

A large black bowl filled with a variety of vegetarian ingredients. At the top left is a dollop of green avocado. Below it is a pile of white rice. To the right of the rice is a corn and onion salad. Further right are several slices of red tomato. Below the tomato is a pile of green leafy vegetables. In the center is a white, round, soft-boiled egg. To the left of the egg is a pile of spiralized zucchini. At the bottom left is a pile of brown beans. The bowl is set on a wooden surface. Surrounding the main bowl are smaller bowls containing individual ingredients: a bowl of red tomatoes at the top right, a bowl of spiralized zucchini at the bottom right, a bowl of white rice at the bottom left, and a bowl of corn and onion salad at the bottom center.

24 Vegetarian Recipes to Get You Started

**by
Cora Dickson**

24 Vegetarian Recipes to Get You Started

Written and produced by Cora Dickson

Capstone Project, 2022-2023

Windermere Community Secondary School

Career Life Connections teacher: Mr. Aaron Zess

Lunchie Character drawn by Koshielia Velarde

Cover Photo by Ralph (Ravi) Kayden on Unsplash

Mentor: Carol Sill

All recipes selected, adapted and tested by Cora Dickson

Introduction

I'm Cora Dickson, author of *24 Vegetarian Recipes to Get You Started*. I put this recipe book together as part of my Grade 12 Capstone Project. The project aims to explore an area of interest and consolidate and showcase my learning from school with life experience into a meaningful project.



I chose to create a vegetarian cookbook to grow my knowledge about the culinary arts and writing skills.

I've been a vegetarian for three years and wouldn't go back. So, I hope to influence others to go meatless as well, by offering delectable healthy meals that are easy and simple.

There are many kinds of meals in this book, a few make servings for up to eight people, while others are for one person. A couple of the recipes require a pressure cooker or blender.

Remember that not all the recipes in this book are my creation. Some are adapted from online sources, and some are my own. I hope you enjoy these recipes as much as I do.

Our mascot, Lunchie, The Butternut Squash, will occasionally join us with fun recipe alternatives and ways to make your eating experience more enjoyable.

Have a wonderful meal!

The Recipes

Chapter 1: Oven Baked1

- Baked, Stuffed Acorn Squash.....2
- Pot Pie4
- Twice Baked Potatoes6

Chapter 2: Pasta9

- Butternut Squash Mac 'n' Cheese10
- Veggie Lasagna12
- Veggie Stuffed Shells14

Chapter 3: Salads and Bowls17

- Vegetarian Cobb Salad18
- Pasta Salad20

Chapter 4: Sandwich Types23

- Veggie Black Bean Enchilada24
- Breakfast for Dinner Eggs26
- Grilled Cheese and Tomato28
- Vegan Sloppy Joes30

Chapter 5: Sauces and Sides33

- Cornbread34
- Creamy Mushroom Sauce36
- Parmesan Garlic Cream Sauce38
- Veggie Spaghetti Sauce40

Chapter 6: Soups and Stews43

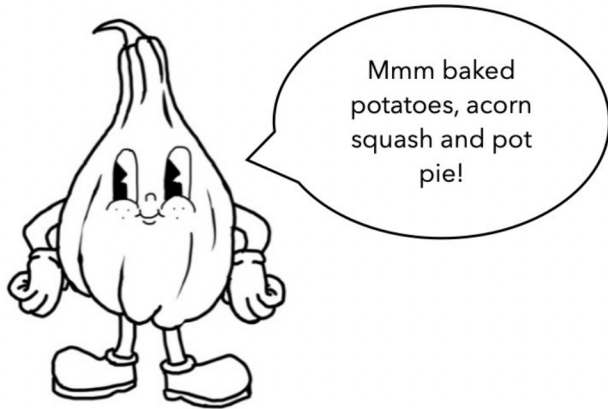
- Cheddar Broccoli Soup44
- Vegetarian Chili46
- Minestrone48
- Moroccan Chickpea Stew50
- Yellow Lentil and Veg Stew52

Chapter 7: Stove Top Dishes55

- Cauliflower Parmesan56
- Louisiana Red Beans and Rice58
- Vegetarian Pad Thai60

Chapter 1:

Oven Baked



Baked, Stuffed Acorn Squash

Recipe from Cookie and Kate.

Stuffed acorn squash is a wonderful and beautiful dish for a holiday or family meal that can replace meat as the staple ingredient. The acorn squash is a winter squash with a sweet, creamy and nutty flavour. It has plenty of vitamin C and is low in calories.



Ready in:		Recipe serves	
1 hour		4	
Ingredient		Amount	
Medium acorn squash		2	
Virgin olive oil, divided		2	Tbsp
Fine salt		1/2	Tsp
Quinoa, rinsed		1/2	Cup
Water		1	Cup
Dried cranberries		1/4	Cup
Hulled pumpkin seeds (pepitas)		1/4	Cup
Chopped green onion		1/4	Cup
Chopped fresh flat-leafed parsley		1/4	Cup
Garlic, pressed or minced		1	Clove
Lemon juice		1	Tbsp
Parmesan cheese		3/4	Cup
Crumbled goat cheese or feta		1/2	cup

Instructions

1. Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper.
2. Cut squash from the tip to the stem. Use a large spoon to scoop out the seeds and stringy bits inside and discard.
3. Place the squash halves cut side up on the parchment-lined pan. Drizzle 1 tablespoon of olive oil over the squash, and sprinkle with ¼ teaspoon of the salt. Rub the oil into the cut sides of the squash, then flip them over on the sheet. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes. Leave the oven on.
4. Meanwhile, in a medium saucepan, combine the rinsed quinoa and water. Bring to a boil, then reduce the heat to get a gentle simmer.
5. Simmer, uncovered, until all the water is absorbed, 12 to 18 minutes. Remove pot from the heat and stir in the cranberries. Cover, and leave for 5 minutes. Uncover and fluff the quinoa with a fork.
6. In a medium skillet, toast the pepitas over medium heat, stirring until the pepitas have golden edges and are making little popping noises, about 4 to 5 minutes. Set aside.
7. Pour the quinoa mix into a medium bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, leftover salt, and leftover olive oil. Stir until evenly distributed. Add salt to taste.
8. Let it cool for few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine.
9. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon.
10. Return the squash to a the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top.
11. Sprinkle the stuffed squash with the remaining 1 tablespoon chopped parsley and serve warm.

Pot Pie

This vegetarian pot pie recipe was made during August 2020 by Rosie Sill, my mother. It is delicious and nutritious with the high antioxidants the onion brings to this dish.



Recipe serves		
		>4
Ingredient	Amount	
Onion	1/2	
Celery stalks	2	Stalks
Mushrooms	6-8	
Sweet red pepper	1	
Garlic	2	Cloves
Cooked pinto or navy beans	1/2-1	Cup
Diced carrots	2	
Diced potatoes	1 1/2	Cups
Bouillon/stock packet	1	Packet
Water	3	Cups
Bay leaf	1	
Rosemary and thyme	1	Sprig each
Frozen peas	1	cup
Flour	1/4	cup
White miso paste	2	Tbsp
Frozen pie shells	2	

Instructions

1. Boil carrots and potatoes in a medium pot filled about halfway with water
2. Meanwhile, sauté with oil on medium heat in a medium-large pan, add, in order, onion, celery, mushrooms, red pepper, garlic and beans.
3. Add par-cooked carrots and potatoes, stir for about 2 minutes
4. Add stock, bay leaf, thyme and rosemary
5. In a separate container, mix flour, cold water and miso paste until smooth
6. Add slurry to pot, stir, then simmer until thick
7. Transfer to a pie crust, or oven-safe dish. Then top with a second pie crust and cut 5 slits in the top
8. Line a rimmed baking sheet with parchment paper, place dish on top
9. Bake at 375°F for 20 to 25 minutes, rotating the pan halfway through, cook until pie is hot and bubbly on the inside and crust is deeply golden

Twice Baked Potatoes

The classic broccoli and cheese baked potato. This recipe is packed full of vitamin C, helping to strengthen your immune system! Not to mention its delicious cheesy filling with two types of cheese for extra flavour.



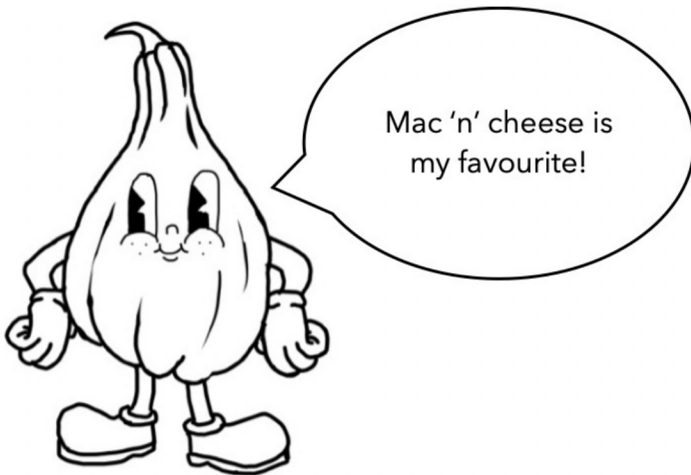
Ready In:		Recipe serves	
1 hour		4	
Ingredient		Amount	
Large Russet potatoes	4	Potatoes	
Broccoli Florets	1 1/2	Cups	
Cauliflower florets	1 1/2	Cups	
Extra virgin olive oil, divided	2	Tbsp	
Salt and pepper	1/2	Tsp each	
Heavy cream	1/2	Cup	
Light sour cream	1/2	Cup	
Freshly grated white cheddar	1/2	Cup	
Freshly grated sharp cheddar	1/2	Cup	
Minced chives	2	Tbsp	

Instructions

1. Preheat the oven to 350° F. Scrub potatoes clean and dry. Use a fork to poke holes all over each potato.
2. Drizzle 1 tbsp olive oil all over the tops of the potatoes. Rub oil all over each potato. Then, sprinkle with salt and pepper.
3. Place potatoes on middle rack without a baking sheet. Bake for 45 minutes.
4. Add the broccoli and cauliflower to a small baking sheet. Coat the veggies with remaining tbsp olive oil, a pinch of salt and black pepper.
5. Add veggies along with the potatoes for 15-20 additional minutes in the oven. Once the potatoes are fork tender, carefully remove everything from the oven.
6. Using tongs or oven mitts to grip the potatoes, cut each potato in half down the longest end.
7. Scoop the inside out of each potato, keeping the skin intact. Add insides to a large mixing bowl.
8. Add the heavy cream, sour cream, broccoli, cauliflower, ¼ sharp cheddar cheese, ¼ white cheddar, ¾ the chopped chives, a large pinch of salt, and a small pinch of black pepper to the mixing bowl.
9. Use a fork to mix and roughly mash mixture until combined.
10. Scoop the filling back into each potato skin. Make sure to press the filling down to get as much in as possible.
11. Place each potato on to the small baking sheet previously used. Top each potato with the remaining cheese and chives. Bake for 20-25 more minutes until the cheese is melted and golden.

Chapter 2:

Pasta



Butternut Squash Mac 'n' Cheese

Recipe adapted from MariaMoore.com



This delicious pressure cooker Mac 'n Cheese recipe is a sure crowd pleaser. With the addition of butternut squash, this dish comes packed full of vitamins, minerals, and disease-fighting antioxidants. Butternut squash has a very light sweet flavour and once cooked, is barely noticeable in the dish, perfect for picky eaters.

Ready in	Recipe serves
35 minutes	4

Ingredients	Amount	
Corkscrew or elbow pasta	1/2	Lb.
Cubed, frozen butternut squash	12	Ounces (1 pkg)
Vegetable stock	3	Cups
Dry mustard	1/6	Tsp
Ground nutmeg	1/6	Tsp
Black pepper	1/4	Tsp
Garlic powder	1/4	Tsp
Coarse salt	1/2	Tsp
Milk	1/2	Cup
Cornstarch	2	Tbsp
Shredded cheddar cheese	2	Cups

Instructions

1. Add the pasta, frozen butternut squash, and vegetable stock to the liner of the pressure cooker.
2. Set the valve to "sealing." Then, start the pressure cooker in manual mode for 4 minutes at high pressure.
3. Use the quick release, then, with an oven mitt or potholder, carefully open the lid.
4. Switch to sauté mode and set to "less." Then, sauté 5 minutes, or until most of the liquid is gone.
5. Make slurry with cornstarch and milk, stir into pressure cooker.
6. Add 1/3 of the cheese, let melt, then stir.
7. Stir in dry mustard, ground nutmeg, black pepper, garlic powder, coarse salt and 1/2 of the milk. Then, add another 1/3 of the cheese, let melt, then stir.
8. Add the remaining milk and cheese, stirring constantly until cheese melts.
9. Turn off pressure cooker, and let sit for 5-10 minutes, or until the sauce is thickened.
10. Serve warm and enjoy!

Veggie Lasagna

Recipe from Cookie and Kate. Food processor needed.



Lasagna is a classic meal and is made better without meat! The zucchini gives this lasagna vitamin C and dietary fiber to meet your daily needs.

Recipe serves		
		8
Ingredient	Amount	
Olive oil	2	Tbsp
Large carrots, chopped	3	(~1 cup)
Medium yellow onion, chopped	1	
Red bell pepper, chopped	1	
Zucchini, chopped	1	
Salt	1/4	tsp
Baby spinach	5-6	Ounces
Marinara sauce	2	Cups
Low-fat cottage cheese, divided	2	Cups
Black pepper		To taste
No-boil lasagna noodles	9	Noodles
Mozzarella cheese	2	Cups

Instructions

1. Preheat the oven to 425°F
2. In a large skillet over medium heat, warm the olive oil. Add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook and stir until the edges are golden, about 8 to 12 minutes.
3. Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook about 3 minutes. Remove the skillet from the heat.
4. Pour half of the cottage cheese (1 cup) into the food processor and blend it until smooth, about 1 minute. Transfer the mixture to large mixing bowl.
5. Transfer the cooked veggies and spinach mixture to the food processor. Pulse about 5 to 7 times (do not purée). Transfer the mixture to the bowl of whipped cottage cheese. Top with the remaining cottage cheese, then add salt (to taste) and lots of black pepper. Stir to combine
6. Spread ½ cup marinara sauce evenly over the bottom of a 9" by 9" baking dish. Layer 3 lasagna noodles on top. Spread half of the cottage cheese mixture evenly over the noodles. Top with ¾ cup tomato sauce, then sprinkle ½ cup shredded cheese on top.
7. Top with 3 more noodles, followed by the remaining cottage cheese mixture. Sprinkle ½ cup shredded cheese on top.
8. Top with 3 more noodles, then spread ¾ cup tomato sauce over the top to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.
9. Wrap a sheet of parchment paper or foil around the top of the lasagna. Bake for 18 minutes, remove the cover, rotate the pan and cook 10 to 12 more minutes, until the top is turning spotty brown.
10. Remove from oven and let the lasagna cool for 15 to 20 minutes. Sprinkle additional basil over the top, then slice and serve.

Veggie Stuffed Shells

When I was first introduced to this meal, I immediately fell in love with it. The shell filling is light, creamy and leaves you full for longer. The broccoli is high in fibre which helps maintain proper bowel health and control blood sugar levels. Enjoy this yummy pasta dish!

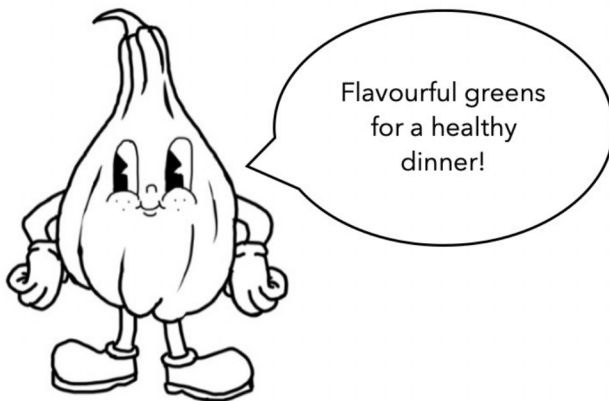


Recipe serves		
		>4
Ingredient	Amount	
Jumbo pasta shells	1	Box
Olive oil	2	Tsp
Bunch broccoli (sub. 1 package frozen broccoli)	1/2	Bunch
Shredded carrots	1	Cup
Small Onion	1	
Garlic	1	Clove
Box frozen leaf spinach	1	Box
Chopped fresh basil	1/4	Cup
Low fat small-curd cottage cheese (2%) (sub. Part skim ricotta)	1	Cup
Grated parmesan	2	Tbsp
Salt and pepper	1/4	Tsp
Marinara sauce	1 1/2	Cup
Shredded part-skim mozzarella	1/2	Cup

Instructions

1. Heat oven to 400°F. Cook pasta in large pot of salted boiling water, drain and cool on baking sheet as box directs.
2. Meanwhile, heat oil in large skillet over medium-high heat.
3. Sauté broccoli, carrots, onions and garlic for 3 minutes or until just tender.
4. Add spinach and 1/2 cup water; cover and cook 2 minutes or until vegetables are tender.
5. Remove cover; cook until liquid is mostly evaporated. From heat, stir in basil, cottage cheese, parmesan, salt and pepper.
6. Spread marinara sauce on bottom of 13 x 9-in. baking dish.
7. Spoon 1 rounded Tbsp filling into each shell; arrange in baking dish.
8. Sprinkle with mozzarella, cover tightly with foil, and bake 35 minutes until hot and bubbly.

Chapter 3: Salads and Bowls



Vegetarian Cobb Salad

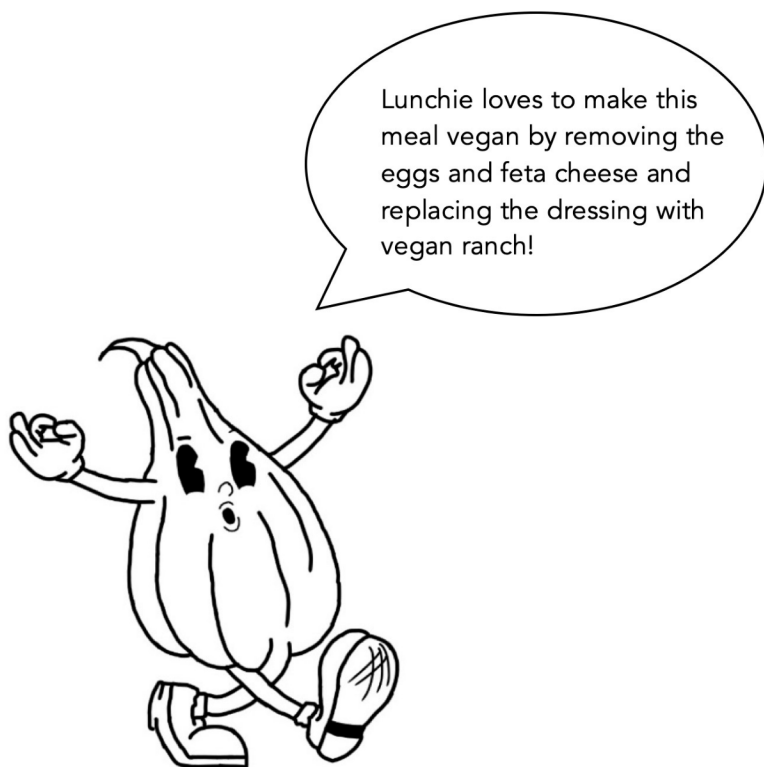
Adapted from the Simple Veganista. Cobb salad is simple and easy to make, and it is delicious! This salad has the quality of a high-class restaurant, but the expensive is significantly less. The corn in this meal adds vitamin C and a ton of antioxidants.



Recipe serves		
		4
Ingredient	Amount	
Romaine or iceberg lettuce	1/2	Head of lettuce
Canned Chickpeas	1	Cup
Canned corn	1/2	Cup
Cherry or grape tomatoes, sliced	1	Cup
Radishes, sliced	2	Radishes
Avocado, sliced	1/2	Avocado
Medium red onion (sub. green onion)	1/4	Onion
Ranch dressing		To taste
Hard boiled eggs, sliced	4	Eggs
Feta or goat cheese	1/2	Cup

Instructions

1. Wash, dry, and chop the lettuce.
2. Slice the onion, radishes, tomatoes, and avocado.
3. Build the cobb salad by adding the ingredients to individual serving bowls, starting with the romaine first, arranging the remaining ingredients, and drizzling with dressing.



Pasta Salad

My own original recipe of pasta salad! My favourite part is the feta cheese. It's delicious and nutritious as a source of calcium and protein. This recipe is very forgiving, so add and adjust to your liking!



Recipe serves		
		4
Ingredient	Amount	
Rotini pasta (1/2 package)	200	grams
Feta cheese or goat cheese	1/4	Cup
Salt		To taste
Black pepper		To taste
Cherry tomatoes, diced	1/2	Cup
English cucumber, diced	1/2	Cup
Red bell pepper, diced	1/4	Cup
Greek Feta and oregano dressing	3-5	Tbsp

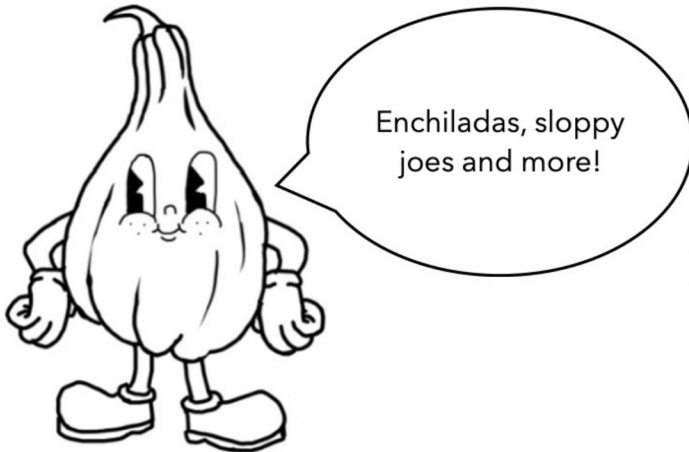
Instructions

1. Fill a medium pot with water and bring to boil.
Add rotini pasta, cooking for about 7 to 9 minutes.
Drain and set aside.
2. While pasta is cooking, dice cucumber, bell pepper and cherry tomatoes and place in medium/large mixing bowl
3. Add veggies and pasta to mixing bowl. Add dressing, salt and pepper to taste, and feta cheese. Mix until dressing coats the other ingredients.
4. Serve and enjoy! Pasta salad can be kept in the fridge for around 3 to 4 days.

Chapter 4:

Sandwich

Types



Veggie Black Bean Enchilada

Recipe from Cookie and Kate

Enchiladas are a scrumptious Mexican dish that normally have meat as the main ingredient. But this vegetarian adaptation makes you forget about meat all together! The red bell peppers provide a sweet and slight citrus flavour to an otherwise simple meal and provides the most nutrients compared to other peppers.



Recipe serves		
		4
Ingredient	Amount	
Homemade enchilada sauce	2	Cups
Olive oil	2	Tbsp
Chopped red onion	1	Cup
Chopped red bell pepper	1	Pepper
Broccoli (sub. 1 small head cauliflower)	1	Bunch
Ground cumin	1	Tsp
Ground cinnamon	1/4	Tsp
Baby spinach (<i>optional</i>)	5-6	Ounces (5 packed cups)
Black beans (sub. 1 1/2 cups cooked black beans)	1	Can (15 ounces)
Shredded Monterey Jack cheese, divided	1	Cup
Salt	1/2	Tsp (to taste)
Freshly ground black pepper		To taste
8" tortillas	8	Tortillas

Instructions

1. Preheat oven to 400°F. Lightly grease a 13 by 9-inch pan with olive oil or cooking spray.
2. In a large skillet over medium heat, add olive oil. Add the onions and a pinch of salt. Stir until the onions are tender and translucent, about 5 to 7 minutes.
3. Add the broccoli and bell pepper, stir, and reduce heat to medium-low. Cover the skillet. Cook, stirring occasionally, for about 8 to 9 minutes, or until the broccoli is brighter green and just starting to turn golden on the edges.
4. Add the cumin and cinnamon to the skillet and cook until fragrant, about 30 seconds. Add the spinach, a few handfuls at a time, stirring until it has reduced in size. Repeat with remaining spinach.
5. Transfer the contents of the pan to a medium mixing bowl. Add the drained beans, 1/4 cup cheese and enchilada sauce (about 2 tablespoons). Season with 1/2 teaspoon salt and black pepper, to taste.
6. Pour 1/4 cup enchilada sauce into your prepared pan and tilt it until the bottom of the pan is evenly coated. Spread 1/2 cup filling mixture down the middle of a tortilla, then snugly wrap the left side over and then the right, to make a wrap. Place it seam side down against the edge of your pan. Repeat with remaining tortillas and filling.
7. Drizzle the remaining enchilada sauce evenly over the enchiladas, leave tips bare. Sprinkle the remaining shredded cheese evenly over the enchiladas.
8. Bake, uncovered, on the middle rack for 20 minutes.
9. Remove from oven and let the enchiladas rest for 10 minutes (they're super-hot!). Serve immediately.

Breakfast For Dinner Eggs

Cheesy, savoury and perfect for a quick and simple dinner! Eggs are loaded with protein and vitamin D, so this meal is packed with nutrients to finish the day off right. The bread substitutes in this meal are endless, from bagels to English muffins, anything works!



Recipe serves		
		1
Ingredient	Amount	
Medium eggs	2	
2% milk	1 1/2	Tbsp
Butter (salted or unsalted)	1/2	Tsp
Old white cheddar cheese, sliced ½ cm thick	3	Slices
Medium cheddar cheese, sliced ½ cm thick	3	Slices
Ancient grains and red fife bread (sub. White bread, everything bagel, etc.)	2	Slices
Salt		To taste
Pepper		To taste

Instructions

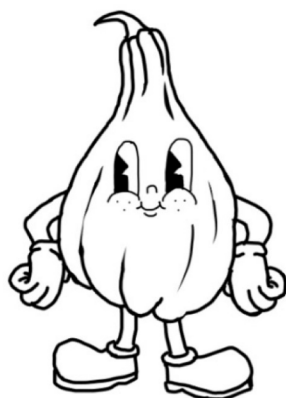
1. Crack eggs into a small mixing bowl, add milk and salt and pepper to taste and whisk until combined.
2. Heat medium non-stick skillet on low-medium heat, melt butter on pan and spread evenly.
3. Once melted, pour eggs into pan, covering the entire bottom area
4. As the eggs start to cook, prepare cheese slices and lightly toast the bread.
5. Once the eggs have cooked enough to be able to slide a spatula underneath while staying intact, place 2 slices of each cheese on half of the eggs. Then, fold the non-cheese side over the other half with the cheese.
6. Let cook for about 2 to 3 minutes, then place the remaining cheese on one half of the eggs, then fold the non-cheese side over the half with cheese, like before. It should look like a triangle.
7. Let cook for 1 to 2 minutes, the flip over. Let cook for another minute or until eggs look slightly golden brown on top
8. Place cooked eggs on toasted bread, slice in half and enjoy!

Grilled Cheese and Tomato

Grilled cheese is a classic easy meal when you're in a rush. The addition of the sliced tomato adds a fresh flavour to the dish and provides nutrients that reduce the risk of heart disease and cancer.



Recipe serves		
		1
Ingredient	Amount	
Ancient Grains and Red Fife bread	2	slices
Medium Cheddar cheese (1/2 cm thick)	6	slices
Tomatoes on the vine	2	slices
Salt and pepper		To taste
Butter (enough to cover a slice of bread)		



Lunchie loves to dip the grilled cheese into guacamole!

Instructions

1. Spread butter on one side of a piece of bread. Repeat with other piece of bread.
2. Heat a small skillet on medium heat. Once warm, place the bread butter side down on the pan.
3. Place 3 slices of cheese onto the bread, breaking a slice to fit neatly on the bread if necessary.
4. Once the cheese begins to melt, place the tomato slices on top, add salt and pepper to taste and then cover with remaining cheese slices.
5. Put the other piece of bread butter side up on top, to make a sandwich.
6. Then carefully flip over the sandwich so the newest piece of bread is now cooking.
7. Cook for about 5 minutes, or until golden brown.
8. If the cheese hasn't melted completely, remove skillet from heat and cover with a lid. Let rest for about 5 minutes, or until cheese has melted.
9. Slice the grilled cheese in half and enjoy!

Vegan Sloppy Joes

This is a quick, easy and delectable vegan sloppy Joes recipe. To replace the protein that meat provides, beans are your best friend.



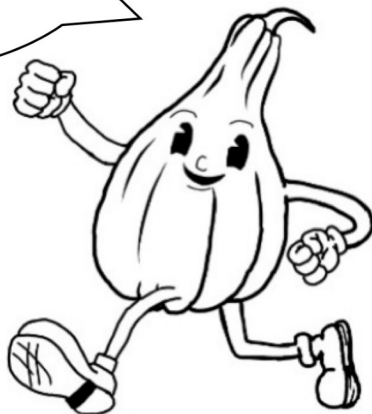
They are packed full of protein, antioxidants and keep you full for longer.

Recipe serves		
		4
Ingredient	Amount	
Yves original ground round	1	Package
Clubhouse Sloppy Joes seasoning mix	1	Package
Red kidney or navy beans	1	Can (or 2 cups)
Tomato paste	2-3	Tbsp
Water	1 1/4	Cups
Hamburger buns	4	Buns
Canola oil (or cooking oil)	1	Tbsp
Salt	1	Tsp
Bay leaf	1	

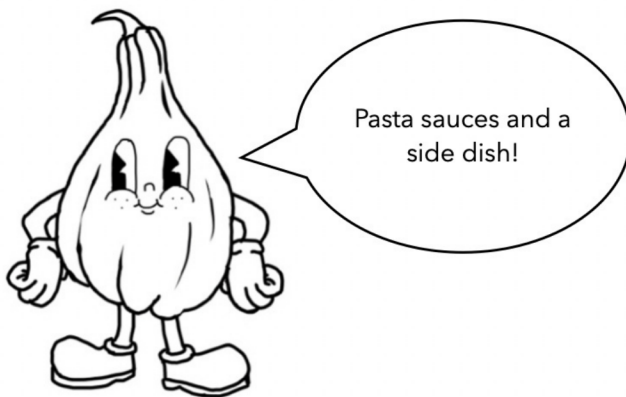
Instructions

1. Prepare up to two cups of beans by adding salt and a bay leave to 1 inch of water in a pressure cooker. Then press the "bean" button.
2. Add oil to a medium pan on medium heat. Once warm, crumble Yves into pan, sprinkle sloppy Joe mix, add water and tomato paste
3. Stir for about 2 minutes
4. Strain beans, then add up to 2 cups of beans to the pan.
5. Stir, then let simmer for 10min or until thick

Try using Yves Mexican ground round and season with chipotle sauce to spice it up!



Chapter 5: Sauces and Sides



Cornbread

Adapted from Allrecipes.

Cornbread is a major comfort food! It's warm, soft and reminds me of home. The milk in this recipe serves a few purposes, to improve the texture and provide some calcium!



Recipe serves		
		6
Ingredient	Amount	
White sugar	2/3	Cup
Salt	1	Tsp
Butter, softened	1/3	Cup
Vanilla extract	1	Tsp
Eggs	2	
All-purpose flour	2	Cups
Baking powder	1	Tbsp
Cornmeal	3/4	Cup
Milk	1 1/3	Cups

Instructions

1. Preheat oven to 400°F. Lightly grease an 8 inch skillet, or baking pan.
2. In a large bowl, beat together sugar, salt, butter, and vanilla until creamy. Stir in eggs, one at a time, beating well after each addition.
3. In a separate bowl, mix flour, baking powder and cornmeal. Stir flour mixture into egg mixture alternately with the milk. Beat until well blended
4. Bake in preheated oven for 20 minutes, or 15min at 350°F in a muffin pan. Bake until golden brown. Serve warm.



Creamy Mushroom Sauce

Creamy mushroom sauce for ravioli pasta.
Mushrooms provide a bit of extra fiber and protein while also providing a rich taste to your pasta!



Recipe serves		
		4
Ingredient	Amount	
Ravioli (1 package)	18	Ounces
Sliced mushrooms	8	Ounces
Whole garlic cloves (or 1 tbsp minced garlic)	3	Whole cloves
Butter	3	Tbsp
White wine (optional)	1/3	Cup
Vegetable broth	2	Cups
Milk	1/2	Cup
Cream cheese	1/3	Tsp
Cornstarch	2	Tbsp
Italian herb blend seasoning (or Herbs de Provence)	1	Tsp

Instructions

1. Fill a large pot with 4 inches of water, bring to a boil. Add ravioli and boil for 3 minutes, then drain and blanch the ravioli by running cold water over it immediately. *Optional:* Toss ravioli in 1 teaspoon olive oil keep it from sticking together.
2. In a large skillet combine butter, garlic, and mushrooms and sauté over medium-high heat for 3-4 minutes until mushrooms are tender and garlic is fragrant. Add white wine, if using. Cook 1 minute.
3. Stir in broth and dried herbs, bring to a simmer, then stir in cream cheese. Simmer 'til melted and reduced by 1/4-1/2 (4-6 minutes).
4. Mix cornstarch with milk until smooth. Add to sauce and allow to thicken as desired.
5. Stir in salt and pepper. Taste, add more salt and pepper if needed.
6. Gently stir in ravioli.
7. If desired, garnish with freshly grated parmesan cheese, parsley or thyme, and cracked black pepper before serving.

Parmesan Garlic Cream Sauce

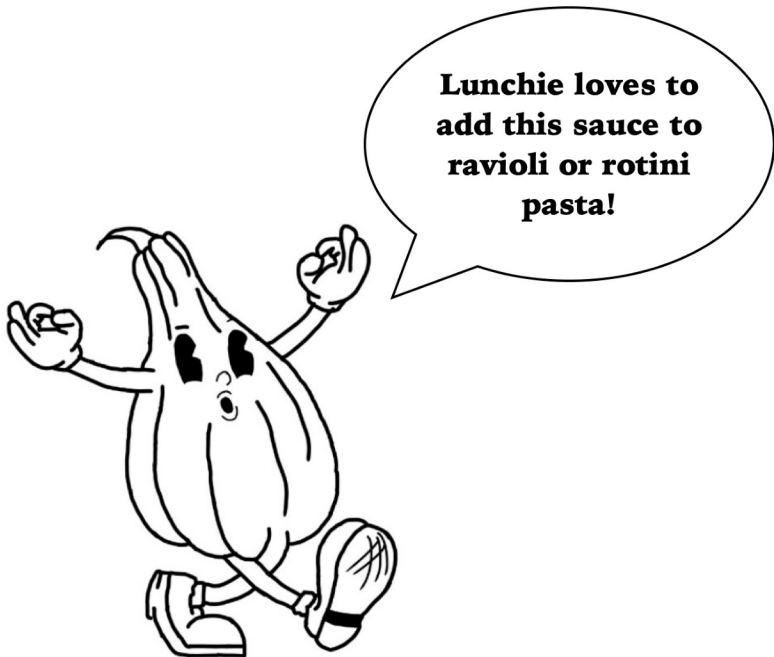
This delicious pasta sauce is made with freshly grated parmesan that gives any pasta that classic restaurant taste. Adding parmesan gives this sauce a boost of calcium which supports good bone health for every family member. Enjoy!



Recipe serves		
		4
Ingredient	Amount	
Olive oil	1/2	Tbsp
Double cream (heavy cream)	1	Cup
Freshly grated parmesan	2	Tbsp
Chopped garlic	1	Clove
Nutmeg	1	Pinch
Thyme	1	Sprig
Salt and pepper		To taste

Instructions

1. Heat olive oil in a large pan, then fry garlic in pan for 1 minute.
2. Add cream, thyme, nutmeg, salt and pepper. Stir, then bring to a boil
3. Let boil for 30-40 seconds, turn to low, then add parmesan.
4. Stir until slightly thickened, turn off heat, and add cooked pasta (I used ravioli) straight from water using a slotted spoon
5. Serve hot, enjoy!



Veggie Spaghetti Sauce

If you're tired of having boring spaghetti sauce, this recipe is for you! With plenty of added veggies, this sauce will satisfy your need for a more interesting meal. The green pepper can help you treat iron deficiency and gives a boost of vitamin C!

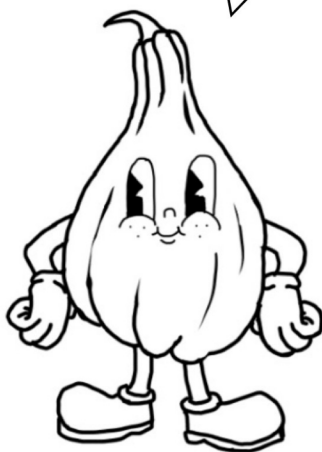


Recipe serves		
		>4
Ingredient	Amount	
Cooking oil	1	Tbsp
Marinara or vodka sauce (650mL)	1	Jar
Italian seasoned chunky or stewed tomatoes (540mL)	1	Can
Onion, diced	1/2	
Mushrooms, chopped	4-6	
Garlic, chopped	1	clove
Zucchini, diced	1	
Green or red pepper, diced	1/2	
Yves Italian ground round	1/2	Package
Italian seasoning	1	Tsp

Instructions

1. Add oil to a large skillet or pot. Once warm, sauté onion until golden.
2. Add chopped mushrooms, garlic, zucchini, pepper, Yves, and Italian seasoning. Stir and let simmer for about 20 minutes, or until zucchini is soft.

**Lunchie loves
when a recipe only
has 2 steps! Enjoy
this magical sauce!**



Chapter 6: Soups and Stews



Easy stew and
soup recipes for
everyone!

Cheddar Broccoli Soup

By far one of my favourite soups. It is comforting, creamy and filling. It is especially good with a freshly baked demi-baguette, which can be bought frozen! The highlight of this dish is the broccoli which is low calorie and provides vitamin K boost. Enjoy!



Recipe serves		
		>4
Ingredient	Amount	
Onion, chopped large	1/2	Onion
Yellow potatoes, chopped big (with or without skins)	2-3	Potatoes
Frozen broccoli	1	Bag
Veggie stock	6	Cups
Shredded sharp cheddar	2	Cups



Lunchie loves to have this soup with a demi-baguette!

Instructions

1. Sautee onion in 1 tbsp oil on medium-high heat in a large pot until browned.
2. Add potatoes, cover with veggie stock, boil until potatoes are soft
3. Add broccoli, cook until soft but have not lost their colour.
4. Puree soup using a blender, remove from heat.
5. Add cheddar cheese, allow to melt and then stir.
6. Season with salt and pepper, thin with milk.

Vegetarian Chili

"Mmm" is how I'd describe this vegetarian chili recipe. It has so much flavour and leaves you with lots of leftovers. The optional cocoa powder deepens the flavour of the chili and can help to improve your cholesterol levels!



Recipe serves		
		8
Ingredient	Amount	
Cooking oil	1	Tbsp
Onion, chopped small	1/2	
Garlic, minced	2	cloves
Red pepper, seeded and diced	1	
Zucchini, diced (sub. 1 ½ cups butternut squash)	1	
Drained and rinsed black beans	1	Can
Drained and rinsed navy, pinto or kidney beans	1	Can
Chili seasoning	1	Packet
Stewed tomatoes (fire roasted is best)	2	Cans (554mL)
Corn	1	Can
Yves ground round, crumbled	1	Package
<i>Optional:</i> cocoa powder	1	Tbsp

Instructions

1. Sauté onion in oil until caramelized, add garlic, sauté until softened.
2. Add and soften, pepper, zucchini, beans, tomatoes, corn, Yves, chili seasoning mix and cocoa powder.
3. Simmer uncovered for 30 to 60 minutes or until thickened and vegetables are cooked, stirring occasionally.
4. Serve with cornbread muffins and enjoy!

Minestrone

Recipe from Cookie and Kate. Wonderful meal, lots of leftovers. Enjoy the added pasta!



Recipe serves		
	>4	
Ingredient	Amount	
Extra virgin olive oil, divided	4	Tbsp
Medium yellow onion, chopped	1	Onion
Medium carrots, peeled and chopped	2	Carrots
Medium ribs celery, chopped	2	Ribs
Tomato paste	1/4	Cup
chopped seasonal vegetables *	2	Cups
Pressed or minced garlic	4	Cloves
Dried oregano and thyme	1/2	Tsp each
Diced tomatoes with their liquid	1	Can (28 oz)
Vegetable broth	4	Cups
Bay leaves	2	Leaves
Red pepper flakes, ground black pepper		Pinch each
Whole grain orecchiette, elbow, or small shell pasta	1	Cup
Great Northern beans or cannellini beans, rinsed and drained (or 1 1/2 cups cooked beans)	1	Can (15 ounces)
Baby spinach, chopped kale, or chopped collard greens	2	Cups
Lemon juice	2	Tsp
Freshly grated Parmesan cheese, for garnishing (optional)		

Instructions

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened, and the onions are turning translucent, about 7 to 10 minutes.
2. Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
3. Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes, then remove the lid and add the pasta, beans and greens. Continue simmering, uncovered, for 20 minutes or until the pasta is cooked al dente and the greens are tender.
6. Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt (I usually add about ¼ teaspoon more) and pepper until the flavours really sing. Garnish bowls of soup with grated Parmesan, if you'd like.

***(potatoes, yellow squash, zucchini, butternut squash, green beans or peas all work)**

Moroccan Chickpea Stew

Recipe from Jamie Oliver

AKA Moroccan Concoction, a delicious meal for the whole family; featuring chickpeas!



Recipe serves		
		4
Ingredient	Amount	
Saffron (<i>sub. 1/2 Tsp turmeric, don't infuse in water</i>)	1	pinch
Garlic, finely peeled and sliced	4	Cloves
Ginger, finely peeled and sliced	4	Cm piece
Olive oil		
Ground cumin	1	Tsp
Ground cinnamon	1/2	Tsp
Ras el hanout (<i>opt. – sub. 1/2 tsp each of turmeric, mace, allspice</i>)	1	Tsp
Sun-dried tomato paste (<i>sub 1 small can stewed tomatoes</i>)	1	Tbsp
mixed vegetables*	2.5	Kg
Tin of chickpeas	400	Grams
Dried apricots	100	Grams
Preserved lemon (<i>optional</i>)	1	
Couscous	300	Grams
Mixed fresh herbs, such as dill, mint, flat-leaf parsley	1/2	Tsp

Instructions

1. Put the saffron into a jug, cover with 500ml of boiling water and leave to infuse. Meanwhile, place the garlic and ginger in a large casserole pan over a medium heat with 2 tablespoons of oil, the cumin, cinnamon and ras el hanout.
2. Add the tomato paste, fry for a few minutes, stirring regularly, then pour over the saffron water.
3. Trim and prep the veg, as necessary, then chop into large chunks, adding them to the pan as you go.
4. Tip in the chickpeas (juices and all), roughly chop and add the apricots and preserved lemon, discarding any pips, then season with sea salt and black pepper.
5. Bring to the boil, cover, reduce the heat to low, and simmer for 45 minutes, or until tender, stirring occasionally.
6. When the veg are almost tender, just cover the couscous with boiling water, season with salt and pepper and pop a plate on top.
7. Leave for 10 minutes, then fluff and fork up. Pick the herb leaves and toast the almonds.
8. Serve the tagine and couscous sprinkled with the herbs.
***such as aubergines, courgettes, carrots, cherry tomatoes, red onion, butternut squash, mixed-colour peppers, cauliflower, yam**

Yellow Lentil and Veg. Stew

Curried yellow lentil and vegetable stew. This delicious meal has added protein!



Recipe serves		
		4
Ingredient	Amount	
Olive oil	2	Tsp
Pre-chopped yellow onion	1	Package (8-oz.)
Chopped zucchini	2	Cups
chopped cauliflower	1	Cup
Chopped yam	1	Cup
Thinly sliced garlic cloves	2	Cloves
Chopped seeded tomato	1	Cup
Curry powder	2	Tbsp
Unsalted ketchup	2	Tbsp
Unsalted vegetable stock	2	Cups
All-purpose flour	2	Tbsp
Kosher salt	1/2	Tsp
Steamed cooked lentils (or 1.5 cups dried yellow split peas)	1	Package (17.6-oz.)
Fresh lime juice (<i>optional</i>)	2	Tbsp
Plain whole-milk yogurt (not Greek-style) (<i>optional</i>)	2	Tbsp
Chopped fresh cilantro (<i>optional</i>)	1/4	Cup

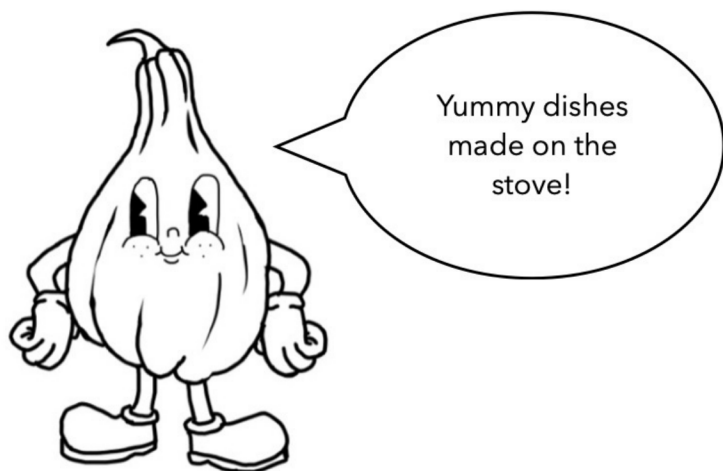
Instructions

1. Heat oil in a large saucepan over medium-high. Add onion; sauté 4 minutes.
2. Add zucchini and garlic; cook 3 minutes. (*add other vegetables, if using, and soften*).
3. Add tomato, curry powder, and ketchup; cook 1 minute, stirring constantly.
4. **If using canned lentils: Combine stock and flour in a small bowl. Add stock mixture to pan; bring to a boil.*
5. **If using dried yellow peas: Boil under 2 inches of water for 30 minutes, with the 1/2 tsp kosher salt and a bay leaf, until water absorbed.*
6. Stir in salt and lentils; cook 3 minutes or *until thickened and vegetables cooked.*
7. Remove pan from heat; stir in lime juice. Divide lentil mixture among 4 bowls; top evenly with yogurt and cilantro.

Chapter 7:

Stove Top

Dishes



Cauliflower Parmesan

Recipe from the Food Network.

As a substitute for chicken, cauliflower excels in this dish. The flavour is strong and will be a crowd pleaser in your home! Basil is used in this dish which can help your body fight inflammation.



Recipe serves		
		6
Ingredient	Amount	
Medium head cauliflower	1	Head
All-purpose flour	1	Cup
Kosher salt		
Large eggs, beaten	3	Eggs
Panko breadcrumbs	2	Cups
Olive oil	1	Cup
Marinara sauce (24-ounce jar)	2 1/2	Cups
Fresh mozzarella, thinly sliced	1/2	Pounds
Grated parmesan	1/3	Cup
Fresh basil leaves	1/4	Cup

Instructions

1. Preheat the oven to 400 degrees F and line a plate with paper towels.
2. Pull off the leaves from the base of the cauliflower and cut off the stem, but do not cut out the core. Slice the cauliflower into 1-inch thick slices, aiming for about 3 nice "steaks" from the center. The rest will break into smaller florets, and that is okay.
3. Mix the flour with 1 teaspoon salt in a shallow bowl or pie plate. Put the eggs in another shallow bowl and panko in a third shallow bowl.
4. Add 1/4 inch olive oil to a large skillet and heat over medium-high heat until shimmering.
5. Working with the larger pieces first, add the cauliflower to the flour and turn to coat. Shake off the excess, then dip in the egg to coat. Let the excess egg drip off, then coat thoroughly in the panko. Fry the cauliflower in batches to avoid overcrowding, turning once, until golden brown on both sides, 6 to 8 minutes total. Transfer to the lined plate to drain and sprinkle with salt. Repeat with the remaining smaller pieces of cauliflower (leave out any tiny crumbly pieces).
6. Spread 1 cup marinara sauce on the bottom of a 9-by-13-inch baking dish. Arrange the fried cauliflower on top, then spoon 1 cup of the sauce on top of the cauliflower. Arrange the mozzarella over the sauce, then spoon the remaining 1/2 cup marinara over the top. Sprinkle with the Parmesan and bake until bubbling and lightly browned in spots, about 35 minutes. Sprinkle with the basil and serve.

Louisiana Red Beans and Rice

Combination of recipes by Miami Beach and the simple ~~Veganista~~. This meal is a perfect comfort on a rainy day. The beyond sausage adds a lovely Italian flavour and adds protein!

Recipe serves

4



Ingredient	Amount	
Small Red Beans (sub. Dry kidney beans)	2	Cups
Olive oil	1/4	Cup
Chopped large onion	1	onion
Chopped green bell pepper	1	Pepper
Minced garlic	4	Cloves
Chopped celery stalks	2-3	Stalks
Vegetable stock (sub. Water)	4	Cups
Bay leaves	2	Leaves
Dried thyme	1	Tsp
Oregano	1	Tsp
Smoked paprika	1	Tsp
Dried sage (<i>optional</i>)	1/4	Tsp
Dried parsley	1	Tbsp
Cajun or Creole seasoning	1-2	Tsp
Sliced vegetarian sausage (beyond sausage)	1	Pound
Tomato paste (sub. Ketchup)	2	Tbsp
Water	4	Cups
Long grain white rice	2	Cups

Instructions

1. Rinse beans, and then soak in a large pot of water overnight. (*in Instant Pot, don't soak*)
2. In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.
3. Rinse beans, and transfer to a large pot with 4 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning.
4. Bring to a boil, and then reduce heat to medium-low. Simmer for 2 1/2 hours. (*For instant pot: sauté trinity in oil and then add the beans, water and spices. Pressure cooks 50 minutes on high. Natural release 20 minutes.*)
5. Mash beans a little and cook until thick. Stir sausage into beans and continue to simmer for 15 minutes. Season with salt and pepper.
6. Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve beans over white rice.

Vegetarian Pad Thai

This vegetarian Pad Thai uses many added vegetables, for a fresh taste. The shredded carrots in this meal provide potassium and vitamin A while being barely noticeable.



Recipe serves	
	4

Ingredient	Amount
Uncooked thick rice noodles	6 Ounces
Packed brown sugar	2 Tbsp
Reduced-sodium soy sauce	3 Tbsp
Rice vinegar	4 Tsp
Lime juice	2 Tsp
Olive oil	2 Tsp
Shredded carrots	3 Medium carrots
Sweet red pepper, cut into thin strips	1 medium pepper
Chopped green onions	4 Onions
Minced garlic cloves	3 Cloves
Lightly beaten large eggs	4 Eggs
Bean sprouts	2 Cups

Instructions

1. Prepare noodles according to package directions. Drain; rinse well and drain again.
2. In a small bowl, mix together brown sugar, soy sauce, vinegar and lime juice.
3. In a large nonstick skillet, heat oil over medium-high heat; stir-fry carrots and pepper until crisp-tender, 3-4 minutes.
4. Add green onions and garlic; cook and stir 2 minutes. Remove from pan.
5. Reduce heat to medium. Pour eggs into same pan; cook and stir until no liquid egg remains.
6. Stir in carrot mixture, noodles and sauce mixture; heat through.
7. Add bean sprouts; toss to combine. Top with cilantro and, if desired, peanuts. Serve with lime wedges.

