

Menu Planning Central – Vegetarian Option Sample

Day _____ **Date** _____

Mexican Pie (A)

Makes 8 servings

2 tablespoons water or vegetable oil
1 onion diced
1 green bell pepper chopped
2 cups frozen corn
1 can green chilies chopped
1 cup tomato sauce
2 tablespoons chili powder
Salt & pepper to taste
4 cups kidney beans cooked, mashed
1 1/2 cups cornmeal
1/2 cup unbleached flour
1/2 teaspoon baking powder
3 cups water

1. Heat the water or oil in a large pot over medium heat and cook the onion for 10 minutes. Add the green pepper, corn, green chilies, tomato sauce, chili powder, and salt and pepper and cook for 5 minutes.
2. Add the mashed beans and cook 10 minutes more over low heat. Remove from the heat and set aside.
3. Preheat the oven to 350F.
4. Combine the cornmeal, flour, baking powder, and water in a large saucepan and cook over medium heat until the mixture thickens, stirring constantly with a wire whisk to keep the cornmeal from lumping. Spread half the cornmeal mixture over the bottom of a nonstick baking dish. Spread the bean mixture over the cornmeal mixture, and then add the remaining cornmeal mixture on top, spreading to cover the beans. Bake for 45 minutes or until the cornbread is golden.

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Pasta Primavera (B)

Makes 7 servings

Pasta mixed with cooked veggies on spaghetti sauce.

- 1 12-ounce bag egg noodles wide style
- 1 28-ounce jar spaghetti sauce
- 2 tablespoons olive oil
- 2 carrots large, diced
- 2 zucchini medium, diced
- Salt
- Parmesan cheese

1. Cook noodles as package directs, drain and mix the noodles with olive oil.
2. In a different pan, bring to a boil the large can of garlic and onion spaghetti sauce. Add the fresh veggies that are already chopped or diced to the sauce. Let them slowly cook for 30 minutes and then mix them all with the noodles. Serve them while hot with parmesan cheese.

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Sloppy Joes (C)

Makes 3 servings

- 1 onion chopped
- 4 garlic cloves, minced
- 1 tablespoon vegetable oil
- 3 mushrooms, large, chopped
- 1 carrot grated
- 1/2 tablespoon parsley
- 1/2 pound tofu, crumbled
- 2 teaspoons tamari
- 3 teaspoons tomato sauce

1. Sauté onion & garlic in oil till translucent. Add pepper, mushrooms, carrot & parsley. Stir fry briefly & add tofu, tamari & tomato sauce. Cook till well heated through. Stuff into pita bread & serve.

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Squash Spaghetti (D)

Makes 6 servings

- 1 squash spaghetti
- 8 ounces cottage cheese
- 16 ounces mozzarella cheese grated
- 8 ounces parmesan cheese grated
- 1 quart spaghetti sauce (w/peppers)

1. Cook squash.
2. Fork out insides into a giant casserole dish. Add cottage cheese, half of the mozzarella and parmesan, sauce. Mix it until it looks like its name. Top with remaining cheese.
3. Bake at 350 for 45 minutes.

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Veggie Garden Loaf (E)

Makes 6 servings

- 1 tablespoon olive oil
- 1/2 cup onions chopped
- 1/2 cup zucchini grated
- 1 cup carrots sliced, steamed
- 1 cup broccoli steamed, flowerettes
- 3/4 cup oatmeal uncooked
- 1 bread slice of whole wheat, crumbled
- 3 tablespoons oat cereal bran
- 3 ounces cheddar cheese shredded
- 1/2 cup tomato sauce
- 1 egg
- 1 egg white
- 1/4 teaspoon each salt, pepper and sage
- 1/2 teaspoon thyme dried
- 1/4 cup parsley chopped
- 6 tablespoons parmesan cheese grated

1. Preheat oven to 375 degrees F.
2. In small skillet heat olive oil and sauté onion until translucent, about 5 minutes.
3. In large bowl combine zucchini, carrot, broccoli, oatmeal, breadcrumbs, oat bran and cheese.
4. In small bowl beat together tomato sauce, egg and egg white, seasonings and Parmesan.
5. Combine all ingredients and stir thoroughly to mix.
6. Turn mixture into 9x5-inch loaf pan coated with non-stick spray.
7. Bake 30 to 35 minutes, or until firm. Let stand 15 minutes before slicing.

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Tomato Quiche (F)

Makes 8 servings

- 1/2 pound gruyere cheese, shredded
- 1 frozen pie crust 9" unbaked
- 3 tomatoes, peeled, chopped and drained
- 3 tablespoons dried minced onion
- 3 tablespoons water hot
- Salt & pepper
- 1 teaspoon basil dried, crushed
- 2 eggs
- 3/4 cup milk
- 2 tablespoons parmesan cheese grated

1. Scatter Gruyere cheese over pastry shell. Spread layer of tomatoes over cheese. Add onion, which has been soaked in hot water until softened. Season to taste with salt and pepper and add basil.
2. Beat eggs and milk together and pour over tomatoes. Sprinkle with Parmesan cheese.
3. Bake at 350F for 45 minutes or until done.

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Vegetarian Pie (G)

Makes 4 servings

- 1 pound potatoes peeled
- 8 ounces onions peeled
- 6 ounces cheddar cheese finely grated
- Salt and pepper
- 1/2 pint milk (1 cup)
- 1 teaspoon marmite
- 1 ounce nuts unsalted, chopped
- 1/4 teaspoon paprika

1. Cut potatoes into very thin slices.
2. Slice onions thinly and separate into rings.
3. Fill a 3- to 3-1/2 pint greased heatproof dish with alternate layers of potatoes, onion rings and cheese. Begin and end with a layer of potatoes and sprinkle salt and pepper lightly between layers.
4. Heat milk until hot, add Marmite and stir until dissolved.
5. Pour into dish over vegetables and cheese.
6. Sprinkle with nuts and paprika then cover with lid or aluminium foil.
7. Cook in center of moderate oven (350 F or Gas No. 4) for 1-1/2 hours. Uncover and continue to cook for a further half hour or until potatoes are tender.
8. Serve hot.

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