly/2uvPaeE

The research, and the video, reinforce the idea of Mercy Meatless Mondays. Even if you aren’t ready to be a vegetarian or a vegan, reducing meat consumption, and making different choices when eating meat, can significantly reduce your carbon footprint.

Watch the video then consider your menu for the week.

“Our food choices impact Earth. We will raise consciousness collectively and individually about the impact of our food choices, leading to the transformation of the global food system for the benefit of the whole Earth community.” -The IHM Food Ecotone Group
INGREDIENTS

- 4 cups vegetable broth
- 12 oz. butternut squash, peeled and cut into 1-to-1 ½ inch cubes
- ½ large Vidalia onion cut into 2 inch cubes
- 1 small apple, peeled and cut into 2 inch cubes
- ¼ tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 1/8 tsp ground nutmeg, or to taste

RECIPE

In a large stock pot, combine broth, squash, onion and apple, cover pot and bring to a boil over high heat.

Uncover pot and reduce heat to low; gently simmer until squash is very tender, about 10 minutes.

Puree soup in pot using an immersion blender or puree in a regular blender in batches, careful not to splatter hot liquid. Season with salt, pepper and nutmeg, serve.

Yields about ½ cup per serving. Servings: 12.
**INGREDIENTS**

- 4 medium russet potatoes (8-10 ounces each), scrubbed
- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion
- 1 pound fresh spinach, finely chopped, or 4 cups frozen chopped spinach (thawed)
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- ⅓ cup cream cheese
- ¾ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 1 cup feta cheese, crumbled

**RECIPE**

Preheat oven to 400 degrees. Pierce potatoes in several places with a fork. Bake directly on the center rack until tender, 50 to 60 minutes. Let stand until cool enough to handle.

Meanwhile, heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, 2 to 4 minutes. Add spinach, garlic and oregano; cook, stirring, until hot, about 4 minutes. Remove from heat. Reduce oven temperature to 375 degrees.

Remove potatoes from oven and cut each in half and scoop out the insides into a bowl. Place the skins in a 9-by-13-inch pan. Add cream cheese, pepper and salt to the bowl with the potato insides. Beat with a hand mixer or mash with a potato masher until smooth. Stir in the spinach mixture and 1/2 cup of the feta. Stuff each potato skin with about 3/4 cup of the filling. Top each with 1 tablespoon of the remaining feta.

Bake until the filling is very hot, and the feta is browned, 25 to 35 minutes.
MERCY MEATLESS MONDAYS

Week Two

The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life. A very solid scientific consensus indicates that we are presently witnessing a disturbing warming of the climatic system...Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it

—Pope Francis, Laudato Si, #23

While the focus of Mercy Meatless Mondays is to address climate change, meat production is harmful in other ways. According to the Center for Food Safety, meat production is dangerous for food production workers, threatens pollinators and can involve animal cruelty.

Read about the other 7 reasons to opt out from meat in the center’s document: bit.ly/2S6DXd6

"At the time of the UN Climate Conference in November, 2017, Pope Francis warned against falling into the trap of ‘four pervasive attitudes’ in the pursuit of concrete environmental solutions: denial of the problem, indifference, comfortable resignation, and blind trust in technical solutions."

—National Catholic Reporter, December 2017, page 11
INGREDIENTS

- 1-pound dried pasta
- 1/4 cup olive oil
- 4 garlic cloves, minced
- 12 ounces fresh baby spinach
- 3 medium tomatoes
- 1 cup grated Romano cheese
- 1/2 cup grated Parmesan cheese
- 1 teaspoon sea salt
- 1 teaspoon fresh ground black pepper

RECIPE

Cook pasta as directed on the package, then drain and reserve 1 cup pasta cooking water.

Meanwhile, warm olive oil in large skillet over medium heat. Add garlic and sauté until fragrant; add spinach and tomatoes and cook until spinach just wilts, about 2-3 minutes. Add cooked pasta and toss.

Add Romano cheese, Parmesan cheese, salt and pepper, and toss well, adding pasta cooking water as needed to moisten the pasta.
**RED LENTIL AND VEGETABLE SOUP**

**INGREDIENTS**
- 1 tablespoon olive oil
- 4 medium carrots (chopped)
- 1 small onion (chopped)
- 1 teaspoon ground cumin
- 1 can (14 ½ oz.) diced tomatoes
- 1 can (14 ½ oz.) vegetable broth
- 1 cup dried red lentils
- ¾ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 bag (5 oz.) baby spinach

**RECIPE**

In 4-quart saucepan, heat oil on medium until hot. Add carrots and onion, and cook 6-8 minutes or until lightly browned and tender. Stir in cumin; cook 1 minute.

Add tomatoes, broth, lentils, 2 cups of water, salt and pepper; cover and heat to boiling on high.

Reduce heat to low and simmer, covered, 8-10 minutes or until lentils are tender. Stir in spinach.

Makes about 7 ½ cups. Serves 4. Total time: 30 minutes.
MERCY MEATLESS MONDAYS  
Week Three

We hear the cry of our suffering world. The impoverishment of peoples, the devastation of Earth, and oppressive social norms and systems call us in this moment to act.

—Sisters of Mercy of the Americas Chapter 2017 Recommitment Called to New Consciousness

Studies have shown that a carefully planned vegan diet, also known as a totally plant-based diet, contributes the least to climate change, requires the least amount of water and requires the least amount of land for food production.

One step toward this shift is to reduce consumption of dairy. Cheese, milk and yogurt come from methane emitting cows that require a lot of pastureland, and therefore rank high on the World Resources Institute’s protein scorecard. View the scorecard at this link: [go.aws/38oRcMj](go.aws/38oRcMj)

Only beef, lamb and goat – the common food-producing ruminants that emit methane – have greater impact. In fact, chicken and eggs have lower impacts. That’s why the switch to a cheese-heavy vegetarian diet can erase many of the benefits of eliminating meat.

A vegan diet also may not have as much of a lower environmental footprint as we’d like to believe, depending on protein choices.

That’s because vegans sometimes replace animal-based products in their diet with industrially, highly processed substitutes.

These “fake meat” products may be tasty and convenient, but they require energy and water to produce.

For the cook looking to make an environmentally friendly dietary shift, you might consider cooking up a big pot of beans on occasion and freezing them in smaller containers to be used in chilis, stews, salads and sandwich fillings as needed.

### VEGAN PROTEIN OPTIONS

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<thead>
<tr>
<th>PROTEIN</th>
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<tr>
<td>Beans</td>
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<td>Lentils</td>
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<td>Tofu</td>
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<td>Seitan</td>
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<td>Nuts</td>
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<td>Quinoa</td>
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INGREDIENTS

- 1 ½ cups sliced onions
- 2 tablespoons olive oil
- 3 cups thinly sliced cabbage
- 1 large green pepper, cut into strips
- 2 teaspoons ground coriander
- ½ teaspoon turmeric
- ¼ teaspoon cinnamon
- 1/8 teaspoon cayenne pepper
- 28-ounce can chopped tomatoes
- 16-ounce can chickpeas (1 ½ cups cooked)
- 1/3 cup raisins
- 1 cup slivered almonds

RECIPE

Sauté onions in olive oil on medium-high heat for about 5 minutes. Add cabbage and cook another 5 minutes. Add green pepper and spices and cook for about a minute.

Add remaining ingredients except for almonds and bring to a simmer. Then reduce heat to low and cover, cooking for another 20 minutes, until cabbage is very tender.

Serve over rice or quinoa, and top with a small handful of almonds on each serving.
We are already halfway through Mercy Meatless Mondays!

After several weeks of learning and recipes, how is this effort going for you?

Are you settling in or do you need to recommit for the second half?

Any lifestyle change is a process. Changes, even healthy ones, may not progress on an upward trajectory. Take the steps that you can as you move to habits that will benefit the Earth.

Also, know that Lent is not the end. We encourage you to consider how you can continue eating less meat beyond Lent, making this Earth-friendly lifestyle change a permanent one.

We would appreciate any feedback at: justice@sistersofmercy.org.

Sign up here: bit.ly/2HnzP2i to get more resources to assist you on your journey beyond these 40 days.
Greater scarcity of water will lead to an increase in the cost of food and the various products which depend on its use.
—Pope Francis, Laudato Si, On Care for Our Common Home

Eating Local Foods

In addition to eating less meat, another food-related choice that is good for the environment is to eat foods grown locally.

Locally grown foods generally are more likely to have several environmentally friendly characteristics. Locally grown foods:

- Are more likely to be in-season, and in-season foods require less irrigation and other resources
- Travel a shorter distance to market, using less fuel for transportation
- Tend to be fresher and therefore retain more of their nutrients
- Require less packaging, producing less waste
- Contain less chemicals if produced on small farms

Explore more about this idea at this link: [bit.ly/2SnAJAZ](bit.ly/2SnAJAZ)

We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile.

—Pope Francis Laudato Si #212
INGREDIENTS

- 1 cup brown or green lentils, rinsed
- 3 cups water
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 2-3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoons Dijon mustard

- 1 28-ounce can diced tomatoes
- ½ cup tomato paste
- 1 tablespoon vinegar
- 2 tablespoons soy sauce
- pepper, to taste
- 8 toasted hamburger buns

RECIPE

Bring the lentils and water to boil in a large pot, then reduce the heat. Simmer 15-20 minutes, until the lentils are tender. Drain the lentils and set aside.

Heat olive oil in a large pot over medium heat. Add the onion and celery and cook for 5-8 minutes, stirring frequently. Add the garlic, chili powder, paprika and mustard. Continue cooking for another minute or two.

Stir in the cooked lentils, tomatoes, tomato paste, vinegar, soy sauce and pepper. Simmer about 10 minutes, or until the mixture has thickened to your liking.

Remove from the heat and cool for a few minutes. Then serve on toasted buns.

#MercyMeatlessMondays
INGREDIENTS

- 1/2 of a 10-ounce package frozen chopped spinach, thawed
- 4 teaspoons fine dry bread crumbs
- 1 cup cream-style cottage cheese
- 3 eggs
- 1 ½ cups shredded Swiss cheese
- ½ cup all-purpose flour
- ¼ cup margarine or butter, melted
- ¼ teaspoon onion salt
- 1/8 teaspoon finely shredded lemon peel

RECIPE

Drain spinach well in a colander, pressing out liquid with a spoon. Grease a 1-quart souffle dish or casserole; sprinkle with crumbs. Set aside. In a bowl blender container, or food processor bowl, combine cottage cheese and eggs.

Add shredded cheese, flour, margarine, onion salt, and peel. Beat with an electric mixer, or cover and blend or process till smooth.

Stir in spinach. Transfer mixture to the prepared dish. Bake in a 350-degree oven about 1 hour or until a knife inserted near the center comes out clean.
MERCY MEATLESS MONDAYS
Week Five

"A sound and sustainable ecology, one capable of bringing about change, will not develop unless people are changed, unless they are encouraged to opt for another style of life, one less greedy and more serene, more respectful and less anxious, more fraternal."

—Pope Francis, Querida Amazonia, apostolic exhortation on the Synod on the Amazon

Plant a garden:

The most local way to obtain vegetables is to plant a garden. Gardening takes some knowledge and some effort, but it can be done with minimal space and investment. Plus, the benefits are delicious! Garden produced vegetables:

- Are fresher and better tasting than commercially grown vegetables
- Can be grown without chemical pesticides
- Reduce the dangers of food contamination
- Provide exercise and a reason to be outdoors
- Save money at the grocery store
- Are great to share with friends and neighbors

Read about more benefits of gardening at: bit.ly/38qsTxu

A Prayer for Our Earth

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace.

—Pope Francis Laudato Si
INGREDIENTS

- 2 eggs
- ¼ cup chopped vegetables (spinach, peppers, mushrooms, broccoli, etc.)
- ¼ cup of shredded cheese
- 1 English muffin or bagel, sliced

RECIPE

Put the eggs in a small bowl and stir. Add the vegetables and stir again.

Put the English muffin or bagel in the toaster.

Microwave the egg mixture on high for 45 seconds. Stir. Microwave on high for another 45 seconds. (Microwave cooking times may vary.)

Put the egg mixture on the bottom slice of bread and top with cheese and the top slice of bread.

#MercyMeatlessMondays
INGREDIENTS

- 1 or 2 eggplant, cut into 3/4 inch slices
- 1 1/2 tablespoons salt
- 8 tablespoons olive oil
- 8 ounces ricotta cheese
- 6 ounces shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, beaten
- 1/2 cup chopped fresh basil
- 4 cups pasta sauce

RECIPE

Sprinkle both sides of the eggplant slices with salt. Place slices in a colander and place a dish underneath the colander to capture liquid that will sweat out of the eggplant. Allow to sit for 30 minutes.

Preheat oven to 350 degrees F. In a medium bowl, mix the ricotta, mozzarella cheese and 1/4 cup Parmesan cheese. Mix in egg and basil.

Rinse the eggplant in cold water until all salt is removed. In a large skillet, heat 4 tablespoons olive oil over medium heat. Place one layer of eggplant in the pan, brown each side. Repeat with remaining eggplant slices, using additional oil if necessary. In a 9x13 inch baking dish, evenly spread 1 1/2 cups of spaghetti sauce.

Arrange a single layer of eggplant slices on top of the sauce. Top the eggplant with 1/2 of the cheese mixture. Repeat layering process until all the eggplant and cheese mixture is used. Pour remaining sauce on top of layers, and sprinkle with remaining Parmesan cheese. Bake 30 to 45 minutes in the preheated oven, until sauce is bubbly.
**Mercy Meatless Mondays**

Week Six

*We hear the cry of our suffering world. The impoverishment of peoples, the devastation of Earth, and oppressive social norms and systems call us in this moment to act*

—Sisters of Mercy of the Americas Chapter 2017
Recommitment Called to New Consciousness

People choose to eat more meatless meals for many reasons. Some folks cannot afford meat; some may choose eating less meat for religious reasons; there are many who have concerns about using excessive use of the earth's resources needed for meat production, animal welfare or the prevalent use of antibiotics and hormones in livestock.

A major reason for eating less meat is because people believe it is healthier. Is this belief justified?

While it is generally true that a plant-based diet is healthier, it depends on the substitutions you make. If you eat more fruits, vegetables and grains, those are healthier choices.

See the information in these links to learn how to be a healthy vegetarian:

- [bit.ly/2SnE03f](bit.ly/2SnE03f)

*There is an urgent need to develop policies so that in the next few years, the emission of carbon dioxide, and other highly polluting gases can be drastically reduced.*

—Pope Francis Laudato Si’:
On Care for Our Common Home
TEMPUNA (MOCK TUNA SALAD)

INGREDIENTS

- 8 ounces tempeh, cut in ¼-inch cubes
- 1 ½ tablespoons cold water
- 1 cup celery, finely diced
- ¼ cup carrot, finely grated
- ¼ cup red onion, finely chopped or green onion
- 4 tablespoons fresh parsley, minced
- 1 teaspoon kelp
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- ½-3/4 cup vegan mayonnaise or regular mayonnaise
- ¼ teaspoon lemon juice
- 1 teaspoon mustard
- ½ teaspoon dried dill weed or poultry seasoning (to make it more like a chicken salad)

RECIPE

Steam tempeh 20 minutes and then place in bowl and add cold water.

Mash tempeh thoroughly using a fork.

Stir in celery, carrots, onions, parsley, kelp, mayonnaise, salt, pepper, lemon juice, mustard and dill.

Chill before serving.
INGREDIENTS

- 1 onion chopped
- 2 stalks celery, chopped
- 2 cans (8 oz) black beans, rinsed and drained
- 1 can (8 oz) garbanzo beans, rinsed and drained
- 2 cans (8 oz) cannelloni beans, rinsed and drained
- 2 cans (8 oz) kidney beans, rinsed and drained (dark/light red)
- 1 can (15.5 oz) diced tomatoes
- 1 envelope (1.25 ounces) chili seasoning mix (or half for less seasoning)
  - Optional 1 can mushrooms, stems and pieces, rinsed and drained, a bottle of beer, some plant-based crumbles.

RECIPE

Sauté a chopped onion and a couple stalks of celery using plant-based or regular butter.

Add the sautéed onion and celery to a crock pot along with the rest of the ingredients.

Cook on high in the crock pot for 4 hours. Lower to warm and serve with whole grain pasta/rice or as a standalone.
Week Seven

In the Amazon rainforest... a deep crisis has been triggered by prolonged human intervention, in which a “culture of waste” (LS 16) and an extractivist mentality prevail. The Amazon is... a mirror of all humanity which, in defense of life, requires structural and personal changes by all human beings, by nations, and by the Church.

—Synod On the Amazon
Preparatory Document: Preamble

We have been exploring reducing consumption of meat for our personal health and the health of the planet. But eating healthily can be a source of spiritual health as well—when we eat mindfully!

Lisa Kelly has written a blog for Ignatian Spirituality that may be helpful in bringing a mindfulness to eating – finding God in all things! She writes:

Time of day didn't matter. Amount eaten didn't matter. The only difference in my experience was whether or not I paused for the few seconds before or while chewing to mentally acknowledge the experience and admit gratitude for what I was eating. The longer I paused and savoried, the more I appreciated, and the more consolation I felt. In a spirituality that seeks to find God in all things, finding God in taste is the most overlooked experience and yet easily the most accessible.

Kelly recommends:

Today when you eat, stop.
Stop whatever else you are doing. Turn off the TV; put down the phone; end the conversation. Acknowledge the food before you and the journey it has made to your plate, the nutritional value it holds, the many who will not know a full stomach tonight, and the life that is sustained through food. Then take a bite, a small bite.

Savor the taste.
Pick out the flavors, the texture, and the mixture of ingredients. Chew slowly. Just as in prayer, if your mind should wander to other thoughts, gently bring it back to the food you are eating, as if every morsel was put into your mouth by the hand of an angel.

Imagine all of the tastes.
The tastes of the earth, fruits and sweets and sauces and meats, drinks and liquors, flavors of many cultures and far-off lands, tastes from childhood, and your favorite comfort foods. Imagine all are the creation of an extravagant God eager to give you joy and healing through food. Imagine each taste is an expression of love to you from a God who is the master chef.

For this time, be present here to this gift from God. Taste the goodness of the Lord.

Read Lisa Kelly's full blog: bit.ly/37ioY4m
INGREDIENTS
- 1 (8 3/4 ounce) can corn, drained
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 1 large jicama
- 2 cups carrots,
- 1/3 cup red onion, chopped
- 1/2 cup raisins
- 1 cucumber, sliced
- 1 cup red cabbage
- 2/3 cup vinegar
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

RECIPE
Julien the green pepper, red pepper, yellow pepper, jicama, carrots, and red cabbage. Combine all the veggies in a large bowl.

In a small bowl, mix vinegar, sugar, oil, salt & pepper.

Pour over veggies. Cover & marinate in the refrigerator. Either eat it right away, or let it soak as the veggies soak up the flavors.


#MercyMeatlessMondays
INGREDIENTS

- 2 pounds baby Bella mushrooms, cleaned and sliced
- 2 tablespoons olive oil
- 2 teaspoons pepper
- 2 teaspoons granulated onion
- 2 teaspoons granulated garlic
- 2 teaspoons season all
- 1-pound Fontina cheese, grated
- 16 8-linch flour or corn tortillas

RECIPE

Spread mushrooms out on baking sheet, season with all seasonings and toss with olive oil.

Roast in 400-degree oven for 15 minutes. Using roasted mushrooms and cheese spread onto tortillas and fold over tortilla to make quesadillas.

Cook 3-4 minutes on each side or until tortillas are golden brown. (Makes about 16 quesadillas.)

A recipe shared by Kelly Lionello, regional director of food services for the Sisters of Mercy in Auburn and Burlingame, California.

#MercyMeatlessMondays
Thank you for joining us in prayerfully eating less meat during Lent.

We hope that you have discovered new favorite recipes and new ways of eating more mindfully for the planet and your health.

Please sign up here: bit.ly/2HnzP2i to get more resources to assist you in Earth-friendly lifestyle changes beyond these 40 days.

www.sistersofmercy.org