

Recipes for Vegetarian Delights

ROASTED OLIVES

3 – 5 cups assorted green and black olives
2 – 3 Rosemary sprigs, cut in half
Several strips of orange zest cut into long, thin strips
¼ cup extra-virgin Olive Oil
¼ teaspoon dried chili flakes
Salt, to taste

Preheat oven to 400-degrees. In a bowl, combine olives, rosemary, orange zest, oil, chili flakes and salt and toss to coat. Place olive mixture into roasting pan and bake until olives are warmed through, 7 – 10 minutes. Remove from the oven, and then remove the now dried rosemary sprigs and orange strips. Place warmed olives in decorative serving bowl with accumulated sauce; add new rosemary sprig and some new orange zest strips and serve. This dish is best served warm but can be served at room temperature.

Serves 4 to 8 – can be doubled or tripled

STRAWBERRY AND GOAT CHEESE BRUSCHETTA

1- 8oz. baguette
1 tablespoon olive oil
1- 4oz. log goat cheese
1½ cups sliced strawberries
½ cup baby arugula

Garnishes: Olive oil, coarse salt, freshly ground black pepper, herbs

Heat broiler: Halve baguette crosswise then lengthwise. Place cut sides up on large baking sheet. Brush with the 1 tablespoon olive oil; broil 3 to 4 inches from heat, for 1½ to 2 minutes or until lightly toasted.

Slice and divide cheese among toasts. Top with sliced berries. Broil 2 – 3 minutes or until cheese and berries soften. Remove from broiler, top with baby arugula. Drizzle with additional oil and garnish with salt, pepper and fresh or dried herbs.
Serves 4

HUMMUS, ROASTED RED PEPPER, OLIVES and RED ONION ON PITA PIZZA

One package Greek-Style Pitas – found at Walmart
One container of plain hummus
1 cup chopped Kalamata (pitted) olives
1 cup sliced roasted red peppers
1 cup diced red onion
1 cup diced cucumber
1-2 cups crumbled feta cheese

Spread hummus on one pita round, then garnish with your choice of items. Slice – pizza style into 4 to 6 slices and enjoy.

GRAPE TOMATO, BASIL, AND CAULIFLOWER CAKE

1 small cauliflower- cut into small florets	2 tablespoons olive oil
2 tablespoons butter	2 cloves garlic, minced
8 eggs	½ cup fresh basil, chopped
1 cup all-purpose flour	1½ teaspoons baking powder
¼ teaspoon ground turmeric	½ teaspoon ground cumin
Pinch red pepper chili flakes	1½ teaspoons kosher salt
Ground pepper to taste	5 ounces grated Parmesan cheese
1½ cups fresh grape tomatoes, sliced	

Pre-heat the oven to 400 degrees.

Steam or roast cauliflower until tender, about 12 minutes. Set aside. In a small skillet, heat oil and butter over medium heat. Add garlic and sauté until fragrant. Scrape garlic into a large bowl, then add eggs and basil, whisking well. Add dry ingredients, seasonings and Parmesan cheese. Whisk until smooth. Now, gently stir in cauliflower and tomatoes.

Spray a 9½ inch diameter spring-form pan with cooking spray. Pour mixture into pan, spreading evenly. Place on middle rack and bake for 40-45 minutes, until golden brown and set. A knife inserted in cake center should come out clean. Remove from oven and let rest 15-20 minutes. Remove outer pan ring, and slice cake into serving pieces. Serve with a crisp Caesar salad and a glass of red wine. Enjoy!

SPINACH, RICE, AND FETA PIE

2 tablespoons butter, unsalted please
¼ cup chopped onion
2 teaspoons all-purpose flour
½ teaspoon salt
¼ teaspoon black pepper
1½ cups milk, 2% is fine
2 cups **COOKED** long-grain rice
¾ cups (3 oz.) crumbled Feta Cheese
1 large egg – room temperature
2 large egg whites – room temperature
1 10oz. package frozen spinach, thawed, drained and squeezed dry
Fresh nutmeg, a few scrapes across a zester, just for the spinach
Cooking Spray
2 tablespoons parmesan cheese

Melt the butter in a large saucepan over medium heat. Add the onion, sauté 3 minutes. Stir in the flour, salt, and pepper. Gradually add the milk, stirring with a whisk until well blended. Bring this mixture to a simmer, cook 1 minute or until thick, stirring constantly. Remove pan from heat, stir in the cooked rice, feta cheese, egg, egg whites and the spinach, with just a hint of nutmeg. Mix well, now pour this mixture into a 9-inch glass pie plate sprayed with cooking spray.

Bake in a preheated 400-degree oven for 35 minutes or until set. Remove and sprinkle the top with the Parmesan Cheese and place under the broiler, **AT LEAST 5-6 INCHES FROM THE HEAT SOURCE**, until golden brown. Remove, allow to sit for a minute or two, slice and serve. Serves 6 - 8

SPINACH TORTELLINI with BEANS AND FETA

1 – 9oz. pkg. refrigerated cheese-filled spinach tortellini
1 – 15 oz. can cannellini beans, drained and rinsed
¾ cup crumbled garlic and herb flavored feta cheese, approx. 3 oz.
2 tablespoons Olive oil
1 large tomato, chopped
4 cups baby spinach - stems removed
Freshly ground black pepper

Cook tortellini according to package directions. Drain and return to saucepan.

Add drained beans, feta cheese, and olive oil to tortellini in saucepan. Cook over medium heat until beans are hot and cheese begins to melt, gently stirring occasionally. Add tomato; cook 1 minute more. Sprinkle with black pepper and serve. Serves 4

HERB SALAD with CREAMY LEMON DRESSING

Finely zested peel and juice from 2 medium lemons
2 cloves garlic, minced
2 teaspoons Dijon-style mustard
½ cup olive oil
½ cup sour cream
2 to 3 heads of butter lettuce, torn; or 6 to 8 cups mixed baby salad greens
1½ cups assorted fresh herbs, such as chives, basil, parsley or mint – torn
12 to 15 radishes, thinly sliced

To make the dressing; in a medium bowl combine lemon zest and juice, garlic, mustard, and ¼ teaspoon each, salt and pepper. Slowly whisk in olive oil until thickened. Now whisk in sour cream.

Toss together the lettuce and/or greens and herbs, transfer to large serving platter. Top with sliced radishes and then drizzle the dressing over the salad and pass remaining dressing. Makes 6 to 8 servings

BLACK BEAN LASAGNE

2 16 oz. cans black beans, rinsed & drained
1 cup salsa – thick if you can find it
1 24 or 28-ounce jar meatless spaghetti sauce
1 teaspoon garlic, minced
1½ teaspoons ground cumin
1 30oz container ricotta cheese
1/3 cup parmesan cheese, shredded
1 egg white
¼ cup milk – **see note**
Package no-cook lasagna noodles – I use Barilla no cook, they just fit the 8x8 pans
1 cup mozzarella cheese, shredded
1 cup- Monterey jack cheese, shredded
2 8x8 aluminum pans
Heavy duty foil
Non-stick cooking spray

Preheat oven to 350-degrees. Lightly grease (spray) one 13 x 9 or two 8x8 baking pans – I usually do the two 8 x 8 pans.

In large bowl, stir together beans, salsa, spaghetti sauce, garlic, and cumin. Set aside.

In medium bowl, stir together ricotta, parmesan, egg white, and milk (note – depending on cheese and ricotta consistency, you may not need the entire ¼ cup of milk.).

Spread 1-2 tablespoons bean mixture in bottom of each 8 x 8 pan. Place 2 lasagna noodles over sauce. Spread with about one fourth the ricotta mixture and sprinkle with about one fourth the Monterey jack and mozzarella cheeses (remember, you are making two pans of lasagna). Now cover with 2 – 3 tablespoons bean mixture, making sure it covers the noodles completely. Repeat layer of noodles, ricotta mixture, bean mixture, mozzarella and Monterey jack cheese. Top with another layer of noodles and then sauce, then spread cheese over sauce.

Cover dish tightly with foil and bake for 30 - 40 minutes. Uncover and bake 10 minutes more or until noodles are done and lasagna is heated through. Let stand 5 – 8 minutes before serving.

Note: Prepare as above only do not cook. Cover and freeze. Defrost overnight in the refrigerator. Bake covered, 30 - 40 minutes in a preheated 350-degree oven. Uncover and bake an additional 10 minutes to ensure the lasagna is heated through. Let stand 5 minutes before serving.

SPINACH STUFFED LASAGNA RUFFLES

1 – package lasagna noodles [one half the box]
1 8 oz. package cream cheese, softened [4 oz. cream cheese]
2 (10 oz.) packages spinach, thawed & drained [one box spinach]
1½ cups parmesan cheese, grated [2/3s cup]
1- (15 oz.) container ricotta cheese [1/2 of the container]
2 cups mozzarella cheese, shredded [one cup]
1½ teaspoons Italian seasoning [1 teaspoon]
¼ teaspoon salt [a pinch]
Pinch of freshly ground nutmeg – if you have a nut allergy, this can be left out
32 ounces spaghetti sauce of your choice, preferably meatless [15 oz. size jar]
*Approx. 8 ounces of meat, poultry or seafood – see note below. [4 oz. of meat]

Cook the noodles according to the package directions. Drain and set aside on a cookie sheet lined with wax paper. Place wax paper or parchment paper between the layers of cooked noodles. You usually get 18 to 20 noodles per box, so about three layers on a standard rimmed baking sheet. While the noodles are cooking, defrost the spinach in a pot of water and cook for about 6 minutes, drain well and then add some freshly grated nutmeg to the spinach.

For the filling, beat cream cheese until smooth, stir in the spinach, 1 cup of the parmesan cheese, ricotta cheese, mozzarella cheese, Italian seasoning, nutmeg, and salt. Spread approximately 1/3 cup of the filling over each cooked noodle,

spreading the filling so it covers the entire noodle. Roll the noodles up lengthwise (jellyroll style).

Pour one-third of the spaghetti sauce into a lightly greased ovenproof container. Place each roll, seam side down in the sauce. After placing the rolls in the pan, top with the remaining sauce and Parmesan cheese. Cover with foil and cook in a preheated 350-degree oven for 30 to 40 minutes or until hot throughout.

Serves 6

*Note: You can fill the rolls with a meat mixture (beef, pork, veal, chicken, turkey or seafood such as crab or shrimp. Just be sure the mixture is cooked and minced prior to adding to the spinach mixture to ensure you can roll the pasta noodles once spread onto them.

You can place one or two rolls in small ovenproof containers, sauce and then wrap in plastic wrap and then foil. You can freeze these for later use. Just defrost in the refrigerator overnight and then follow the cooking directions as shown above.

As information, a full box of uncooked lasagna noodles is usually around 18 to 20 noodles. The average size for a single meal would be two rolled noodles. Therefore you can have several separate packaged meals in the freezer. Of course you can always cut the recipe in half or even thirds so as not to have too many items in the freezer. You will note that I have given you the recipe for a full box of noodles, and then on the right of each ingredient in parenthesis, I have cut that recipe in half.

SMOKY MUSHROOM STROGANOFF

1 – 8.8 oz. pkg. dried pappardelle (wide egg noodles)

1½ pounds package sliced mushrooms such as button, cremini or shitake

2 cloves garlic, minced

1 tablespoon Olive Oil

1 – 8oz. carton light sour cream

2 Tablespoons all-purpose flour

1½ teaspoons smoked paprika

1 cup vegetable broth

Snipped fresh Italian (flat-leaf) parsley – Optional

Cook noodles according to package directions. Drain; keep warm.

In extra-large skillet cook mushrooms and garlic in hot oil over medium-high heat 5 to 8 minutes or until tender, stirring occasionally. Reduce heat if mushrooms brown quickly. Remove with slotted spoon; cover to keep warm.

For the sauce, in bowl combine sour cream, flour, paprika and ¼ teaspoon pepper. Stir in broth until smooth. Add to skillet; cook and stir until thickened and bubbly. Add mushrooms and cook and stir an additional minute to meld everything together. Serve mushroom mixture over noodles. Sprinkle with parsley and serve.

VEGETARIAN CHILI

42 ounces tomatoes - diced, canned

2 15 oz. cans Red Kidney beans – one drained, one un-drained

3 tablespoon olive oil

1 yellow onion, chopped

2 cloves garlic, minced

3 tablespoons chili powder

½ teaspoon basil, dried

½ teaspoon cumin

½ teaspoon oregano, dried

1 zucchini, diced

1 yellow squash, diced

2 cups carrots, peeled and diced, about 3-4 carrots

Salt and pepper to taste

Drain one of the cans of kidney beans. In a large pot, heat olive oil and sauté onion over medium heat until onion starts to sweat, about 2 minutes. Now add the garlic and cook until the onions are soft, but not brown. Mix together – (this should be done prior to your starting the cooking) - the spices (chili powder, dried basil, dried oregano, ground cumin) and add all at once to the onions. Cook, stirring 30 seconds and then add zucchini, yellow squash, and carrots until well

blended. (Note: the vegetables should be diced prior to starting cooking and should be uniform size, not too small but not too big, about a ½ inch dice). Cook for 1 minute over low heat, stirring.

Stir in tomatoes, with liquid, and drained and un-drained kidney beans. Bring to a boil. Reduce heat and simmer, partially covered, for 30 to 45 minutes, stirring several times, until thickened. Remove cover last 15 minutes if needed to encourage thickening. Season with salt and pepper and serve.

Note: This can be served over white rice, brown rice, pasta or all by itself.
Serves 6 to 8 leftovers can be frozen

APRICOT-GLAZED ROASTED ASPARAGUS

1 pound asparagus spears, trimmed and peeled, if necessary
cooking spray
2 tablespoons apricot preserves
1 tablespoon low-sodium soy sauce
¼ teaspoon minced garlic, about 1 clove
1/8 teaspoon salt

Preheat oven to 400-degrees; place asparagus spears on a foil-lined jelly roll or cookie sheet pan coated with cooking spray. Combine the apricot preserves, soy sauce, garlic, and salt; pour this mixture over the asparagus. Toss well to coat evenly. Bake for 10 minutes or until the asparagus are crisp-tender. Remove and arrange on a serving plate. Note: If you are going to take this dish to someone's home, you can prepare this up to the point of cooking; then keep cool until you arrive at your guest's house, then roast in the oven.

Serves 4 to 6

GRILLED FRESH PINEAPPLE WITH RUM CREAM SAUCE

One Freshly Peeled and Cored Pineapple
Clarified Unsalted Butter - Ghee
4 tablespoons unsalted butter
½ cup dark brown sugar

½ cup heavy cream
¼ cup light rum
¼ cup fresh lime juice
1 package frozen Pound Cake, slightly defrosted
Small container of Pineapple/Coconut Ice Cream

Dip or brush pineapple rings with clarified butter; grill* on each side for 5 minutes or just until grill marks show and pineapple is sweet. Remove and set aside.

Slice Pound cake into 1½ inch slices, spray with butter spray and place on grill - again we are looking for grill marks. Grill on one side for approximately 2 minutes, turn and grill on side 2 for one minute. Remove from heat

Meanwhile, combine the 4 tbsp. butter, brown sugar, and cream in a small saucepan. Bring this mixture to a low boil over medium- to- medium high heat. When all the sugar is melted, about the time it reaches a boil, remove from heat and stir in the rum and lime juice. Serves 4 to 6

Place grilled pound cake in center of plate, now put a ring of grilled pineapple over the cake, top with a spoon of the Pineapple/Coconut Ice Cream; drizzle with the cream rum sauce and garnish with a thin slice of lime and some lime zest.

*Note: you can use a grill pan to achieve this aspect of this recipe if you do not want to use an outdoor grill.