

## **Lenten Dinner Ideas**

- Pasta with marinara sauce
- Salad
- Rice pilaf
- Steamed or grilled veggies
- Corn or broccoli
- Greek style potatoes
- Fried shrimp
- Sautéed shrimp
- Hummos/pita bread
- Falafels
- Salsa/chips
- Guacamole
- Sautéed veggies and rice
- Chickpeas (with rice/salad)
- Lentil soup
- Giances (baked lima beans)
- Green beans
- Veggie chili
- Spanakorizo
- Fasolada (bean soup)