

# Lifetime learning presents

## Vegetarian Delights

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Vegetarian meals have come a long way from simple potatoes, spinach, tofu and beans. Today's recipes cover the entire spectrum of dining experiences, from appetizers to desserts. For today's class, I have presented to you a baker's dozen recipes, from Appetizer (2) to Breakfast and/or Brunch Dishes (4), Salads (1), Main Dishes (4) Sides (1) and Desserts (1). So, sit back, relax and enjoy the class. The recipes are as follows:

### **APPETIZER:**

Roasted Olives with Orange and Rosemary  
Strawberry Bruschetta

### **BREAKFAST AND/OR BRUNCH:**

Hummus, Red Peppers, Black Olives, Red Onion and Feta on Pita Pizza  
Grape Tomato, Cauliflower & Basil Cake  
Spinach, Rice and Feta Pie  
Spinach Tortellini with Beans and Feta

### **SALADS:**

Herbed Salad with Creamy Lemon Dressing

### **MAIN DISHES:**

Black Bean Lasagna  
Spinach Stuffed Lasagna Ruffles  
Smoky Mushroom Stroganoff  
Vegetarian Chili

### **SIDE DISH:**

Apricot Glazed Asparagus

### **DESSERT:**

Grilled Pineapple on Grilled Pound Cake with Rum Cream Sauce