

FOURTH SUNDAY OF EASTER May 12, 2019



HONORING GOD'S CREATION: Plant-Based Recipe!

The recipe below is in keeping with God's creation intent (Genesis 1:29): Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (NIV)

Let no animal suffer or die that we may live! Continue with your vegan

journey and make a Plant-Based Meal! Try this recipe:

BUTTERNUT SQUASH (VEGAN) PASTA

Ingredients

2 tablespoons olive oil

1 tablespoon finely chopped fresh sage

2 pound butternut or kabocha squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)

1 medium yellow onion, chopped

2 garlic cloves, pressed or chopped

⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier pasta sauce)

Salt & Freshly ground black pepper

2 cups vegetable broth

12 ounces whole grain linguine or fettucine

Optional additional garnishes: shaved Parmesan or Pecorino and/or smoked salt

Instructions

Warm the oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with salt and set the bowl aside.

Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.

In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally. Reserve 1 cup of the pasta cooking water before draining.

Once the squash mixture is done cooking, remove it from the heat and let it cool slightly. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper until the flavors sing.

In the reserved skillet, combine the pasta, squash purée and ¼ cup cooking liquid. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes. Season with more salt and pepper if necessary.

Serve the pasta in individual bowls topped with fried sage, more black pepper and shaved Parmesan/Pecorino and/or smoked salt, if desired.

How to Go Vegan? The best resources for Fun and Easy Transition:

<https://www.kinderworld.org/how-to-go-vegan/>



Feature length documentary **A Prayer for Compassion, June 2, 2019** at St. Ambrose Church hall @ 3:00 p.m. This film strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in

alignment with this value. No charge but free will offering accepted. Please R.S.V.P. by email stambrose.office@gmail.com or call the office 416-251-8282. *Fr. Donatello has received the licensing from the director and producer of this production.* For more information about the film go to www.aprayerforcompassion.com



HAPPY MOTHER'S DAY PRAYER

Dear Lord, I am blessed with a loving mother. As you were. Help me to remember to honour and care for her as she has cared for me since the beginning of life. I cherish my mother as you have cherished our blessed Mary. Please keep us both close in your loving embrace, and protect us always. **HAPPY MOTHER'S DAY!**