

Meatless Recipes

from the kitchens of
First Presbyterian Church
McMinnville, Oregon

recipe *noun* [res-uh-pee] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.



Revised: 10/1/2020

A PC(USA) Earth Care Congregation Since 2019

Why Meatless?

What's the big deal about using meatless recipes? It's friendlier to our environment! Raising meat animals – especially beef– is very inefficient in the use of natural resources and those gentle creatures introduce tons of methane gas into our atmosphere. This results in increased greenhouse effects and global warming.

Did you know:

- About 25 percent of climate change today is fueled by agriculture and factory farming, about the same amount as the world's electricity generation from all those power plants.
- Eating more chicken and fish, and reducing beef and lamb in our diets, is an easy way to eat more sustainably and improve our health.
- But the less animal products we consume, the more sustainable our diet. If we collectively adopt a more plant-based diet we could reduce the equivalent of up to 8 gigatons of carbon dioxide per year, according to the IPCC report.
- The “flexitarian” diet is a semi-vegetarian diet where vegetables, fruits, grains and pulses (like beans, peas and lentils) are the main portion of your meal.
- Another great way to reduce meat consumption is to dedicate one day a week to eating vegetarian meals. ‘Meatless Mondays’ are a great way to get started.
- Swapping meat with beans, peas and lentils is an environmentally friendly way to reduce beef consumption.

So....let's eat smart and keep our planet and ourselves healthy!

Read more about ways to change your diet in this article: [“How Our Diets Impact Climate Change”](#)

“...they broke bread in
their homes and ate
together with glad and
sincere hearts.”

Acts 2:46



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Breakfast

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Orange Bran Flax Muffins

*Click here to add a photo.
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From: Connie Foster

Serves:

Prep Time:

Cook Time: 18-20 min

Instructions

1. Preheat the oven to 375 degrees. Line two 12-cup muffin pans with paper liners, or coat with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside.
2. In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs & baking soda. Blend well.
3. Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins.
4. Divide batter evenly among muffin cups. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes before removing to a cooling rack.

Notes

*Oat bran, wheat bran, and ground flaxseed are available in the bulk food section at WinCo. Very inexpensive.

Connie makes her own buttermilk by putting one tablespoon of white vinegar in a one-cup measure and adding milk to make one cup. Let it sit about 5 minutes, then use!

Ingredients

- 1-1/2 cup oat bran
- 1 cup all-purpose flour
- 1 cup flaxseed, ground
- 1 cup wheat bran
- 1 tbsp. baking powder
- ½ tsp. salt
- 2 oranges, peeled, quartered & seeded
- 1 cup brown sugar
- 1 cup buttermilk
- ½ cup canola oil
- 2 eggs
- 1 tsp. baking soda
- 1-1/2 cup golden raisins (or currants)

Soups and Salads

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Butternut Squash Soup

*Click here to add a photo.
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From: Pam Jackson

Serves: 6-8 people

Prep Time: TBD

Cook Time: TBD

Instructions

1. Sauté onion, carrot, celery in butter in a large heavy pot on medium-high heat for ~5 minutes. Lower the heat it veggies begin to brown
2. Add the butternut squash, apple, broth and water. Bring mixture to a boil, then reduce to a simmer. Cover and simmer for about 30 minutes until the squash and carrots have softened.
3. Puree the soup with either an immersion blender or in a regular blender. For the latter, you may need to work in batches.
4. Add seasonings

NOTES:

Soup can be garnished with chopped fresh parsley, chives, scallions, paprika or sour cream

This is a 'no-milk' soup.

Ingredients

- 1 medium onion, chopped (about 1 cup)
- 1 celery rib, chopped (about 3/4 cup)
- 1 carrot chopped (3/4—1 cup)
- 1 butternut squash, peeled, & chopped, about 6-8 cups (seeds discarded)
- 1 or more large tart green apple, peeled, cored, chopped—squash to apple ratio should be 3 to 1)
- 3 cups vegetable broth
- 1 cup water
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Hungarian Mushroom Soup

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From: Connie Foster

Serves: 4

Prep Time: TBD

Cook Time: TBD

Instructions

1. Saute onions in 2 tbsp. stock & salt lightly.
2. A few minutes later, add mushrooms, 1 tsp. dill, ½ cup stock or water, soy sauce & paprika.
3. Cover & simmer 15 minutes.
4. Melt butter in large saucepan.
5. Whisk in flour & cook, whisking, a few minutes.
6. Add milk and cook, stirring frequently, over low heat about 10 minutes – until thick.
7. Stir in mushroom mixture & remaining stock.
8. Cover & simmer 10-15 minutes.
9. Just before serving, add salt, pepper, lemon juice, sour cream and, if desired, extra dill (1 tsp).
10. Serve garnished with parsley.

NOTES:

*I use chicken broth but vegetable stock should work too

Ingredients

12 ounces mushrooms, sliced
2 cups onion, chopped
2 tbsp. butter
3 tbsp. flour
1 cup milk
2 tsp. dill weed
1 tbsp. Hungarian paprika (I just use regular paprika)
1 tbsp. soy sauce
1 tsp. salt
2 cups stock *
2 tsp. fresh lemon juice
¼ cup parsley, chopped
Fresh ground black pepper, to taste
½ cup sour cream

Best Ever-Classic Minestrone Soup

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From: Connie Foster

Serves: 6-8

Prep Time: TBD

Cook Time: TBD

Instructions

1. Dice the following (no larger than ½-inch). Keep them separate:

- 1 medium yellow onion (about 1 cup)
- 6 medium stalks celery (about 2 cups)
- 1 large zucchini (bout 2 cups)
- 3 peeled medium carrots (about 1-1/4 cups)
- 1 peeled small sweet potato (about 2 cups)
- Finely chop 2 garlic cloves
- Drain & rinse 1 can white beans

2. Sauté the mirepoix:

- Place 2 tbsp. olive oil and 2 tbsp. butter in a large stock-pot or Dutch oven over medium-high heat.
- Once the butter melts and begins to sizzle, add the onion & 1 tsp. kosher salt, & sauté until softened but not browned about 3 minutes.
- Add the carrots & celery & cook until brightened in color, 3 to 5 minutes.

3. Sauté the vegetables:

- Add the sweet potato & sauté until slightly softened at the edges, about 3 minutes.
- Stir in the zucchini & garlic . Cook until softened, about 2 minutes.

4. Add seasonings, tomatoes, & broth:

- Add the Parmesan rind, 1 can diced tomatoes & their juices, 6 cups chicken or vegetable broth & the beans.
- Stir to combine. Bring to a boil over med-high heat.
- Simmer for 30 minutes until carrots & sweet potato are tender, 20-30 minutes.

5. Remove the parmesan rind & discard.

6. Stir in the pesto, lemon juice, & greens:

- Squeeze in the juice from ½ lemon (about 1 tbsp.).
- Stir in 2 tbsp. basil pesto & 4 cups baby spinach or baby kale and simmer until combined & the greens wilt.
- Taste & season with salt as needed.

Ingredients

- 1 medium yellow onion
- 6 medium stalks celery
- 1 large zucchini
- 3 medium carrots
- 1 small sweet potato
- 2 cloves garlic
- 1 (15-oz.) can white beans, such as cannellini or Great Northern
- 2 tbsp. olive oil
- 2 tbsp. butter
- 2 tsp. kosher salt, plus more for seasoning
- 1 (2x3-inch) Parmesan rind
- 1 (28-oz.) can diced tomatoes
- 6 cups low-sodium vegetable broth
- ½ medium lemon
- 2 tbsp. basil pesto, plus more for serving
- 4 cups baby spinach or baby kale
- Parmesan cheese & crusty bread, for serving

NOTES: **Serve the soup:** Ladle soup into bowls. Thinly shave Parmesan cheese with peeler & scatter onto the soup. Drizzle with more pesto. Serve with crusty bread..
Makes 3 quarts.

Southwest Quinoa Salad

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From: Connie Foster

Serves:

Prep Time: TBD

Cook Time: TBD

Instructions

1. Bring three cups of salted water to boil in a large saucepan. While it warms, rinse the quinoa well under cold water. When the water boils, add the quinoa and stir. Cover the pot, reduce to a simmer, and cook for about 15 minutes -- the quinoa should still have a slight bite. (You want it well before mushy.) Then drain it well and add to a large salad bowl.
2. While the quinoa cooks, heat a cast-iron skillet or wok on high, without adding oil. When the pan is hot, toss in the corn, stirring occasionally, until the kernels are singed. It should take at least five minutes, possibly as much as ten. When they are almost done, add the cumin seeds to the skillet and toast briefly. Then add both to the large salad bowl.
3. To the same salad bowl, add the halved cherry tomatoes, the cooked beans (drained and rinsed, if using canned), the feta, the sliced green onions, and the smoked paprika.
4. Roast the poblano peppers until blackened. (I use the open flame on the stove.) Let cool, then peel, seed, and chop roughly. Add these to the bowl too.
5. Toss the salad together and add salt to taste. Then whisk together the oil, lime juice, and orange juice. Toss the salad with the dressing. Taste. You may want more oil or more lime juice. Adjust as desired. Taste again. Serve.

Ingredients

- 1 $\frac{1}{2}$ cups quinoa
- 1 cup corn (or two ears of corn, with the kernels sliced off)
- 1 teaspoon cumin seeds
- 1 $\frac{1}{2}$ cups black beans, cooked
- 1 pint cherry tomatoes, halved
- 1 cup feta, crumbled
- 3 green onions, sliced (the whites and the greens)
- $\frac{1}{2}$ teaspoon smoked paprika
- 2 poblano chiles
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- $\frac{1}{4}$ cup orange juice

NOTES:

Ethiopian Lentil Salad*

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From: Pam Jackson

Serves: 8

Prep Time: 20 min

Cook Time: 35 min

Instructions

1. Rinse the lentils several times and drain in a colander. Then drop them into boiling water—enough to cover by 2 inches. Simmer for 30 minutes. Do not overcook them.
2. Drain thoroughly and set aside
3. Combine the vinegar, oil, salt and black pepper in a deep bowl and mix well.
4. Add the lentils, garlic, hot peppers and toss gently.
5. Let sit for at least 30 minutes before serving
6. Serve with pita bread or injera bread
7. Dish can be made ahead and refrigerated. Allow it to equilibrate to room temperature before serving

Notes

*Adapted recipe. Original source was Mimi

Rippee

Can be served as an appetizer

Ingredients

1/2 pound dried lentils

3 Tablespoons red wine vinegar

3 Tablespoons olive oil

1 teaspoon salt

3-4 medium garlic cloves, minced

2 jalapenos (or other hot pepper), stemmed and minced

Black pepper, to taste

Chopped Cucumber & Tomato Salad with Lemon*

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From: Connie Foster
Serves: 6

Prep Time:
Cook Time:

Instructions

1. Whisk vinegar, lemon zest, lemon juice and salt in a large bowl. Slowly pour in oil; whisk to combine.
2. Add cucumber, tomatoes and shallot and toss to combine.
3. Let stand at room temperature for at least 1 hour or up to 2 hours before serving. Just before serving, stir in parsley (or basil). Serve with a slotted spoon.

Ingredients

- 1 tablespoon white-wine vinegar
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- $\frac{3}{4}$ teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 1 English cucumber, cut into 1-inch pieces
- 1 pound tomatoes, cut into 1-inch pieces
- 2 tablespoons chopped shallot
- 2 tablespoons chopped fresh flat-leaf parsley or basil

Notes

**Source: EatingWell.com, May 2020*

Berryhill's Tomato Basil Soup*

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From: Connie Foster
Serves: 8

Prep Time:
Cook Time:

Instructions

1. In a medium sauce pot melt butter over moderate heat.
2. Add garlic, onion, leeks, carrots and celery, then cook until tender.
3. Add flour to make roux, remove from heat and whisk in broth, cream, and Worcestershire sauce.
4. Return to heat, add tomatoes and honey, then let simmer for about 20 minutes.
5. Mix in salt, pepper, basil and rice wine vinegar, then continue to simmer for another 20 minutes.

Notes

*Berryhill's is a favorite restaurant in Boise – this soup has been on the menu since the restaurant opened in 1998

Ingredients

2 ounces butter
2 cloves garlic, minced
¼ cup yellow onion, finely diced
¼ cup leek, finely diced (white parts only)
¼ cup carrots, finely diced
¼ cup celery, finely diced
2 ounces flour
1 pint vegetable broth
1 pint cream
¼ teaspoon Worcestershire sauce
1-15 ounce can Italian-style crushed tomatoes
1 tablespoon honey
Salt and fresh ground pepper, to taste
1/2 ounce fresh basil, coarsely chopped
¾ teaspoon rice wine vinegar
½ ounce fresh basil chiffonade (loosely termed, this means shreds of vegetables)

Spinach & Berry Salad with Honey-Poppyseed Dressing*

From: Pam Jackson
Serves: 4

Prep Time: 15 min
Cook Time: 4 min

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Ingredients

1/4 cup olive oil
3 tbsp. red wine vinegar
2 tbsp. honey
2 tsp. poppy seeds
4 oz. fresh baby spinach, torn
2 cups sliced fresh strawberries
Salt and pepper to taste

Optional fruit additions include 1/4 cup canned, drained) mandarin oranges and/or or fresh blueberries

Optional toppings: feta cheese, 1/3 cup toasted almonds and/ or sliced fresh scallions, as desired

Instructions

1. In a medium bowl, whisk together the oil, vinegar, honey and poppy seeds.
2. In a large bowl, toss together the spinach and selected fruit(s)
3. Pour dressing over the spinach and strawberries.
4. Toss to coat.

Notes

*Modified from internet recipe <https://www.foodlion.com/recipes/spinach---strawberry-salad-with-honey-poppyseed-dressing/>

Note: Mixed Leaf Lettuce works too as a substitute for spinach greens

Steve Stoler's Salad*

From: Connie Foster

Serves:

Prep Time:

Cook Time:

Instructions

1. In a medium bowl, whisk together the dressing ingredients
2. In a large bowl, toss together the salad ingredients
3. Pour dressing over the salad ingredients and toss to coat.

Notes

* Steve worked at Boise Cascade and served this salad at our annual Thanksgiving get-together in our department. The real name? Who knows, but it's wonderful!

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Ingredients

Dressing

½ cup sugar (I cut this down to ¼ cup but honey could be a great replacement)

1/3 cup lemon juice (normally 1-1/2 lemons)

2 tbsp. onion powder

1 tsp. Dijon mustard

½ tsp. salt

2/3 cup oil

1 tbsp. poppy seed

Mix together & put over salad just before serving

Salad

Romaine lettuce (1 bag)

1 cup Swiss cheese

1 apple

1 pear

1 cup dried cranberries

1 small can Mandarin oranges

4 oz. cashews (I like to chop these)

Brie & Wild Mushroom Soup*

From: Pam Jackson

Prep Time: 25 min

Serves: 16, 1/2 cup each

Cook Time: 20 min

Instructions

1. Place sherry in a small saucepan. Bring to a boil; cook until reduced by half. Set aside.
2. In a Dutch oven, melt butter. Add mushrooms and shallots; saute until tender. Add parsley and lemon juice. Stir in flour until blended; gradually add broth and reduced sherry
3. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until thickened. Stir in cheese until melted. Add the cream, salt and pepper; heat through (do not boil).

Notes

* Source: Taste of Home website

- I substitute vegetable broth for beef broth, called for in the original recipe

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Ingredients

2 cups cream sherry
1/4 cup butter, cubed
1 pound assorted fresh mushrooms
(such as shiitake, cremini, oyster)
8 shallots, finely chopped
1/3 cup minced fresh parsley
1 Tablespoon lemon juice
1/3 cup all-purpose flour
4 cups veggie broth
1 round (8 ounces) Brie cheese,
rind removed cubed
1 cup heavy whipping cream
1 teaspoon salt
1/2 teaspoon white pepper

Feta Fruit and Nut Salad

From: Wendy Sagers

Serves:

Prep Time:

Cook Time:



Instructions

Mix all and serve with raspberry vinaigrette dressing.

Ingredients

Bed of spinach leaves
Small pieces of red bell pepper
Feta cheese chunks
Fresh berries
Dried cranberries
Chopped dried apricots
Slivered almonds
Glazed walnut pieces

Notes

Southwestern Salad

From: Wendy Sagers

Serves:

Prep Time:

Cook Time:



Instructions

Put dressing on salad just before serving.
Add corn chips to edge of plate if desired.

Notes

Ingredients

Bed of spinach and lettuce
Shredded cheddar and Monterey Jack cheese
Diced tomatoes and/or red bell pepper
Whole black beans (canned)
Whole yellow corn kernels (canned or frozen)
Diced avocado

Dressing:
1/2 cup salsa
1/4 cup plain yogurt or sour cream
2 teaspoons lime juice
dash salt
dash sugar
3 Tablespoons water

Appetizers

1. [Hot Artichoke Dip](#), Pam Jackson
2. [Crostini with Goat Cheese, Asparagus and Strawberry](#), Pam Jackson
3. [Eggplant Relish Appetizer](#), Pam Jackson

Hot Artichoke Dip*

From: Pam Jackson
Serves: 6-8

Prep Time: 20 min
Cook Time: 20 min

Instructions

1. Preheat oven to 350 degrees
2. Mix all ingredients.
3. Put into a greased casserole dish.
4. Bake at 350 degrees for 20 minutes.
5. Serve hot with toasted bread cubes or pita chips.

Notes:

*Source: Susan Schneider

I prefer Louisiana Hot Sauce, but others work just as well

Ingredients

- 1, 14 oz can artichoke hearts, drained and chopped
- 1 cup mayonnaise
- 1 cut grated Parmesan cheese
- Garlic powder, to taste
- Dash, Worcestershire sauce
- Dash, hot sauce
- Toasted bread cubes or pita chips

Crostini with Goat Cheese, Asparagus and Strawberry

From: Pam Jackson
Serves: 12-14

Prep Time: 30 min
Cook Time: 5-6 min

Instructions

1. Set the oven to broil on High.
2. Line a oven safe metal pan with foil.
3. Place the cut asparagus , sprinkle with salt , pepper, to taste. Drizzle with olive oil and mix to coat well.
4. Broil on the upper rack for 3- 4 minutes turning once in between until they are tender to touch .
5. Remove from the pan and set both aside. Sprinkle with chili flakes if you prefer extra heat.
6. Brush both sides of the French baguette slices with olive oil.
7. Using the same pan as the asparagus, place the bread slices on the pan.
8. Broil on LOW for a minute or so on each side until edges are golden and crisp . Keep a close watch to prevent burning.
9. Just before serving , place the bread slices on the serving board , spread the herbed goat cheese on the bread slices and top it with strawberries and roasted asparagus.
10. You may drizzle some balsamic glaze too.

Notes:

I almost always serve this appetizer with the balsamic reduction

Makes a great spring appetizer and attractive as well



Ingredients

- ½ French baguette, cut into diagonal ½ inch slices
- ¼ cup olive oil or more for brushing
- 4 oz / ½ cup herbed goat cheese
- 10-12 fresh strawberries chopped
- Balsamic reduction/ glaze (optional)

To prepare asparagus

- 1 teaspoon olive oil
- 12-14 asparagus , ends discarded and cut diagonally in 3 " sticks
- Salt and pepper to taste
- Pinch of chili flakes (optional)

Eggplant Relish Appetizer

From: Pam Jackson

Prep Time: 30 min

Serves: Make about 3 cups

Cook Time: 30 min

Instructions

1. Heat oven to 500 degrees. Wash and pat dry the eggplant and place it (whole) on a baking sheet and bake in the oven until soft, 20-25 minutes. Remove from oven and set aside to cool.
2. When cool enough to handle, peel the eggplant and chop the pulp. finely Set aside
3. Cook the onion in olive oil in a skillet over medium-low heat until soft . Add the bell pepper and cook until very soft, about 10 minutes. Add the tomato and cook another 5 minutes
4. Add the chopped eggplant, chili powder, garlic, ginger and salt. Cook, stirring occasionally until mixture thickens, about 10 minutes.
5. Remove from heat and add cilantro to taste. Allow to cool to room temperature and serve

Notes:

Ingredients

- 1 eggplant (about 1 pound)
- 1 small onion, chopped
- 1 Tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 medium tomato, seeded and chopped
- 1/4 teaspoon red chili powder
- 1 garlic clove minced
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- Chopped cilantro, to taste

Entrées

1. [Black Bean-Quinoa Buddha Bowl](#), Connie Foster
2. [Chickpea Curry](#), Marilyn Enger
3. [No Meat Chili](#), Ron Miller
4. [Chinese Eggplant](#), Pam Jackson
5. [Spicy Stuffed Eggplant](#), John Bush
6. [Spicy Southern Indian Lentils](#), Pam Jackson
7. [Creamy Gruyere Spaghetti](#), Jan Irish
8. [Curried Vegetable Tofu Stir Fry](#), Pam Jackson
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16. [Spinach, Leek and Goat Cheese Quiche](#), Markita Price
17. [Quiche with Broccoli, Gorgonzola and Walnuts](#), Markita Price
18. [Pesto Penne with Chickpeas](#), Markita Price
19. [Lemon Potatoes with Beans and Feta](#), Markita Price
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21. [Pasta with Eggplant, Mushrooms in Tomato Sauce](#), Pam Jackson
22. [German Cabbage](#), Elliott Barske
23. [Whole Wheat Macaroni - Russian Style](#), Cathy Stephens
24. [Chili Relleno](#), Donna Miller
25. [Pesto Genovese](#), Cathy Stephens

Black Bean-Quinoa Buddha Bowl*

From: Connie Foster
Serves:

Prep Time: 10 minutes
Cook Time: No Cook

Instructions

1. Combine beans and quinoa in a bowl.
2. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency.
3. Drizzle the hummus dressing over the beans and quinoa.
4. Top with avocado, pico de gallo and cilantro.

Notes

*Source: EatingWell.com, October 2017

To make ahead: Assemble Buddha bowl up to 1 day in advance, with dressing on the side. To prevent avocado from browning if making ahead, toss with a squeeze of lime juice after dicing.

Serving Size: About 2 Cups

Per Serving: 500 calories; 16.2 g total fat; 2.4 g saturated fat; 612 mg sodium. 1086 mg potassium; 73.6 g carbohydrates; 19.6 g fiber; 11 g sugar; 20.4 g protein; 391 IU vitamin A ; 16 mg vitamin C; 238 mcg folate; 114 mg calcium; 7 mg iron; 139 mg magnesium;

Ingredients

$\frac{3}{4}$ cup canned black beans, rinsed
 $\frac{2}{3}$ cup cooked quinoa
 $\frac{1}{4}$ cup hummus
1 tablespoon lime juice
 $\frac{1}{4}$ medium avocado, diced
3 tablespoons pico de gallo
2 tablespoons chopped fresh cilantro

Creamy Chickpea Curry

From: Marilyn Enger
Serves:

Prep Time: 15 minutes
Cook Time: 8 minutes

Instructions

1. Heat the olive oil in a large skillet over medium-high heat. Sauté the onions for 1 minute. Add the garlic and ginger and sauté for another minute.
2. Toss in the curry powder, coriander, cumin, paprika and chili (if using). Stir and sauté for 30 seconds.
3. Add the chickpeas, diced tomatoes, coconut milk and stir. Bring to a boil and cook for 5 minutes, stirring often.
4. Season with salt and pepper to taste and toss in the spinach. Stir and cook for another minute.
5. Garnish with fresh cilantro. Serve on its own or with cooked quinoa or brown rice.

Notes

Source: <https://www.healthnutrition.ca/2018/08/27chickpea-curry>



Ingredients

1 tablespoon extra virgin olive oil
½ cup diced red onion
1 clove garlic minced
1 inch ginger grated
1 tablespoon curry powder or Thai –Red Curry paste
1 teaspoon ground coriander
¼ teaspoon ground cumin
¼ teaspoon paprika
¼ teaspoon chili powder (optional)
1 can chickpeas, drained and rinsed
1 ½ cups diced tomatoes
1 cup canned full fat coconut milk
Sea salt and pepper to taste
2 handfuls of fresh baby spinach
Garnish: fresh cilantro

No Meat Chili*

From: Ron Miller

Serves:

Prep Time: 15 minutes

Cook Time: 8 minutes

Instructions

1. Cook split peas in water until completely cooked and are easily mashed with a hand mixer or food processor.
2. Then combine all ingredients and simmer for an hour.
3. Top servings with sour cream, chopped onions and shredded cheese.
4. Makes a huge pot of chili.

Notes

*Source: Mo at YCAP

Ingredients

2# bag of split peas
3 sm cans sliced mushrooms
1 can black beans
2 cans chili beans
2 cans tomato sauce
2 cans diced tomatoes with garlic
2 sm cans diced chilies
1 lg onion diced
10 cloves of garlic minced
Chili powder, cumin, salt = to taste
Sour cream, chopped onions and shredded cheese (for toppings)

Chinese Eggplant*

From: Pam Jackson

Serves: 2-4

Prep Time: 15 min

Cook Time: 20 min

Instructions

1. Heat oil and wok.
2. Add onion and cook until golden brown.
3. Add eggplant to onions and cook 5 minutes, stirring often. If you need more oil, Pam works to keep the calories count down.
4. While eggplant cooks, mix the cornstarch and cold/room temp chicken broth - this is the thickening. Also mix the soy sauce and sugar - this is the sauce.
5. Add minced garlic to the eggplant when the 5 minutes are up. Add sauce and thickening - cook for 3 minutes more, stirring constantly.
6. Cooking in the order and times shown above is a key to preserving the flavors and texture.

* Notes

Adapted from The Fine Art of Chinese Cooking, Lee Su Jan

I substitute 2 large Ichiban Japanese eggplants, skin and all. These are the long, skinny eggplant.

If you are concerned about possible allergies, I have substituted an olive oil/sesame oil mix in a 2/1 ratio. If no allergy concerns, I prefer the peanut oil, which I believe gives a better flavor.

If you LOVE garlic, like I do, feel free to use more.

We serve this dish over rice - brown, white or a 50/50 mix.

Ingredients

- 1 medium eggplant cut up into 1 1/2 inch pieces *
- 1/2 cup canned chicken broth *(or bullion)
- 1 tsp cornstarch
- 2 Tbsp low-sodium soy sauce
- 1 tsp sugar or equivalent sugar substitute
- 3 Tbsp peanut oil*
- 2 med sized garlic cloves, minced *
- 1 large onion, diced

Spicy Stuffed Eggplant



From: John Bush
Serves: 2-4

Prep Time: 30 minutes
Cook Time: 30 minutes

Instructions

1. Warm oven to 350 degrees F.
2. Wash and halve eggplant lengthwise. Scoop out and reserve pulp, leaving a 1/4 inch shell.
3. Cook shells in boiling water to cover for about 2 minutes or until tender. Drain in colander.
4. Chop uncooked pulp finely and cook it with onion, garlic and parsley in butter until tender. Stir in breadcrumbs, olives, oil, lemon juice, basil and (optional) 1/4 teaspoon salt.
5. Stir in 1/2 cup of the cheese. Scoop mixture into shells and bake covered at 350°F for 20 minutes.
6. Top with tomato slices and remaining cheese.
7. Bake, uncovered, 5-10 minutes.

Notes

Source: Modified a 'Better Homes and Garden New Cook Book' recipe

Use your choice of hot pepper and adjust amount to taste.

Ingredients

- 1 medium eggplant (about 1 pound)
- 1/2 medium onion, chopped
- 2-3 medium garlic cloves, minced
- 1 Tablespoon snipped parsley
- 3 Tablespoons butter or margarine
- 3/4 cup bread crumbs
- 2/3 cup pitted, chopped medium black olives
- 2 Tablespoons chopped canned hot pepper
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1/2 teaspoon dried basil, crushed
- 3/4 cup shredded mozzarella cheese
- 4-6 tomato slices

Spicy Southern Indian Lentils*

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From: Pam Jackson

Serves: TBD

Prep Time: 30 min

Cook Time: 45-60 min

Instructions

1. Rinse, then soak lentils in enough water to cover them, for 1 hour or more, to soften them*
2. Drain them before cooking.
3. Heat oil and add mustard and cumin seeds. When the seeds sputter, add onion and fry until soft.
4. Add salt, cayenne, chili powder and lentils to the pot and mix.
5. Add the water, cover and bring the mixture to a boil.
6. Reduce heat and simmer about 30 minutes, until the lentils thicken. If still 'soupy' after cooking, remove the cover, raise the heat and allow most of the excess liquid to evaporate.

Notes

*Adapted from recipe provided by Dr. Liz Bagnall Scarito

A 2 hour soak time decreases the cooking time.

You can adjust the salt to taste. Original recipe called for 1 and 1/2 tsp of salt.

Ingredients

1 cup lentils (about 1/2 pound)
3 medium onions, diced
4 T vegetable oil
1/2 tsp mustard seed
1/2 tsp cumin seed
1 tsp salt
1/2 tsp cayenne (or to taste)
1 tsp chili powder
1 cup water

Creamy Gruyere Spaghetti

From: Jan Irish
Serves: 2

Prep Time: 10 minutes
Cook Time: 10 minutes



Instructions

1. Bring a pot of water to a boil. While you wait for it to boil, combine the breadcrumbs, Parmesan, olive oil, and a few pinches of black pepper in a small bowl. You will use this topping once the pasta and sauce are done. Once the water is boiling cook the spaghetti for about 2 minutes less than what's listed on the package. It will finish cooking in the sauce.
2. While the pasta boils, make the sauce. First, melt the butter in an oven-safe pan over medium heat. Once frothy, add the flour and stir with a spatula to combine. Cook the paste for a minute or so adjusting the heat, if needed, so the butter doesn't brown too quickly). Switch to a whisk and slowly add the milk to the pan whisking continuously. Be sure to monitor the heat – you don't want the milk to boil otherwise it will cause the sauce to break. Add the herbs and salt and cook for a couple of minutes. Add the cheese and stir until it's melted. Add the spinach and stir until it wilts into the sauce.
3. Add the cooked spaghetti to the pan and stir to coat it in the sauce. Sprinkle the parmesan breadcrumbs over the top of the pasta. Turn on the broiler. Put the pan under it for a few minutes, or until the breadcrumbs are crispy.

Ingredients

- 1/2 tablespoon dried breadcrumbs
- 1 tablespoon grated Parmesan
- 1/2 tablespoon olive oil
- Ground black pepper
- 5 ounces spaghetti
- 2 tablespoons butter
- 1 tablespoons all-purpose flour
- 1 cup 2% milk
- 1/2 tsp herbs de Provence
- 1/2 teaspoon Kosher salt
- 1 cup grated Gruyere cheese
- 2 cups roughly chopped fresh spinach

Notes

*Source: Recipe Author is April Anderson <https://www.girlgonegourmet.com/creamy-gruyere-spaghetti/>

Because this recipe serves two, you don't need a big pan to make the sauce. An oven-safe 8.5-inch skillet is a perfect size for the sauce. You can use a smaller pot to cook the pasta, too. Just break the spaghetti in half and you don't need a big stock pot either.

Curried Vegetable Tofu Stir Fry*



From: Pam Jackson

Serves: 4 (1 1/2 cp per)

Prep Time: 30 min

Cook Time: 20 min

Instructions

1. Heat 1 1/2 tsp of oil in a wok (or large non-stick skillet) over med-hi heat. Add tofu and cook, turning until golden (about 3-4 minutes). Remove from wok.
2. Heat remaining oil in wok over med-hi heat. Add onions, sweet pepper, ginger & garlic.
3. Reduce heat to medium. Stir and cook until veggies are tender (~4 minutes)
4. Stir in curry powder, cayenne pepper & (optional) salt until fragrant (about 1/2 minute)
5. Stir in cauliflower and coconut milk; bring to a boil over medium-high heat, scraping bottom of pan to loosen any browned bits
6. Add green beans; cover and cook over med-hi heat, stirring occasionally, for 5 minutes
7. Stir in tofu; cover and cook until veggies are tender (about 3 minutes)
8. Remove wok from heat; stir in cilantro and serve with or without brown rice

Notes

*This is a modified Weight Watchers Recipe

Pressing excess moisture out of the tofu makes it firmer: wrap it in a clean towel, place in a pie dish, place a heavy pan on top for 20-30 minutes. Remove tofu and slice into 1/2 inch slides, then cut each slice into 4 pieces.

Other veggies can be substituted, e.g., eggplant, broccoli, bok choy.

Ingredients

14 oz low-fat tofu, firm

2 1/2 tsp oil (I use peanut, canola ok)

1 medium onion, sliced

1 small sweet pepper (red, orange, etc.)

1 1/2 Tbsp minced garlic

1 1/2 tsp minced ginger root (peeled)

Curry powder to taste (1 to 2 Tbsp)

Ground cayenne (hot) pepper to taste

4 cups cauliflower, cut into small florets

1/4 lb green beans, cut into 2 inch pieces

1/3 cp cilantro, fresh, chopped

13 - 14 fluid oz light coconut milk (unsweetened)

Optional: salt to taste

Optional: serve over steamed brown rice

Vegan African Peanut Stew With Sweet Potatoes*

From: Katie Moss

Serves: 4

Prep Time: 10 min

Cook Time: 45 min



Instructions

1. If you're using a can of diced tomatoes, blend them along with their juice for a few seconds in the food processor or blender, just to break them up.
2. Heat the oil in a large pot of Dutch oven over medium heat. Add the onion and cook until soft but not brown, about 10 minutes.
3. Add the garlic, ginger and chili and cook for about 5 minutes to soften.
4. Add the tomatoes, stir to combine then add the peanut butter (and coriander, if using), stirring it in until smooth.
5. Stir in the broth add sweet potatoes. Cover the pan and simmer until the sweet potatoes are tender but not falling apart, about 15 minutes.
6. Add the black beans, peas/corn, greens and cook until the beans and peas/corn are heated through and the greens are wilted.
7. Season with salt and pepper, and add additional crushed chili flakes, as per your heat preference.

Notes

* Source: <https://vegangel.com/> from Katie Moss (one of her favorites)

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, finely minced
- 1 tbsp fresh minced ginger
- 1/2 tsp crushed red chili pepper
- 1 – 14.5 oz (400 g) can crushed or diced tomatoes
- ½ cup peanut butter (or almond butter or sunflower butter)
- 1 tsp dried coriander (optional)
- 2 cups vegetable broth (or water)
- 1 medium sweet potato (about 1 lb), peeled and diced
- 1 can kidney or black beans, drained and rinsed
- 1 ½ cups frozen peas (or frozen/canned corn)
- 2 cups hearty leafy greens (spinach, arugula, kale, collard)
- Salt and pepper

Vegan Easy Fried Rice*

From: Cheryl Seagren
Serves:

Prep Time: 15 min
Cook Time: 1 hour

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Instructions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper (or lightly grease with non-stick spray).
2. Wrap tofu in a clean, absorbent towel and set something heavy on top to press out the liquid.
3. Dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 26-30 minutes. The longer it bakes, the firmer and crispier it will become. Set aside.
4. While the tofu bakes prepare your rice.
5. While the rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-sized mixing bowl and whisking to combine. Adjust flavor as needed, adding more tamari or soy for saltiness, peanut butter for creaminess, brown sugar for sweetness, or chili garlic sauce for heat.
6. Once the tofu is done baking, add directly to the sauce & marinate for 5 minutes, stirring occasionally.
7. Heat a large skillet over medium heat. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides. Remove from pan and set aside.
8. To the still hot pan add garlic, green onion, peas and carrots. Sauté for 3-4 minutes, stirring occasionally, and season with 1 Tbsp (15 ml) tamari or soy sauce.
9. Add cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.
10. Serve immediately with extra chili garlic sauce or sriracha for heat and crushed roasted peanuts, if you'd like.

Notes

*Recipe adapted from the Minimalist Baker

RICE + VEGETABLES

- 1 cup extra-firm tofu* (8 ounces yields ~1 cup)
- 1 cup long- or short-grain brown rice* (rinsed thoroughly in a fine mesh strainer)
- 4 cloves garlic (minced)
- 1 cup chopped green onion
- 1/2 cup peas
- 1/2 cup carrots (finely diced)

SAUCE

- 3 Tbsp tamari or soy sauce (plus more for veggies + to taste)
- 1 Tbsp peanut butter
- 2 -3 Tbsp organic brown sugar, muscovado sugar, or maple syrup
- 1 clove garlic (minced)
- 1-2 tsp chili garlic sauce (more or less depending on preferred spice)
- 1 tsp toasted sesame oil (*optional* // or sub peanut or avocado oil)

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Scalloped Potatoes

From: Connie Foster

Serves: 12

Prep Time:

Cook Time: 2 hours

Instructions

1. Cook onions in butter until soft.
2. Stir in flour, salt, and pepper. Add milk.
3. Simmer until thickened, stir constantly.
4. Layer potatoes in buttered pan. 1/3 potatoes, then 1/3 milk mixture, three times.
5. Dot with butter.
6. Bake 60 minutes at 350 degrees covered then 60 minutes at 350 degrees uncovered.

Ingredients

1 medium onion, minced

5 Tbsp butter

6 Tbsp flour

1.5 tsp salt

1/2 tsp pepper

4 cups milk

10 potatoes, sliced thinly and dried

Notes

Eggplant Parmesan*

From: Connie Foster
Serves: 6

Prep and Cook Time:
1 hr 10 min

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Instructions

1. Preheat oven to 400 degrees F. Coat two baking sheets and an 8-by-11 1/2-inch baking dish with nonstick cooking spray.
2. Cut eggplants crosswise into 1/4-inch-thick slices. Whisk egg whites and water in a shallow dish until frothy. Combine breadcrumbs, 1/4 cup of the Parmesan, salt and pepper in another shallow dish. Dip the eggplant slices into the egg-white mixture, then coat with the breadcrumb mixture. (Discard any leftover breadcrumbs and egg white.) Arrange the eggplant slices in a single layer on the prepared baking sheets. Bake for 15 minutes, turn the eggplant slices over, and bake until crisp and golden, about 15 minutes longer.
3. Stir basil into tomato sauce. Spread about 1/2 cup of the sauce in the bottom of the prepared baking dish. Arrange half of the eggplant slices over the sauce, overlapping slightly. Spoon 1 cup of the remaining sauce over the eggplant and sprinkle with half of the mozzarella cheese. Add a layer of the remaining eggplant slices and top with the remaining sauce, mozzarella and Parmesan. Bake, uncovered, until the sauce bubbles

Notes

This lighter take on eggplant parmesan maintains all the flavors of the classic dish but is baked instead of fried.

*By EATINGWELL TEST KITCHEN

2 eggplants, (about 2 pounds total)
3 egg whites
3 tablespoons water
1 cup fine dry breadcrumbs
1/2 cup freshly grated Parmesan cheese, (1 ounce), divided
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/4 cup slivered fresh basil leaves
2 1/2 cups tomato sauce
3/4 cup grated part-skim mozzarella cheese, (3 ounces)

Nutrition Facts

Per Serving:

204 calories; 5.9 g total fat; 2.6 g saturated fat; 13 mg cholesterol; 576 mg sodium. 777 mg potassium; 29.2 g carbohydrates; 6.7 g fiber; 11 g sugar; 11.3 g protein; 1228 IU vitamin A ; 45 mg vitamin C; 85 mcg folate; 209 mg calcium; 2 mg iron; 53 mg magnesium;

Exchanges:

1 Starch, 4 Vegetable, 1 Medium-Fat Meat

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Lemon Rice

From: Connie Foster

Serves:

Prep Time:

Cook Time:

Instructions

1. In a small measuring pitcher, combine the lemon zest, juice & sugar; set aside.
2. Heat the pan. Add oil and when oil is not and begins to smoke, add the rice. Stir-fry 1 minute.
3. Stir in the raisins, almonds, and lemon mixture and continue stirring 3 minutes or until the rice is hot.

Notes

Ingredients

Juice of one lemon

Grated zest of one lemon

2 tsp. sugar

2 tbsp. olive oil

1-1/4 c. white rice, cooked & cooled

½ c. golden raisins or currants

½ c. slivered almonds, roasted

E. Jay's Swiss Pie

From: Lori Wallick

Serves: 4

Prep Time:

Cook Time: 40 min

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Ingredients

1 quart toasted bread crumbs (fry in butter)

2 large tomatoes, sliced

1/2 lb grated Swiss cheese

2 eggs

1 cup milk

Salt, pepper, paprika and mustard to taste

Instructions

1. Fry one quart toasted bread crumbs in butter.
2. Layer bread crumbs, tomatoes, and Swiss cheese in 9" deep dish pie pan
3. Blend 2 eggs with 1 Cup milk, and salt, pepper, paprika, & mustard to taste & pour over all.
4. Bake 350 degrees 40 minutes

Notes

Three-Cheese Spinach Orzo Bake*

From: Markita Price

Serves: 6-8

Prep Time:

Cook Time:

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Ingredients

1 cup orzo

1 cup prepared tomato-based pasta sauce

1/2 cup grated Parmesan cheese

10 ounces frozen chopped spinach, thawed, excess water squeezed out

2 large eggs

1/2 cup low-fat ricotta cheese

1/4 teaspoon freshly grated nutmeg

Salt

Freshly ground black pepper

1/2 cup shredded mozzarella cheese

Instructions

1. Preheat the oven to 375 degrees. Lightly coat a 9-inch glass pie plate with nonstick spray oil.
2. Bring a large pot of salted water to a boil over medium-high heat. Add the orzo and cook according to package directions. Drain and transfer to a medium bowl.
3. Add 1/2 cup of the pasta sauce and the Parmesan cheese. Spread the mixture in the prepared pie plate.
4. In a medium bowl, add the spinach, eggs, ricotta cheese, nutmeg and salt and pepper to taste and stir to combine. Spoon the mixture evenly to cover all of the pasta. Top with the remaining 1/2 cup of the pasta sauce and sprinkle with mozzarella cheese. Bake for 30 minutes or until the cheese is slightly melted. Serve hot.

Notes

*The Washington Post food section

Spinach, Leek and Goat Cheese Quiche*

From: Markita Price

Serves:

Prep Time:

Cook Time:

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Instructions

Make the crust: Position the baking rack in the middle of the oven and preheat to 400 degrees.

In a medium bowl, whisk together the pastry flour, all-purpose flour and salt. In a small bowl or spouted pitcher, pour in the 1/3 cup of olive oil, then whisk in the milk until well integrated. Make a well in the flour mixture, pour in the oil mixture, then combine with a fork until crumbly.

Brush a 9-inch deep-dish pie plate and one side of a 10-inch square piece of foil with the remaining 1 teaspoon oil. Pat the mixture into the bottom and about 3/4 of the way up the sides of the prepared pie plate.

Prick the pie crust in a few spots with a fork. Place the foil (oiled side down) over the crust, top it with pie weights, raw rice or dried beans and bake for 10 minutes. Remove the weights and the foil and bake for an additional 5 minutes, until golden. Let cool completely on a wire rack. If making the filling right away, reduce the oven temperature to 350 degrees.

Make the filling: In a medium skillet over medium heat, heat the oil until shimmering. Add the leeks and cook, stirring, until softened, about 3 minutes. Add the spinach and cook, stirring frequently, until wilted, 1 to 2 minutes. Stir in the parsley and 1/4 teaspoon of the salt, then remove from the heat and let cool completely.

In a large bowl, whisk together the goat cheese and 1/2 cup (120 milliliters) of the milk until completely uniform. Whisk in the remaining milk, along with the eggs, the remaining 1/4 teaspoon of salt and the pepper.

Place the pie dish onto a large, rimmed baking sheet. Distribute the spinach-leek mixture over the bottom of the crust. Pour the filling into the crust and bake 45 to 55 minutes, until just set. Let cool for 5 minutes before slicing

Notes

*The Washington Post food section

The finished crust may be made ahead and refrigerated, tightly covered, for up to 3 days or frozen for 3 months. Defrost before using.

Ingredients

For the crust

2/3 cup (80 grams) whole-grain pastry flour (or 1/3 cup each all-purpose flour (40 grams) and regular whole-wheat flour (40 grams))

1/2 cup (62 grams) all-purpose flour

1/4 teaspoon kosher salt

1/3 cup (80 milliliters) olive oil, plus 1 teaspoon for brushing

2 tablespoons cold low-fat milk (1 percent)

For the filling

1 tablespoon olive oil

1 large chopped leek, white and light green parts only (about 1 cup)

3 cups (2 ounces/60 grams) loosely packed fresh spinach leaves, coarsely chopped

1/3 cup (20 grams) fresh flat-leaf parsley leaves, chopped

1/2 teaspoon kosher salt, divided
3 ounces (90 grams) soft goat cheese (chevre), at room temperature

1 cup (240 milliliters) low-fat milk (1 percent), divided

3 large eggs

1/4 teaspoon freshly ground black pepper

Quiche With Broccoli, Gorgonzola and Walnuts*

From: Marquita Price
Serves: 4

Prep Time:
Cook Time:

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Instructions

1. Place the baking rack in the center of the oven and preheat to 400 degrees. Line the bottom and sides of an 8-by-8-by-2-inch baking pan with parchment paper so you have a few inches of overhang. Cover the base of the pan with the puff pastry and let the dough come up the sides to hold the filling in.
2. Cut the broccoli florets into bite-size pieces and then cut them in half lengthwise. Scatter the florets, Gorgonzola, walnuts, shallot and red pepper flakes evenly over the pastry.
3. In a medium bowl, whisk together the cream, eggs, lemon zest, salt and garlic, then pour the mixture over the quiche filling.
4. Place the pan in the oven and bake for about 30 minutes, until the pastry is cooked through and just starting to brown and the center of the quiche is slightly wobbly.
5. Remove from the oven and let the quiche rest in the pan for 10 minutes. Then, remove from pan, peel away the parchment, slice and serve warm or at room temperature.

Notes

*The Washington Post food section

The quiche can be stored in the refrigerator for up to three days.

Ingredients

One (9-by-10-inch) sheet frozen puff pastry, thawed

1/2 cup (3 ounces) broccoli florets or cooked spinach or asparagus

4 ounces Gorgonzola picante cheese, crumbled (about 3/4 cup) or Feta cheese

1/4 cup (about 1 ounce) roughly chopped walnuts

1 shallot, minced

1 teaspoon crushed red pepper flakes

1/3 cup light cream

4 large eggs

Finely grated zest from 1 lemon

1 teaspoon fine sea salt or black pepper + nutmeg or whatever

1 clove garlic, minced (about 1 teaspoon)

Pesto Penne With Chickpeas*

From: Markita Price

Serves: 4-6

Prep Time:

Cook Time:

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Instructions

1. Place the spinach in a colander in the sink to defrost and drain while you make the rest of the dish.
2. Bring a pot of water to a boil over medium-high heat. Add a generous pinch or two of salt and the pasta; cook according to the package directions (somewhat firm), then strain out the water, reserving 1 cup. Leave the pasta in the pot.
3. Drain and rinse the chickpeas; smash a few of them, if you like. Then stir them into the cooked pasta (to warm up).
4. Meanwhile, use a Microplane or box grater to grate the cheese, to yield about 1/3 cup.
5. Drop the garlic into a food processor with the motor running, so it becomes finely chopped. Stop to add the basil, nuts, half the cheese, half the oil and 1/2 teaspoon of the salt; pulse to create a coarse puree. With the motor running, gradually add the remaining oil and puree to form a fairly smooth pesto.
6. Use your hands to squeeze excess moisture from the spinach and then place the greens in a serving bowl. Add the pesto and the pasta-chickpea mixture, then toss to incorporate. Add a splash or two of the reserved pasta cooking water if the mixture seems dry. Taste and season with salt, as needed.
7. Divide among bowls; top with the remaining cheese and a drizzle of oil.

Notes

*The Washington Post food section

Ingredients

8 ounces frozen spinach (bagged, not in a block)

Kosher salt

12 to 16 ounces mini penne or other small dried pasta shape

One 14.5-ounce can no-salt-added chickpeas

One 1.5-ounce chunk Parmigiano-Reggiano cheese

2 cloves garlic

2 cups packed fresh basil

1/4 cup pecan halves (may substitute pine nuts)

1/2 cup extra-virgin olive oil, plus more for drizzling

Lemon Potatoes With Beans and Feta*

From: Markita Price

Serves: 4-6

Prep Time:

Cook Time: 30-40 min

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Ingredients

5 medium Yukon Gold potatoes (1 1/4 to 1 1/2 pounds), unpeeled and quartered lengthwise into wedges

1/4 cup olive oil

1/3 cup fresh lemon juice (from 1 1/2 large lemons)

1/3 cup water

3/4 teaspoon kosher salt, divided

8 ounces green beans, or haricots verts, trimmed

One (15-ounce) can butter beans or another white bean, such as cannellini, drained and rinsed

1 1/2 teaspoons dried oregano

1/4 teaspoon freshly ground black pepper

1/3 cup crumbled feta cheese (2 ounces)

Instructions

1. Position a baking rack in the middle of the oven and preheat to 450 degrees.
2. Place the potatoes into a 9-by-13-inch rimmed baking dish. Pour the oil, lemon juice and water over the potatoes and sprinkle them with 1/2 teaspoon of the salt.
3. Transfer to the oven and roast for 15 minutes. Using tongs, flip the potatoes and return them to the oven to roast 15 to 20 minutes more, until the potatoes are easily pierced with a fork and browned in spots.
4. Add the green beans, butter beans, oregano, pepper and the remaining 1/4 teaspoon salt to the dish with the potatoes and toss to combine and to coat the beans with the remaining oil in the pan. Return the dish to the oven for about 8 minutes, or until the green beans are crisp-tender. Sprinkle with the feta cheese and serve.

Notes

* The Washington Post food section

This recipe turns traditional Greek lemon potatoes — with their bright tanginess, creamy insides and browned outsides — into a complete, healthful vegetarian meal with the addition of crisp green beans, meaty butter beans (or any white bean) and a sprinkle of briny feta cheese.

Spaghetti with Broccoli and Walnut/Ricotta Pesto*

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From: Markita Price

Serves:

Prep Time:

Cook Time:

Instructions

1. Turn on a food processor fitted with the steel blade and drop in the garlic. When it is chopped and adhering to the sides of the bowl, turn off and scrape down the bowl. Add the walnuts and basil and process to a paste. Add the ricotta, 2 tablespoons warm water, and Parmesan and pulse until well blended. Add the olive and walnut oils and process until smooth and homogenous. You can also make this in a mortar and pestle. Taste and add salt as desired. Transfer to a wide pasta bowl.
2. Bring a large pot of water to a boil. Add the spaghetti and boil 5 minutes. Add the broccoli and continue to boil until the pasta is al dente, about 4 more minutes. Before draining the pasta, remove 1/2 cup of the pasta cooking water. Add 1/4 cup of it to the ricotta mixture and stir until well blended. The sauce should have a creamy consistency (add more of the pasta water if necessary). Drain the spaghetti and broccoli and toss at once with the sauce. Serve, passing Parmesan or Pecorino on the side.

Notes

*The Washington Post food section

Markita loved this one and enjoyed substituting lots of greens

Ingredients

1 garlic clove, cut in half, green shoot removed

2 tablespoons shelled walnuts (about 3/4 ounce)

1 cup basil leaves (*can substitute spinach, or mixed greens*)

¼ cup fresh ricotta

2 tablespoons warm water

¼ cup freshly grated Parmesan, plus additional for sprinkling (Pecorino can be substituted for some of the Parmesan)

2 tablespoons extra virgin olive oil

1 tablespoon walnut oil

Salt to taste

½ pound broccoli crowns, broken into small florets

1 pound spaghetti

About 1/4 cup pasta cooking water (more to taste)

Advance preparation: You can make the dish through Step 1 several hours before cooking the pasta and serving.

Pasta with Eggplant, Mushrooms in Tomato Sauce*

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From: Pam Jackson

Serves: 4

Prep Time: 20 min

Cook Time: 15 min

Instructions

1. Coat a wok with the olive oil or other vegetable cooking spray. Add the eggplant and cook, over med-low heat until soft. Remove from wok and set aside
2. Add more vegetable spray as needed and cook the garlic for 1 minute or less, on med-low heat, until fragrant. Add the chopped tomatoes and cook until slightly mushy.
3. Stir in the mushrooms, sweet red pepper, salt, pepper flakes, black pepper, fresh basil, chives and vegetable broth. Increase the temperature to medium high and cook until the liquid is reduced to a sauce-like consistency, about 3-4 minutes.
4. Turn off the stove and add the cooked pasta. Mix well and serve.

Notes

*This is a modified Weight Watcher recipe

I have used either angel hair whole wheat pasta or Asian rice sticks/noodles. This dish tastes delicious with either.

Ingredients

- 1 medium, young eggplant, chopped into 1/2" pieces
- 1 sweet red pepper, cut into slices
- 4-8 oz fresh mushrooms, chopped coarsely
- Olive oil (or other) cooking spray
- 3/4 teaspoon salt
- 1 large garlic clove, minced
- 2 large tomatoes, chopped
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon black pepper
- 2 Tablespoons fresh basil, cut up
- 2 Tablespoons fresh chives, cut finely
- 1/2 cup vegetable broth
- 4-6 oz Pasta, cooked according to package directions, drained
- 4 oz low-fat feta cheese, crumbled

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German Cabbage

From: Elliott Barske

Serves:

Prep Time:

Cook Time:

Instructions

1. Shred a cabbage down to the core.
2. Pour boiling water over the cabbage and pour off and drain immediately.
3. Put on very low heat and add the apples, onion, vinegar, pepper, sugar and the meatless bacon flavoring.
4. Cook very slowly for 1 1/2 to 2 hours

Gutes Essen!!!

Notes

Here is a recipe for German Cabbage from my grandmother. Her mother emigrated from Germany in the late 1880s.

Ingredients

1 cabbage (about 2 pounds)
2 apples
1 onion cut very small
1 Tablespoon of vinegar
1 teaspoon salt and a little pepper
1 Tablespoon sugar
Meatless bacon flavoring, to taste

NOTE: The original recipe calls for 1 Tablespoon of pork (or bacon) fat drippings instead of the meatless bacon flavoring

Whole Wheat Macaroni—Russian Style*

From: Cathy Stephens

Serves: 6-8 servings

Prep Time:

Cook Time:

Instructions

1. Combine the sour cream, cottage cheese, cheddar cheese and green pepper.
2. Sautee in butter the cabbage, mushrooms, carrots, red onions, scallions and caraway seeds.
3. Boil the macaroni in salted water until just underdone —then drain and butter.
4. Combine everything.
5. Add the soy (or tamari) sauce and lots of fresh black pepper.
6. Add optional additions, as you prefer
7. Serve with fresh tomato slices, sprinkled with basil.

Notes

* Source: Moosewood Cookbook by Mollie Katzen, 10 Speed Press, 1977



Ingredients

1 1/2 cups sour cream
2 cups cottage cheese
1 cup grated cheddar cheese
1 red onion, thinly sliced
2 chopped scallions
1 chopped green pepper
2 cups shredded cabbage
1/2 pound sliced mushrooms
1 chopped carrot
1 teaspoon caraway seeds
2 cups raw, whole wheat macaroni
2 Tablespoons soy (or tamari) sauce
Fresh black pepper
Butter
Tomato slices
Basil
Optional additions: toasted cashews, toasted sunflower or sesame seeds, chopped fresh spinach

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Chile Relleno

From: Donna Miller

Serves:

Prep Time:

Cook Time:

Instructions

1. Open chiles, drain and spread in 9 x 13 pan.
2. Combine eggs, milk & flour. Pour over chiles.
3. Spread cheddar cheese on top.
4. Bake at 325 for 30 minutes
5. Spread Jack cheese on top. Spread on tomato sauce or salsa.
6. Bake 5 minutes more.

Ingredients

- 1, 7-ounce can Ortega chiles, diced
- 1 ½ cups evaporated milk
- 4 eggs
- 2 T flour
- ½ pound shredded cheddar cheese
- ½ pound shredded jack cheese
- 1 8-ounce can tomato sauce or salsa

Notes

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Pesto Genovese*

From: Cathy Stephens

Serves:

Prep Time:

Cook Time:

Instructions

Whirl the basil, garlic, nuts and parmesan in food processor until well mixed. Then add olive oil in slow steady stream until a smooth paste is formed.

May be kept refrigerated for several weeks in air tight jar. Cover sauce with thin layer of olive oil to keep it from discoloring. Or freeze some in ice-cube trays and then put them in a freezer bag.

Notes

*New Recipes from Moosewood Restaurant, The Moosewood Collective, 1987

Cathy says this is amazing on pasta as a side dish or floated on minestrone soup!

Ingredients

2 ½ c firmly packed fresh basil leaves, chopped (I just use packed whole leaves)

2 lg garlic cloves, pressed

½ c. pine nuts

½ c. fresh grated Parmesan cheese (1ounce)

½ c. olive oil

salt to taste

Desserts

1. [Apple Crisp](#), Carole Hansen
2. [Greek Style Olive Oil Sesame Cookies](#), Markita Price
3. [Favorite Gingerbread Dessert](#), Carole Hansen
4. [Hot Fudge Pudding](#), Carole Hansen
5. [Fresh Strawberry Mousse](#), Markita Price
6. [Zucchini Chocolate Cake](#), Gudie Pfendler

Apple Crisp*

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From: Carole Hansen

Serves:

Prep Time:

Cook Time: 30 min

Instructions

1. Preheat oven to 350 degrees.
2. Beat the eggs.
3. Gradually add 1 cup sugar, beating until light and fluffy
4. Sift cup flour, salt, baking powder and add to egg mixture. Mix well.
5. Fold in the chopped apples, chopped walnuts and vanilla.
6. Bake in a greased pan, at 350 degrees for 30 minutes
7. Serve with whipped topping. May add 1/2 cup shredded coconut.

Ingredients

2 eggs

1 cup sugar

2/3 cup flour

1/4 teaspoon salt

2 & 1/2 teaspoons baking powder

1 cup chopped apples, peeled and cored

1 cup chopped walnuts

2 teaspoons vanilla

Whipped cream (optional)

1/2 cup shredded coconut

Notes

* Original recipe from Lorraine Jones

And be ye kind one to another, tenderhearted, forgiving one another.....Ephesians 4:32

Greek-Style Olive Oil Sesame Cookies*

From: Markita Price

Serves:

Prep Time:

Cook Time: 30 min

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Instructions

1. Position the rack in the middle of the oven and pre-heat to 350 degrees. Line a large rimmed baking sheet with parchment paper.
2. Using a fine grater, zest the orange until you have 1 teaspoon of zest. Squeeze 1/3 cup (80 milliliters) of juice from the orange into a large bowl. Reserve the rest of the fruit for another use.
3. To the bowl, add the oil, sugar, brandy and zest, and whisk until the sugar is dissolved.
4. In a medium bowl, whisk together the flour, baking powder, cinnamon, cloves and baking soda. Add the dry ingredients to the wet ones in several batches, stirring at first with a spoon or spatula to incorporate. When the dough becomes difficult to stir with the last additions of dry ingredients, use your hands to knead the dough to incorporate. Cover the bowl and let the dough rest for 10 minutes.
5. Spread the sesame seeds on a wide plate. Roll the dough into heaping tablespoon-size balls. Roll each ball in the sesame seeds, pressing a bit with your fingers so that they adhere, then place on the baking sheet and flatten slightly with the palm of your hand so that each disk is about 2 inches in diameter and 1/4-inch high. Place the balls about 1 inch apart on the baking sheet; they will not spread much.
6. Bake for about 30 minutes, until golden and crunchy; then transfer to a wire rack. The cookies will crisp further as they cool. Serve at room temperature.

Notes

* from Washington Post food section

Markita says these are a bit hard, but crumble nicely and can be used as a topping for ice cream

Ingredients

1 orange

1/2 cup (120 milliliters) olive oil (one that is light in flavor and color)

1/3 cup (67 grams) granulated sugar

2 tablespoons brandy or cognac

2 1/2 cups (300 grams) whole-wheat pastry flour (or 1 1/2 cups/188 grams) all-purpose flour and 1 cup/125 grams) whole-wheat flour)

1/2 teaspoon baking powder

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/4 teaspoon baking soda

1/3 cup (50 grams) white sesame seeds

Favorite Gingerbread Dessert

From: Carole Hansen

Serves: 9

Prep Time:

Cook Time: 45-50 min

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Instructions

1. Preheat oven to 325 degrees
2. Mix thoroughly the shortening, sugar and egg.
3. Blend in the molasses and boiling water.
4. Sift together and stir in the flour, soda, salt, ginger and cinnamon, beating until smooth.
5. Pour into well greased and floured 9" square pan.
6. Bake at 325 degrees for 45-50 minutes.
7. Cut into 3" squares in pan.
8. Keep hot and serve piping hot with sweetened whipped cream, chocolate sauce or other toppings.

Notes

You can double the recipe as required

Also known as "Fort Atkinson Gingerbread" in the popular old brown covered Gold Medal Cook Book that was a treasure trove for brides in the 1870's.

Early American colonists made gingerbread much as we do today.

Ingredients

1/2 cup soft shortening
2 Tablespoons sugar
1 egg
1 cup dark New Orleans molasses
1 cup boiling water
2 1/4 cups sifted flour
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon ground ginger
1 teaspoon cinnamon
Sweetened whipped cream (optional)

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Hot Fudge Pudding*

From: Carole Hansen

Serves: 9

Prep Time:

Cook Time: 45 min

Instructions

1. Preheat oven to 350 degrees
2. Sift together into a bowl the flour, baking powder, salt, sugar and 2 Tablespoons of cocoa.
3. Stir in the milk and 2 Tablespoons of melted shortening.
4. Blend in the nuts
5. Spread into a 9" square pan
6. Sprinkle with a mixture of the brown sugar and 1/4 cup cocoa
7. Pour 1 3/4 cup hot water over the entire batter
8. Bake at 350F for 45 minutes. During baking, the cake mixture rises to the top and chocolate sauce settles to bottom.
9. Invert squares of pudding on dessert plates. Dip sauce from pan over each. Or the entire pudding can be inverted in a deep serving platter.
10. Serve warm, with or without whipped cream.

Notes

- Source: Mrs. Oswin Keifer of Bostwick, Nebraska
- Easy to make and inexpensive—the sauce forms as the pudding bakes.

Ingredients

1 cup sifted flour
2 teaspoons baking powder
1/4 teaspoon salt
3/4 cup sugar
2 Tablespoons plus 1/4 cup of cocoa
1/2 cup milk
2 Tablespoons shortening, melted
1 cup chopped nuts
1 cup packed, brown sugar
1 3/4 cups hot water

Fresh Strawberry Mousse*

From: Markita Price
Serves: 4-6 Servings

Prep Time: 20 min*
Cook Time:

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Ingredients

4 cups sliced strawberries
6 Tablespoons cornstarch
1/2—2/3 cup sugar
1/2 cup fresh lemon juice
1 teaspoon grated lemon rind
1/2 pint heavy cream, whipped OR 1 cup
firm yogurt (nonfat is OK), stirred until
smooth

Instructions

1. Place the strawberries in a medium-sized saucepan. Cover and cook over medium heat for 5-8 minutes, until it looks like soup. Transfer to a medium-sized bowl and set aside.
2. Without washing it first, use the same saucepan for this step. Combine the cornstarch, sugar and lemon juice in the pan, and whisk until uniform.
3. Pour the still-hot strawberry soup back into the cornstarch mixture, whisking constantly. Return the pan to the stove, and cook over medium heat, stirring constantly until thick. (This should take about 5 minutes.) Remove from heat, and stir in the lemon rind.
4. Transfer back to the same bowl the strawberries had been in, and cool to room temperature.
5. Puree until smooth in a food processor or blender, & return to the bowl. Cover tightly and chill until cold.
6. Fold in the whipped cream or yogurt and serve.
7. NOTE: Prep time doesn't include the cool/chill times

Notes

* Source: The Enchanted Broccoli Forest book by Mollie Katzen.

Zucchini Chocolate Cake

From: Gudie Pfendler
Serves: 4-6 Servings

Prep Time: 20 min*
Cook Time:



Ingredients

Instructions

1. Have ready the diced zucchini and chocolate chips.
2. Mix the oil, eggs, softened butter (or margarine), sugar, vanilla and sour milk
3. Sift together the flour, cocoa, baking soda, cinnamon and baking powder
4. Combine all ingredients (except zucchini and chocolate chips) and mix thoroughly. Stir in the zucchini. Place into a greased and floured 8x12 or 9x11 pan. Sprinkle the chocolate chips over the batter. Bake at 325° for 40-45 min., or until cake tests done.

Note: 9x13 pan makes nice thick “bars”. Shorten baking time a little.

Note from Gudie:

I have used this recipe for a number of years. My family likes it because it is nice and moist. It was originally given to me by my sister Ingrid. At her place of work, they would have a potluck once in the summer when everybody had an overabundance of zucchinis. All the dishes for the potluck -- from appetizers to main dishes and desserts -- were required to have zucchini in them. The recipes were printed and shared.

2 c zucchini, diced (I like to grate the zucchini through the larger holes of a grater)

¼ to ½ c chocolate chips

½ c oil

2 eggs

½ c softened butter or margarine

1 ½ c sugar

1 tsp vanilla

½ c sour milk

2 ½ c flour

4 Tbsp cocoa

1 tsp baking soda

½ tsp cinnamon

½ tsp baking powder

Note:

1/2 cup sour milk = 2 tsp vinegar and sweet milk to make 1/2 cup

1/2 cup sour milk = 2 ¼ tsp lemon juice and sweet milk to make 1/2 cup