



## 20 Meatless Dinner Ideas

### Description

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# 20 Meatless Dinner Ideas



During Lent, Catholics refrain from eating meat on Fridays so I thought this collection might be helpful for those of you looking for some meal options other than fried fish and cheese pizza. Even if you

arenâ€™t Catholic, itâ€™s a good idea to have one meat free meal a week. I like eating a variety of foods in addition to meat like pastas and seafood.

Click on each link for the recipe. I hope you find something you like to add to your dinner menus this month.

1. [Spinach Alfredo Crockpot Lasagna](#)
2. [Baked Shrimp Macaroni and Cheese](#)
3. [Spaghetti with Tomatoes, Black Olives, Garlic and Feta Cheese](#)
4. [Roasted Red Pepper & Goat Cheese Alfredo](#)
5. [Creamy Shrimp Alfredo](#)â€“ A lower fat version of alfredo sauce without sacrificing the taste.
6. [Spicy Parmesan Shrimp Skillet](#)
7. [Crabby Macaroni and Cheese](#)
8. [Easy Roasted Tomatoes and Shrimp with Feta](#)
9. [Toasted Sesame Ginger Salmon](#)
10. [Mamaâ€™s Supper Club Tilapia Parmesan Recipe](#)
11. [Shrimp Scampi with Artichokes](#)
12. [Fish Tacos with Baja Cream Sauce](#)
13. [Shrimp and Grits](#) This is one of my favorite recipes and itâ€™s very easy. I hope to have an updated picture soon on my website.
14. [Ceviche Tostados](#)â€“ Another favorite of mine, but please excuse the photo. It tastes better than it looks.
15. [Middle Child Pizza](#)
16. [Roasted Vegetable Enchiladas](#)
17. [Crab Stuffed Tilapia](#)
18. [Spinach and Mushroom Quesadillas](#)
19. [Cilantro Lime Baked Shrimp](#)
20. [Cheesy Spinach Stuffed Shells](#)â€“ Iâ€™ve made these before and they were delicious.

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