



## Strictly Vegetarian Entrées

### Baked Artichoke Hearts with Mushrooms

Preparation Time: 40 minutes  
3 servings

1-cup fresh mushrooms  
3-tablespoon butter  
1-teaspoon basil  
¼ teaspoon oregano  
¼ teaspoon garlic powder  
1-tablespoon breadcrumbs  
1 tablespoon lemon juice  
10 ounce frozen artichoke hearts  
½ cup Parmesan cheese

Preheat oven to 350°. Slice mushrooms. Melt butter in a 8-inch skillet, add mushrooms and sauté until tender. Season with basil, oregano and garlic powder while cooking. Stir in breadcrumbs and lemon juice. Mix well. Place artichoke hearts in a greased small baking pan. Cover with mushroom mixture, and sprinkle with Parmesan cheese. Bake for 25 to 30 minutes.

### Black Bean Ful

2 cups dried black beans  
8 cups water  
1-½ cups chopped fresh tomatoes  
1 cup chopped fresh parsley

¼ - ½ cup olive oil  
4-5 garlic cloves, pressed  
½ cup fresh lemon juice  
1 lemon, cut into 6 wedges  
4 hard-boiled eggs in wedge  
salt & pepper

Soak the dried black beans in water for several hours or overnight. Cook the beans in fresh water, 1 ½ to 2 hours until tender. Drain. Toss with other ingredients.

### Broccoli-Rice Bake

¼ cup margarine  
1 medium onion, diced  
10 ounces broccoli  
1 can condensed cream of mushroom soup  
1 small jar Cheez Whiz  
2 cups cooked rice

Steam broccoli. Sauté onion in margarine. Add broccoli to soup and onion. Stir in Cheez Whiz and cooked rice. Bake in a buttered casserole dish until bubbly, 20 minutes. Makes 4-6 servings.

### Pepperonata – Sweet Peppers Stewed with Tomatoes

4 large green bell peppers  
1 medium yellow onion, sliced  
1 lb ripe tomatoes, skinned and quartered  
4 tablespoons olive oil  
2 level teaspoons salt

Cut peppers in half lengthwise and discard seeds and pith. Cut flesh into 1-inch wide strips and rinse under cold water. Heat oil in a saucepan & over low heat fry the onion until soft and golden,

about 5 minutes. Add peppers, stir, cover pan and cook gently for 10 minutes. Add tomatoes and salt and simmer, stirring from time to time, until the pepperonata is reduced to a medium thick mixture, about 30 minutes. Serve hot over rice.

### Potato and Chard Gratin With Goat Cheese

When I was living in McKinleyville, CA I often shopped at the Arcata Co-op or Wildberries if I missed Saturday's Farmer's Market which ran from Easter to Thanksgiving, hosting the local organic crops. At the time, I was trying to add more leafy green vegetables to my diet. I discovered chard, something my mother never cooked with. It was delightful and I found this recipe which I adore!

3 large garlic cloves, peeled  
 1 pound Swiss or red chard, stemmed and washed  
 Salt to taste  
 1 ½ pounds waxy potatoes, such as Yukon Gold or red or white new potatoes, scrubbed and sliced about ¼ inch thick  
 2 large eggs, beaten  
 2 ½ cups milk  
 4 ounces goat cheese  
 Freshly ground black pepper to taste  
 Pinch of nutmeg

Preheat the oven to 400°. Cut a garlic clove in half and rub the inside of the baking dish with the cut side. Brush with olive oil.

Bring a large pot of water to boil while you stem and wash the chard. When the water is at a rolling boil, add salt and chard. Cook for 1 minute, drain, and

rinse under cold flowing water. Squeeze out water and chop.

Toss together the chard and the potatoes with salt and pepper in a bowl.

Turn on food processor, combine garlic, milk, eggs, and cheese. Process until smooth. Pour over the chard and potatoes in the baking dish and bake for 1 hour or until all the milk is absorbed and the meal is golden brown and crusty on top. Be sure to still occasionally for the first 40 minutes. Serve warm with crusty bread.



### Rice & Mixed Veggie Cabbage Pockets

2 cups Jasmine rice  
 1 head cabbage  
 1 cup shredded carrots  
 1 yellow onion, diced  
 1 12 oz can red beans  
 1 small can of diced green chilies  
 or diced red pepper  
 1 small handful chopped fresh cilantro  
 1 tablespoon taco seasoning

Wash cabbage and peel leaves off from head, leaving them as whole and intact as possible.

Wash rice and strain water. Wash red beans in a strainer.

In a large bowl, combine rice, carrots, onion, beans, chilies, herbs, and spices. Toss thoroughly, ensuring everything is well coated.

Lay cabbage leaves on counter and scoop a heaping tablespoon or two of the mixture onto the center of each leaf. Roll leaves up like a burrito and place seam down in a steamer.

Steam for 30 – 40 minutes. Test one by removing and cutting it open to see if rice is fully cooked.

Serve with salsa and sour cream.



### Roasted Pumpkin

It takes a little extra time to prepare a fresh pumpkin for baking but it's worth it. This recipe can be used for pumpkin pie, pumpkin soup, stuffing for numerous stuffed cabbage, or squash recipes.

1 small (3-pound) sugar or pie pumpkin

Heat oven to 375°. Place whole pumpkin onto ungreased baking sheet. Poke top of pumpkin several times to let steam escape while baking. Bake for 45 to 60 minutes or until fork tender. Remove pumpkin from oven. Cool 30 minutes.

Cut pumpkin in half. Scoop out seeds. Scrape pumpkin flesh from peel. Mash with potato masher or blend on medium-high speed in small batches in 5-cup blender container until pumpkin is smooth.

To store roasted pumpkin, place in resealable plastic food bag. Refrigerate up to 2 days. Makes 3 cups.

VARIATION: Cooked Pumpkin: Cut pumpkin in half; scoop out seeds and stringy portion. Cut pumpkin into 2-inch chunks. Heat 1-inch water to boiling in medium saucepan; add pumpkin chunks. Continue cooking until water returns to a boil. Reduce heat to low. Cover; cook until pumpkin is fork tender (25 to 35 minutes). Drain well; cool and remove peel. Return peeled pumpkin to saucepan; mash with potato masher until smooth or blend on medium-high speed in small batches in 5-cup blender container until smooth. To store cooked pumpkin, place in resealable plastic food bag. Refrigerate up to 2 days.

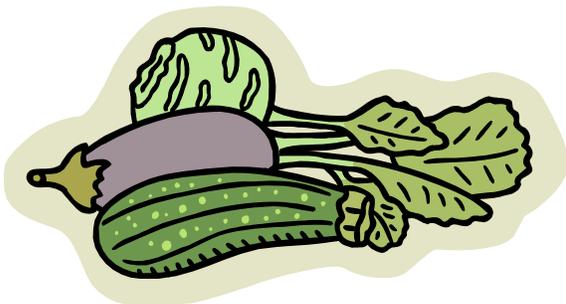
### Roasted Ratatouille

1 small zucchini or yellow summer squash, cubed (1 cup)  
1 small eggplant, cubed (3 ½ cups)  
1 medium yellow sweet pepper, cut into 1-inch strips  
1 large onion, chopped (1 cup)  
2 tablespoons snipped Italian parsley  
2 cloves garlic, minced  
1-tablespoon olive oil  
1/8-teaspoon salt  
1/8-teaspoon pepper  
2 large tomatoes, chopped (2 cups)  
1 ½ teaspoon lemon juice  
2 tablespoons finely shredded Parmesan cheese

In a greased 15x10x1-inch baking pan combine zucchini or summer squash, eggplant, sweet pepper, onion, and parsley. Combine garlic, oil, salt, and pepper. Drizzle over vegetable; toss to coat. Roast vegetables, uncovered in a 450° oven about 20 minutes or until

vegetables are tender and lightly browned, stirring once halfway through roasting. Stir in tomatoes and lemon juice. Return to over for 8 to 10 minutes or until tomatoes are very soft and starting to juice out.

Spoon vegetable mixture over Italian Flatbread (Foccacia). Sprinkle with Parmesan cheese. Makes 4 main dish servings.



### Stuffed Eggplant

1 large eggplant  
 ½ large white onion, diced  
 1 large tomato, diced  
 ¾ cup whole pine nuts  
 ½ cup dry Italian breadcrumbs, fine  
 ¾ cup lemon juice  
 5 black olives, diced  
 8 ounces feta cheese  
 1-tablespoon olive oil  
 2 teaspoons dry basil  
 Black pepper  
 Paprika

Split eggplant and scoop out the insides and diced into cubes. In a large frying pan, heat olive oil, toss in diced eggplant and onions then sauté until onions are golden. Add tomato and sauté. Add nuts and olives and sauté until eggplant is soft.

In a bowl, combine breadcrumbs, feta and lemon juice. Mix these ingredients with the eggplant mixture. Add spices.

Fill hollowed out eggplant halves. Placed on greased cookie sheet and bake at 350° until contents are bubbly and golden and the eggplant shell is completely soft – 45 minutes. Serves 2.

### Stuffed Pepper Cups

6 medium green bell peppers  
 1 pound firm tofu  
 ½ package Lipton onion soup mix  
 1 teaspoon of black pepper  
 1 tablespoon garlic, minced  
 1 tablespoon of olive oil  
 16 ounces canned diced tomatoes  
 ¾ cup uncooked long-grain rice  
 1 teaspoon Worcestershire sauce  
 4 ounces shredded sharp cheddar cheese

Cut off tops of the green bell peppers. Remove seeds and membrane.

Drain and squeeze excess water away from tofu. Cook tofu in a wok with onion soup mix, pepper, garlic and olive oil until browned, as if you were cooking ground beef. Add the tomatoes, ½ cup of water, the uncooked long-grain rice, and Worcestershire Sauce. Cover and simmer until rice is tender, about 15 minutes. Stir in 4 ounces sharp cheddar cheese. Stuff peppers with tofu and rice mixture. Stand peppers upright in a 10 x 6 x 1 ½ inch baking dish. Bake uncovered at 350° for 20 minutes. Serves 6.

### Tofu Spinach Pie

1 10 ounce package frozen chopped spinach  
 1 9" pie shell

1 tablespoon olive oil  
1 ½ cups chopped onion  
1 pound silken tofu  
1 tablespoon lemon juice  
1 teaspoon salt  
½ teaspoon garlic powder

Preheat oven to 400°. Sauté onions in olive oil until soft. Add the chopped spinach to the onions for 2 minutes, cooking together. Add tofu, lemon juice, salt and garlic powder. Keep on flame for 2 minutes. Pour into a large bowl and beat with mixers until tofu is smooth. Pour into pie shell. Bake for 30 minutes or until crust is golden.

### Zesty Pasta Primavera

Prep Time: 20 minutes

12 ounce uncooked rotini pasta  
1-cup small cherry tomatoes, halved  
2/3 cup coarsely chopped red onion  
1 ¼ cups frozen peas, thawed  
½ cup each: ½ inch cubes of Mozzarella, Muenster and Cheddar cheeses  
3 tablespoons grated Parmesan cheese  
½ cup bottled Italian vinaigrette dressing  
2 tablespoons chopped fresh parsley  
1 tablespoon chopped fresh basil or ½ teaspoon dried basil (optional)  
Pepper, to taste

Prepare pasta according to package directions; drain well. In large bowl, combine pasta, vegetables and cheeses. Add dressing, parsley, basil and pepper; mix well. Serve immediately or at room temperature. Refrigerate leftovers promptly. Serves 6-8.

### Zucchini Canapés

Flavored cream cheese like garlic & herb or roasted red pepper are fabulous in this

recipe. If you don't want to be completely vegetarian, try smoked salmon cream cheese.

1 medium to large zucchini, cut into ¼ inch thick slices  
½ of an 8 oz tub of cream cheese  
1 tablespoon sliced or chopped pitted ripe olives  
1 tablespoon snipped chives

Pat the zucchini slices dry with paper towels. Spread desired cream cheese over vegetable slices. Sprinkle each with olive and chives. Cover and chill.

Serve with tomato fondue or other hot soup.

### A Thing About Vegetarian Meals...



Vegetarian meals should be varied. Here is an example of a very hearty vegetarian lunch. This is a hummus, tomato, and sprout sandwich on a crusty Italian roll, red grapes, a small garden salad (romaine and spring mix), cucumber, green onions, cherry tomatoes, croutons with red wine vinaigrette, along with celery filled with hummus. The celery could also have been filled with cream cheese, or peanut butter.