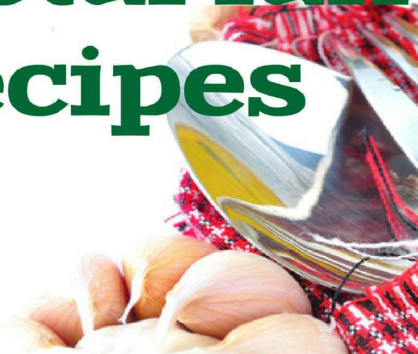


Jamie Fynn



TOP 222 Vegetarian Recipes

A close-up photograph of fresh ingredients. In the foreground, there are several garlic bulbs and a red chili pepper. In the background, there are more red chili peppers and a glass bowl containing a yellow liquid, possibly oil or a dressing.

Top 222 Amazing Vegetarian Recipes

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Top 37 Amazing Vegetarian Appetizer Recipes for busy Women

Killer ideas on whetting your appetite

Summary

Many progressive women spend a lot of time thinking about the best way to prepare their appetite before indulging in a well deserved meal. You don't have to spend your hard earned cash and plenty of time looking for a killer appetizer when you can actually make one for yourself within no time. We live in a generation of people who have decided to think vegetarian for a variety of reasons such as budget, health, religion as well as sustainable eating among others. The good news is that in this book you are going to learn about making your own quick and easy vegetarian appetizers.

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Table of Contents

Introduction

1.Zucchini and cheese canapé

2.Smoked Mozzarella Spread

3.Mushroom and Brie Bruschetta

4.Tart and Sweet Pomegranate-Mango
Guacamole

- 5.Zucchini Fries with Buttermilk Ranch Dip
- 6.Greek Salad Bites
- 7.Peppers Stuffed With Feta
- 8.White Bean and Rosemary Dip
- 9.Spicy Marinated Olives
- 10.Spicy Onion and Tomato Dip
- 11.Red Potatoes with Tomato-Avocado Salsa
- 12.Onion Jam and Goat Cheese Crostini
- 13.Goat-Cheese and Pistachio-Stuffed Dates
- 14.Tomato-Avocado Toasts
- 15.Baked Brie with Pecans
- 16.Hummus Dip
- 17.Stuffed Piquillo Peppers with Goat

Cheese

18.8-Layer Dip

19.Eggplant and Mint Bruschetta

20.Spicy Roasted Chickpeas

21.Coriander-Chile Pinto Bean Dip

22.Guacamole Hummus

23.Fried Herbed Almonds

24.Beet, Cheddar, and Apple Tarts

25.Cucumber-Feta Toasts

26.Spinach-Artichoke Dip

27.Stuffed Jalapenos

28.Cucumber-Mint Yogurt Dip

29.White-Bean and Caper Crostini

30.Creamy Peanut Dipping Sauce

31.Roasted Peppers with Garlic and Basil

32.Spiced-Up Hummus

33.Gingered Nuts

34.Roasted Eggplant Dip

35.Zucchini-Scallion Fritters

36.White Bean and Olive Dip

37.Tomato-Basil Crostini

Conclusion

Introduction

There is no better way to begin your meal than starting with a well deserved appetizer. In many cases, the appetizer, if well prepared, usually ends up becoming a meal on and of its self. We all love those small bites that will stave off hunger pangs as we wait especially when we are preparing something special for our families or ourselves. A good appetizer can also be a good replacement especially when the heavier food does not look too appetizing in the first place. Regardless of the reason why you have chosen to take an appetizer, there are perfect killer vegetarian appetizers you can always depend upon.

The truth of the matter is that many people who were used to meat diets could sometimes find it difficult knowing how to prepare a vegetarian appetizer in the shortest time possible. The good news is that this does not have to be a herculean task. Just like with all vegetarian meals, a small bit of creativity and you will be home and dry. Vegetarian appetizers are easy to make and you don't have to worry that you are going to burn lots of time preparing them.

The vegetarian appetizers are easy to make is not a controvertible fact, the challenge has always been where a busy woman like you gets the ideas on which to build a foundation and the continue

discovering. This book removes the challenge from your shoulders by providing you with tantalizing ideas that will make you, your guests and family salivating especially when you have very little time to prepare those things that you love to prepare for the special people in your life. Serving a quick vegetarian appetizer is the perfect way to prepare your guests for better things to come.

With more and more people becoming vegetarians, you will never go wrong trying to learn the best way to prepare vegetarian appetizers right there in your home using the simplest of the ingredients that abound in your kitchen.

You don't have to become tired any longer wondering what the best way to do a vegetarian appetizer is. Learn the simple way to prepare these warm, cheesy, crispy and tasty vegetarian appetizers that are so easy to assemble and prepare.

Zucchini and cheese canapé



Ingredients:

- ☐ 1 baguette of choice, sliced into

thin rounds

☐ 1/4 pound (100 grams) fresh white cheese, sliced to top each slice of bread.

☐ 1 medium to large sized zucchini (or 2-3 smaller ones), sliced on the diagonal (so that the slices mimic the bread)

☐ 1 roasted red pepper, peeled and sliced into strips

☐ a spritz of olive oil

☐ salt and cracked black pepper to taste

Method:

1. Slice the bread and set it on your serving plate and then heat the skillet

over medium high heat and lightly grease it with olive oil.

2. Pan the grill with zucchini slices until they become golden brown on both sides

3. Place the cheese, followed by zucchini slice and the garnish with slices of pepper

4. Serve after seasoning with salt and pepper

Smoked Mozzarella Spread



Ingredients:

- 1 pound smoked mozzarella,

coarsely chopped

☐ 1/4 cup extra-virgin olive oil

☐ 3 tablespoons sun-dried

tomatoes, chopped

☐ 1 tablespoon chopped parsley

☐ Salt and freshly ground pepper

☐ Flatbread crackers, for serving

Method:

1. In a food processor, combine the mozzarella, olive oil, and sun-dried tomatoes and process to a coarse paste.

2. Scrape into a bowl. Stir in the parsley and season with salt and pepper; enjoy alongside flatbread crackers.

Mushroom and Brie Bruschetta



Ingredients:

- ☐ 1 baguette, sliced diagonally
- ☐ 1 pound white mushrooms,

sliced

- ☐ 3 tablespoons olive oil, plus more for brushing
- ☐ 2 cloves garlic, chopped, plus 1 whole clove, peeled
- ☐ 4–5 sprigs fresh thyme, leaves removed (or 3/4 teaspoon dried thyme)
- ☐ 1 teaspoon salt (or to taste)
- ☐ 1 wedge of your favorite brie

Method:

1. Preheat the oven to 350 degrees.
2. Use a large saucepan to heat 3 tablespoons of olive oil and sauté the

mushrooms, thyme, chopped garlic and let them cook until the mushrooms have browned evenly before removing from the fire, salting and stirring.

3. Set the baguette slices on a baking sheet in a single layer and then brush the top side with olive oil and put them in the oven for at least 15 minutes until they are crunchy. Get them out of the oven and let them cool. Rub the top of each slice with the garlic clove after they have cooled enough.

4. Top each slice with a few mushroom slices and then return to the oven for 5-8 minutes until the brie melts before serving them warm.

Tart and Sweet Pomegranate-Mango Guacamole



Ingredients

- ☐ 3 ripe avocados
- ☐ 1/2 white onion, finely chopped

- ☐ 1 serrano chili, finely chopped, including seeds
- ☐ 1 lime, juiced
- ☐ 1/2 cup pomegranate seeds
- ☐ 3/4 cup diced peeled mango
- ☐ 1/2 cup chopped cilantro
- ☐ 1 1/4 teaspoon coarse salt

Method:

1. Slice the mango horizontally before using a small sharp knife to shore out the flesh into small squares. Push the skin so as to flip the inside out and then remove the squares from the skin.
2. Remove the pomegranate seeds by submerging each cut half in a bowl of water before peeling it gently to remove the seeds.

3. Peel the avocado after removing the pit and mash it in a bowl. Put in the onion, chiles, $\frac{1}{4}$ cup of lime juice and 1 teaspoon of salt followed by them mango, pomegranate seeds and cilantro. Season with salt and some extra lime juice.

Zucchini Fries with Buttermilk Ranch Dip



Ingredients:

Zucchini Fries

- 1 pound of zucchini,
- 3/4 cup flour
- 2 eggs
- 1 1/2 cup panko bread crumbs
- 1 teaspoon salt
- 1 teaspoon pepper

Buttermilk Ranch

- 1/2 pint buttermilk
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1 tablespoon buttermilk powder
- 1 clove garlic, finely chopped
- 2 tablespoons red or white onion,

finely chopped

- 1 tablespoon champagne or white wine vinegar
- Lemon juice to taste
- 2 tablespoons chives, finely chopped
- 2 tablespoons celery leaves, finely chopped
- 1/8 cup Italian parsley
- salt and pepper to taste

Method:

1. Preheat the oven to 400°F. chop the zucchini into long strips in readiness for frying
2. In a separate bowl place the flour, then the lightly beaten egg in another one and the panko crumbs with pepper and salt in a third bowl.

Coat the zucchini in flour, and then dip them in the egg before finally dipping in the panko crumb mixture.

3. Cook the fries on a wire rack for 20-25 minutes until they become golden brown

4. As the zucchini strips are cooking make the buttermilk ranch by combining the sour cream, buttermilk, mayonnaise, lemon juice, vinegar and powdered buttermilk in a food processor and blend.

5. Add garlic and onions and pulse until well incorporated.

6. Finally put in the pulse and chopped herbs and mix well. Season with salt and pepper to taste. The dressing can stay for an entire week if

well refrigerated.

Greek Salad Bites



Ingredients

- ☐ One-quarter English cucumber
- ☐ Kosher salt and freshly ground

black pepper

☐ 1/4 lb. feta cheese, cut into 16 small cubes

☐ 8 pitted Kalamata olives, halved

☐ 8 ripe grape or cherry tomatoes, halved

☐ 2 Tbs. extra-virgin olive oil

Method:

1. Cut the cucumber into 1/2 inch thick slices diagonally before cutting quarters of each slice. Put them in a large platter and season with salt and pepper.

2. Top up each piece with eta cheese followed by an olive half. Push a toothpick through a tomato half before threading through a cucumber

stack and push through until you are able to secure it. Drizzle them with olive oil before sprinkling with black pepper and serving.

Peppers Stuffed With Feta



Ingredients:

- ☐ 10 3"–4" Fresno chiles or six

4"-5" Anaheim chiles

- ☐ 9 oz. feta, crumbled
- ☐ 2 tbsp. extra-virgin olive oil
- ☐ 2 tbsp. Greek yogurt
- ☐ 1 tbsp. minced fresh parsley
- ☐ 1/2 tsp. lemon zest
- ☐ 1/4 tsp. dried oregano
- ☐ 2 egg yolks
- ☐ Kosher salt and freshly ground black pepper, to taste
- ☐ 1/4 cup grated Parmesan cheese

Method:

1. Place a rack 6 inches from the broiler element and set it; place the peppers on a baking sheet and broil for some 5 minutes the remove from rack and let them cool.
2. In a different bowl combine the

oil, feta, yogurt, oregano, zest, and egg yolks and whip them after seasoning with salt and pepper.

3. Cut the peppers lengthwise from tip and remove the seeds and ribs before stuffing them with the feta filling; transfer to a foil lined with a baking sheet and chill for 30 minutes,

4. Sprinkle the peppers with grated cheese before broiling them until they become golden brown for about 6 minutes. Transfer to a platter and serve them hot.

White Bean and Rosemary Dip



Ingredients

- ☐ One 15 oz. can cannellini or white beans, rinsed and drained
- ☐ Juice of 1/2 lemon

- ☐ 2 teaspoons fresh rosemary leaves
- ☐ 1 clove garlic
- ☐ 1 tablespoon olive oil, plus more if needed
- ☐ 1/4-1/2 teaspoon salt

Method: Use a blender or food processor to combine the beans, rosemary, lemon juice, olive oil, garlic and salt. Puree them and then add another teaspoon of olive oil while the mixture is till coarse until it is smooth. This dip can be refrigerated for an entire week.

Spicy Marinated Olives



Ingredients:

- ☐ 2 cups mixed olives in water with pits
- ☐ 1 clove of garlic, peeled
- ☐ 1/2 teaspoon salt

- ☐ 1 tablespoon and 1 teaspoon dried oregano
- ☐ 1 1/2 teaspoons chili flakes
- ☐ 1/2 cup extra-virgin olive oil
- ☐ 1/4 cup red wine vinegar

Method:

1. After draining the olives rinse them in cold water before rinsing them again and putting them in a container with a lid
2. Smash the garlic and add it to the olives before adding the salt, chili flakes, oregano, vinegar and oil.
3. Put the lid on the container and shake it for about 20 seconds.
4. Let the olives stand for about 15 minutes before serving.

Spicy Onion and Tomato Dip



Ingredients

- ☐ 8 ounces cream cheese, softened

- ☐ 1/2 large tomato, diced
- ☐ 1 clove garlic, minced
- ☐ 1/3 onion, diced
- ☐ 1 tablespoon hot sauce, or more,
to taste
- ☐ 1 tablespoon sweet paprika
- ☐ Crinkle-cut potato chips,
saltines, or vegetable sticks, for
dipping

Directions

combine all ingredients together, stirring
until fully incorporated

Red Potatoes with Tomato-Avocado Salsa



Ingredients

- ☐ 12 small to medium red

potatoes, scrubbed and halved

- ☐ 1/4 cup olive oil
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon minced fresh rosemary leaves

☐ Tomato-Avocado Salsa

- ☐ 8 to 10 plum tomatoes, seeded and finely chopped, about 3 cups
- ☐ 1 cup scallions, finely chopped
- ☐ 1 jalapeño, seeded if desired and finely chopped
- ☐ 3 cloves of garlic, finely chopped

- ☐ 1/4 cup olive oil
- ☐ 1 tablespoon lime juice
- ☐ 2 medium avocados, pitted
- ☐ 1/2 teaspoon kosher salt
- ☐ 1/4 teaspoon black pepper

☐ 1/2 cup sour cream, optional

Method:

1. Preheat the oven to 400°F.
2. Put parchment on a cookie sheet and place the potatoes, oil, rosemary and salt in a large bowl before tossing until they are coated. Place the potatoes on the cookie sheet with the cut side down.
3. Bake them for at least 35 minutes until they are brown and crisp stirring occasionally so that they don't stick.
4. In a large bowl prepare the salsa by combining the scallions, tomatoes, jalapeno, garlic, lime juice and olive oil. Smash the avocado in a separate dish and season with salt and pepper.
5. Top the potatoes singly with the

salsa, avocado and a drop of sour cream. Place them in a platter and serve warm or cool.

Onion Jam and Goat Cheese Crostini



Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 9 bulb Spring onions or 4 sweet onions, very thinly sliced
- ☐ Salt and pepper, to taste

- ☐ Grated rind and juice of 2 lemons
- ☐ 2/3 cup sugar
- ☐ 1 cup white wine vinegar
- ☐ 1 baguette, thinly sliced
- ☐ 1 round or log (5 to 6 ounces) fresh creamy goat cheese, at room temperature

Method:

1. Use a medium frying pan to heat the vegetable oil and add the onions with a good amount of salt. Cook over low heat for some 10 minutes or until the onions become soft.
2. Drop in the lemon rind and juice together with the vinegar and sugar and continue to cook and stirring for some 45 minutes until all the liquid

has evaporated.

3. Toast the bread until it is golden brown and the spread with goat cheese.

4. Taste to make sure that it is seasoned well before letting it sit for 20 minutes and then spoon it on the toast and sprinkle with pepper.

Goat-Cheese and Pistachio-Stuffed Dates



Ingredients

- ☐ 4 ounces soft goat cheese
- ☐ 3 tablespoons shelled, salted pistachios, toasted and coarsely chopped
- ☐ 1 tablespoon finely chopped fresh chives, plus more for garnish
- ☐ Freshly ground pepper
- ☐ 8 plump, soft dried dates, pitted and halved lengthwise

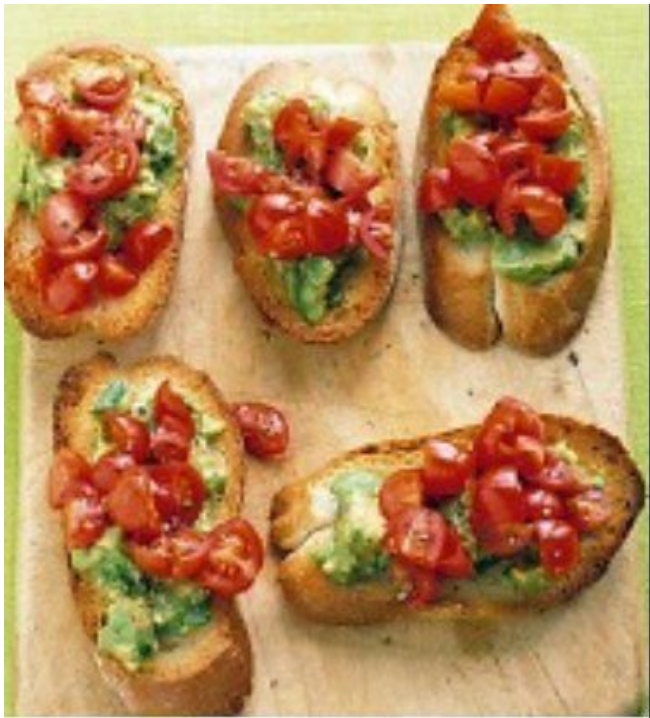
Method:

1. Mix the cheese, 2 Tbsp pistachios and a tablespoon of chives and blend them well before seasoning with pepper.
2. Set the dates on a platter with the cut side up and then, using a re-

sealable plastic bag with an inch cut off at the corner pipe out the goat cheese mixture on every date to cover it completely.

3. Garnish dates with remaining pistachios and more chives.

Tomato-Avocado Toasts



Ingredients

- ☐ 1 small baguette (5 ounces)

- ☐ 2 tablespoons olive oil
- ☐ 1 ripe avocado
- ☐ 1 teaspoon fresh lemon juice
- ☐ Coarse salt and ground pepper
- ☐ 1 pint grape tomatoes, quartered

Directions

1. Preheat oven to 350 degrees. Cut the baguette diagonally to make sixteen ½ inch slices and brush their sides using olive oil. Place them on a baking sheet and bake for 8 minutes until golden brown.
2. Cut the avocado lengthwise and remove the pit to scoop out the flesh and place in a small bowl. Mash the avocado with lemon juice and season with salt and pepper before spreading on toasted bread which you will then

top with grape tomatoes

Baked Brie with Pecans



Ingredients

- ☐ 1 small wheel of Brie or Camembert (about 9 ounces)
- ☐ 1/2 cup pecan pieces
- ☐ 3 tablespoons light-brown sugar
- ☐ 3 tablespoons pure maple syrup

□ crackers or sliced baguette, for serving

Method:

1. Preheat oven to 350 degrees. Put the cheese on a baking sheet and bake for 15 minutes until it softens before transferring to a plate to cool for 20 minutes
2. As the cheese is cooling put the nuts on top of a baking sheet and bake them for 7-10 minutes until they become fragrant before you sprinkle them over the cheese.
3. Place cheese on a rimmed baking sheet; bake until softened, 15 to 20 minutes. Transfer to a serving plate; cool about 20 minutes.
4. Use a saucepan to mix the maple

syrup and sugar and boil then over medium heat and simmer until it becomes foamy. Drizzle warm sauce over the cheese and nuts before serving with baguette or crackers.

Hummus Dip



Ingredients

- 1 can (15 1/2 ounces)
chickpeas, drained and rinsed

- ☐ 1 small garlic clove, roughly chopped
- ☐ Pinch of ground cumin
- ☐ Pinch of ground nutmeg
- ☐ 1/4 cup tahini (sesame-seed paste)
- ☐ 1 tablespoon water, plus more as needed
- ☐ 1/2 teaspoon coarse salt

Method:

1. Crush all ingredients in a food processor until smooth and creamy, adding more water as needed in order to reach the desired consistency. Store in an airtight container in the refrigerator until ready to serve.

Stuffed Piquillo Peppers with Goat Cheese



Ingredients

- ☐ 16 ounces goat cheese, room temperature
- ☐ 4 scallions, thinly sliced
- ☐ 1/2 cup coarsely chopped fresh mint
- ☐ 1/8 teaspoon red-pepper flakes, plus more for garnish
- ☐ 1 jar (7 ounces) piquillo peppers (about 15 peppers), drained, liquid reserved
- ☐ 2 lemons
- ☐ Spring onions, for garnish (optional)

Method:

1. Place goat cheese, scallions, mint, red-pepper flakes, and reserved piquillo liquid in a bowl. Zest and then juice lemons into the bowl,

straining seeds. Mix until well combined.

2. Fill the pepper using a small spoon with 2 Tbsp of the goat cheese mixture and place on a serving plate before you sprinkle with red pepper flakes. You can serve immediately or refrigerate for at least an hour.

8-Layer Dip



Ingredients

- ☐ 1 can (16 ounces) refried beans
- ☐ 2 teaspoons fresh lime juice
- ☐ Coarse salt and ground pepper
- ☐ 1/2 cup sour cream
- ☐ 1/2 cup grated cheddar (2 ounces)

- ☐ 1 can (4.5 ounces) chopped green chiles
- ☐ 2 plum tomatoes, seeded and chopped
- ☐ 1 avocado, halved, pitted, peeled, and diced small
- ☐ 1 cup shredded romaine lettuce
- ☐ 2 scallions, chopped
- ☐ Tortilla chips, for serving

Method:

1. In a medium bowl, combine beans, lime juice, and 2 tablespoons water; season with salt and pepper. Transfer to a serving dish. Top with sour cream, cheese, chills, tomatoes, avocado, lettuce, and scallions. Serve with tortilla chips.

Eggplant and Mint Bruschetta



Ingredients

- ☐ 1 eggplant (1 1/2 pounds), cut into 1-inch cubes

- ☐ 1 medium red onion, quartered lengthwise, layers separated
- ☐ 4 plum tomatoes, halved lengthwise, seeded, and slivered
- ☐ 4 tablespoons olive oil
- ☐ Coarse salt and ground pepper
- ☐ 4 slices crusty bread, 1/4 inch thick
- ☐ 1/2 cup packed fresh mint leaves, torn into large pieces
- ☐ 1 tablespoon fresh lemon juice
- ☐ 4 ounces feta cheese, crumbled

Directions

1. Preheat oven to 450 degrees. Divide eggplant, onion, tomatoes, and 2 tablespoons oil between two rimmed baking sheets. Season with salt and pepper; toss to combine.

Roast until eggplant is tender, 25 to 30 minutes; let cool to room temperature.

2. In the meantime place the bread on another baking sheet and brush with olive oil before sprinkling with salt and pepper and bake for 4-6 minutes

3. Place the eggplant mixture in a medium sized bowl before adding mint and tossing the remaining oil and lemon juice. Divide the eggplant mixture equally over the bread slices and top with feta before serving.

Spicy Roasted Chickpeas



Ingredients

- ☐ 1/4 cup extra-virgin olive oil
- ☐ 2 cans (15.5 ounces each)

chickpeas, rinsed, drained, and patted dry

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon cumin seed
- ☐ Coarse salt

Method:

Preheat the oven at 450 degrees. Put some olive oil in a baking sheet and put it in an oven for 3 minutes until the oil is hot. Mix the peas, cumin seeds and cayenne pepper in a medium bowl and toss after seasoning with salt. Place the chickpeas on the hot baking sheet in one layer and bake for 10-12 minutes until crisp. Place on paper towels to cool and serve them warm.

Coriander-Chile Pinto Bean Dip



Ingredients

- ☐ 1 can (15 ounces) pinto beans, rinsed and drained
- ☐ 1 tablespoon red-wine vinegar
- ☐ 2 tablespoons olive oil, plus more for drizzling (optional)
- ☐ 1 small garlic clove
- ☐ 1/2 teaspoon ground coriander
- ☐ 1/2 teaspoon paprika, plus more for garnish
- ☐ 1/8 teaspoon cayenne pepper
- ☐ Coarse salt and ground pepper
- ☐ Flatbread crackers, for serving

Method: Using a food processor mix the beans, oil, vinegar, paprika, coriander, cayenne with 2 tablespoons of water. Blend them until they are very smooth for about 1 minute before seasoning with salt and pepper. Garnish with paprika

and a drizzle of olive oil in a serving bowl and serve.

Guacamole Hummus



Ingredients

- 1 can (15.5 ounces) chickpeas, rinsed and drained

- ☐ 3 cups fresh cilantro leaves
- ☐ 1 garlic clove, chopped
- ☐ 1 ripe avocado, roughly chopped
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 teaspoon fresh lemon juice
- ☐ Coarse salt and ground pepper
- ☐ Lemon wedges
- ☐ Tortilla chips

Method: Using a blender or food processor avocado, cilantro, chickpeas and garlic and process them till finely chopped. Add in the olive oil as the machines runs in a slow stream together with water and lemon juice; add the water a tablespoon at a time until you have a smooth mixture. Season with salt

and pepper to taste and serve with
tortilla chips and lemon wedges.

Fried Herbed Almonds



Ingredients

- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 2 cups whole blanched almonds
- ☐ 2 tablespoons fresh thyme, leaves
- ☐ Coarse salt and freshly ground pepper

Method:

1. Heat oil over medium heat in a skillet and then add the almonds and cook them while stirring occasionally for 10-12 minutes until they are browned fragrantly.
2. Stir in the thyme before you remove from the heat and then season with salt and pepper. Spread them on a rimmed baking sheet to let them cool. You can store them in an

airtight container for up to two weeks
at room temperature.

Beet, Cheddar, and Apple Tarts



Ingredients

- 1 sheet frozen puff pastry, thawed and cut into six 4 1/2-inch

rounds

- ☐ 3/4 cup shredded white cheddar (3 ounces)
- ☐ 1 small apple, cored and very thinly sliced
- ☐ 1 small beet, scrubbed, peeled, and very thinly sliced
- ☐ Coarse salt and ground pepper
- ☐ 1/2 teaspoon fresh thyme leaves

Method:

Preheat the oven to 400 degrees. Put the rounds of pastry on a baking sheet lined with parchment remembering to prick them all with a fork. Place the cheese on all pastry rounds and then top each with 2 or 3 slices. Put the beet slices among the slices of apple and top the remaining ones with cheese. Sprinkle them with

thyme and season with salt and pepper. Bake them until the pastry turns golden brown and puffs slightly, which should take some 13-15 minutes and serve them at room temperature.

Cucumber-Feta Toasts



Ingredients

- ☐ 1/2 baguette
- ☐ 2 teaspoons plus 4 teaspoons

extra-virgin olive oil

- ☐ 3 ounces feta
- ☐ 1/2 teaspoon fresh lemon juice
- ☐ Coarse salt and ground pepper
- ☐ 1 small English cucumber,
thinly sliced crosswise

Method:

Preheat the toaster or the oven at 450 degrees. Divide the baguette lengthwise and brush the cut sides with olive oil before you bake them for 5 minutes until then ends are golden. In the meantime, use a small bowl to mash the 4 teaspoons of oil, the feta and lemon juice using a fork and season with salt and pepper. Spread this mixture over the baguette, top up with cucumber and season with a drizzle of oil, lemon juice,

salt and pepper. Cut into small pieces and serve.

Spinach-Artichoke Dip



Ingredients

- ☐ 1 can (14 ounces) artichoke hearts in water, rinsed, drained, and coarsely chopped
- ☐ 4 ounces reduced-fat bar cream cheese
- ☐ 1/4 cup plus 1 tablespoon grated Parmesan
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 small garlic clove, chopped
- ☐ 1/8 teaspoon cayenne pepper
- ☐ 2 scallions, sliced
- ☐ 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- ☐ Raw vegetables, such as bell-pepper wedges, carrot slices, and cauliflower florets, for dipping

Method:

1. Put half of the artichokes in a food processor before adding the cream cheese, lemon juice, $\frac{1}{4}$ cup Parmesan, cayenne, garlic and 3 tablespoons of water; process until you have a smooth mixture.

2. Drop in the scallions, spinach and the remaining artichokes and pulse briefly. Move them into a serving bowl and then top up with parmesan and serve with raw vegetables.

Stuffed Jalapenos



Ingredients

- ☐ 4 ounces cream cheese, room temperature
- ☐ 1/2 cup grated sharp cheddar
- ☐ 6 large jalapenos, halved and seeded

□ Coarse salt and ground pepper

Method:

Preheat oven to 450 degrees. Use a small bowl to combine the cheddar and cheese and then season with salt and pepper. Fill the jalapenos halfway with a tablespoon of the cheese mixture and then place the peppers on a baking sheet lined with parchment and bake for about 10 minutes until the cheese is bubbling and browned. You must rotate the sheet halfway through.

Cucumber-Mint Yogurt Dip



Ingredients

- ☐ 2 containers (6 ounces each) 2 percent Greek yogurt (1 1/4 cups)
- ☐ 1/2 cup mint leaves, coarsely chopped
- ☐ 1/2 English cucumber, halved, seeded, and finely chopped
- ☐ 1 teaspoon white-wine vinegar
- ☐ Coarse salt and ground pepper
- ☐ Cut vegetables, for serving

Method

Use a medium sized bowl to combine the yogurt, cucumber, mint and vinegar, season with salt and pepper and you are ready to go. You can store refrigerated in an air tight container for up to 3 days.

White-Bean and Caper Crostini



Ingredients

- ☐ Simple crostini

- ☐ 1 can (15 ounces) cannellini beans, rinsed and drained
- ☐ 1/4 small red onion, minced
- ☐ 1 tablespoon capers, rinsed
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon white-wine vinegar
- ☐ Coarse salt and ground pepper

Method:

Mix the cannellini beans, capers, onions, olive oil and white vinegar in a bowl and blend them well. Combine making sure that you smash the beans slightly and season with salt and pepper. Top up with the Crostini topping.

Creamy Peanut Dipping Sauce



Ingredients

- ☐ 1/2 cup natural creamy peanut

butter

- ☐ 1/2 cup warm water
- ☐ 1/4 cup fresh lime juice (from 2 limes)
- ☐ 1 tablespoon soy sauce
- ☐ 4 teaspoons sugar
- ☐ 1/4 cup chopped roasted peanuts

Method:

Using a medium bowl combine and whisk the water and the peanut butter to make a smooth paste. Stir in soy sauce, lime juice and sugar. Sprinkle some peanuts over the sauce before you serve.

Roasted Peppers with Garlic and Basil



Ingredients

- ☐ 4 bell peppers (red, yellow, or orange)
- ☐ 1/4 cup extra-virgin olive oil
- ☐ 1 tablespoon white-wine

vinegar

☐ 2 garlic cloves, halved
lengthwise

☐ Few sprigs of basil

☐ Coarse salt and freshly ground
black pepper

Method:

1. Preheat the broiler and place the rack some 6 inches from the element. Cut the pepper halfway through the stems and throw away the ribs, seeds and stem; place them cut side down on a rimmed baking sheet.

2. Place the peppers to roast under the broiler until the skins become charred and rotate the sheet so as to cook them evenly in about 10 minutes before transferring them into a bowl

and covering with a plastic wrap. Allow them to cool for about 10 minutes.

3. Remove any blackened skin using a paper towel and then cut the pepper into strips and place them in a clean bowl. After removing any over strips and the accumulated juices from the bowl, add the vinegar, oil, basil and garlic and season with salt and pepper. Toss them to mix well before serving at room temperature.

Spiced-Up Hummus



Ingredients

- 15 (1 can) ounces chickpeas drained, reserving 1/4 cup of the liquid

- ☐ 1/4 cup tahini (sesame paste)
- ☐ 1/4 cup fresh lemon juice
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 garlic clove crushed
- ☐ 1/4 teaspoon ground star anise (optional)
- ☐ 1/4 teaspoon ground ginger
- ☐ 1/4 teaspoon ground cumin
- ☐ 1/4 cup cilantro leaves finely chopped, plus whole leaves for garnish (optional)
- ☐ 1 plum tomato peeled, seeded, and very finely chopped
- ☐ 2 scallions very thinly sliced
- ☐ Coarse salt and ground pepper

Method:

1. Use a food processor to combine

the beans and reserved bean liquid, lemon juice, tahini, garlic, star anise, 1 tablespoon oil, cumin and ginger; puree them until smooth.

2. Move the mixture into a serving bowl and stir in the tomato, cilantro, and scallions before seasoning with salt and pepper. Drizzle the two remaining tablespoons of olive oil over the hummus before you serve. You may want to garnish with cilantro leaves according to your choice.

Gingered Nuts



Ingredients

- ☐ 1 pound unsalted mixed nuts (3 cups)
- ☐ 3/4 cup minced candied ginger
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 2 teaspoons coarse salt
- ☐ 1/4 teaspoon ground pepper
- ☐ 2 tablespoons sesame seeds
- ☐ 1/4 cup sugar
- ☐ 1/4 cup water

Directions

1. Preheat the oven to 350 degrees. Mix the nuts, cayenne, candied ginger, sesame seeds, salt and pepper in a larger bowl. Using a small pan mix the water and sugar over medium heat and bring to boil and cook for

about 3 minutes, stirring occasionally until the sugar dissolves completely.

2. Pour the sugar mixture over the nuts and toss them until they combine well. Put them in a single layer on a rimmed baking sheet that is lined with parchment and bake the nuts for the next 15-20 minutes until they become golden brown, remember to stir occasionally. Let them cool on a wire rack before you break them to smaller bite size pieces.

Roasted Eggplant Dip



Ingredients

- ☐ 1 large eggplant (about 1 1/2 pounds)
- ☐ 8 ounces creme fraiche or sour cream
- ☐ Juice of 1 lemon
- ☐ Coarse salt and freshly ground pepper

Method:

1. Heat the broiler. In the meantime poke the eggplant with a fork several times before placing it in a rimmed baking sheet and broil while turning every 5 minutes until the skin becomes black all over and the flesh is soft this should take about 20 minutes. Get it out of the oven and let

it cool enough for you to handle safely.

2. Remove the blackened skin and throw it away and put the flesh in a food processor and puree the eggplant until it is smooth before you transfer to a serving bowl. Stir in the crème fraiche together with the lemon juice and then season with salt and pepper. Serve it warm with toasted bread.

Zucchini-Scallion Fritters



Ingredients

- ☐ 1 pound (about 2 medium) zucchini, coarsely grated
- ☐ Coarse salt and ground pepper

- ☐ 1 large egg
- ☐ 2 scallions, finely chopped
- ☐ 1/2 cup all-purpose flour,
(spooned and leveled)
- ☐ 1/2 cup vegetable oil
- ☐ Sour cream, for serving

Method:

1. Put your zucchini in a colander set at the sink and toss with a teaspoon of salt and let them drain for at least 10 minutes; press out as much liquid as you possibly can.
2. Swish an egg in a large bowl and mix with the flour, scallions, zucchini and 1/4 teaspoon of pepper making sure that they combine well.
3. Use medium heat to heat some oil in a skillet and cook the fritters in

two batches; drop some six mounds of the batter into the skillet and flatten them so that they cook quickly. Turn them once after they have browned which takes between 4-6 minutes. Transfer them to a plate lined with paper towels and sprinkle with salt. Repeat with the remaining batter before serving them warm with sour cream.

White Bean and Olive Dip



Ingredients

- ☐ 1/4 cup (1 ounce) pine nuts
- ☐ 1 1/2 teaspoons cumin seeds

- ☐ 1 can (15 1/2 ounces) white beans, drained and rinsed
- ☐ 1/4 cup fresh lemon juice (from 2 lemons)
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon cayenne pepper
- ☐ 1/4 cup plus 2 tablespoons extra-virgin olive oil
- ☐ 2 ounces black olives, pitted and roughly chopped (1/2 cup)
- ☐ Coarse salt
- ☐ Crackers and carrot sticks, for serving

Method:

1. Use a skillet on medium heat to toast the pine nuts for 3-3 minutes, shaking the skillet at least once until they are golden brown. After they cool

chop them coarsely. Use the same skillet to toast the cumin seeds for 1-2 minutes over medium heat until they become fragrant.

2. Pulse the beans, mayonnaise, cumin, and lemon juice in a food processor making sure that they have combined well. While the processor is still running add the oil slowly and continue to process until it is completely smooth. Stir in the olives and peanuts and season with salt. Serve with carrot sticks and crackers.

Tomato-Basil Crostini



Ingredients

- ☐ 1 pint chopped grape or cherry tomatoes
- ☐ 1/2 cup chopped fresh basil leaves

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon red-wine vinegar
- ☐ Coarse salt and ground pepper

Directions

1. In a bowl, combine tomatoes, basil leaves, olive oil, and red-wine vinegar; season with salt and pepper. Top Crostini with topping.

Conclusion

A great vegetarian appetizer becomes a sort of foreplay to the great meal that you are expecting. This is the perfect way to set the mood that excites your taste buds in anticipation to a great meal that is coming. It is therefore prudent to make sure that you start your meals well, especially when you are preparing for family and friends. You don't want to stumble with a bad appetizer that will destroy the good mood that should surround an important meal.

The appetizer is what makes the difference in a good meal. Appetizers such as what we have shared in this

book are the perfect way to tease your taste buds and grab your attention. You also want to give a good first impression especially when you and your lunch or dinner guests are starving. Make sure that the first bite they have on your appetizer will get them salivating for greater things that you are capable of doing.

Top 37 Easy Vegetarian Lunch Recipes for busy Women

**The hassle free way of adding variety
into you vegetarian lunch planning**

WWW.RECIPESFORBUSYWOMEN.COM

Summary

Like most of us already know, eating a healthy meal requires a great deal of planning so that you get every nutrient that you require for optimum health.

Most women who try to become vegetarian normally find it hard planning such meals. They end up eating bland foods that they repeat so often it finally becomes boring. Learning how to incorporate different foods in your meal will make sure that you get the best of easy vegetarian meals. By just learning a small bit of creativity, you are going to know how to get an overabundance of vitamins, minerals, antioxidants and every other nutrients that will promote

your well being and happiness.

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TABLE OF CONTENTS

Introduction

Secrets of a great vegetarian lunch

Vegetarian sandwiches and wraps recipes

Smothered Tempeh sandwich

Egg salad sandwich with watercress

Grilled provolone and tomato sandwich

Grilled eggplant and mushroom sandwich

Avocado and white bean wrap

Tofu peanut wrap

Dolmas wrap

Vegetable hoagies

Vegetarian burger recipes

Kidney bean and mushroom veggie burger

Tofu and Green Onion Veggie Burgers

Spicy vegetarian black bean burger

Easy sweet potato veggie burgers

Lentil and carrot veggie burger

Vegetable chicken recipes

Soy tofu breaded chicken nuggets

Vegetarian chicken curry masala

Mock vegetarian chicken with country "chicken" stew

Mock vegetarian chicken, mushroom stew

Vegetarian chicken salad

Orange roasted vegetarian chicken

Southern fried vegetarian chicken

Vegetarian fried rice recipes

[Quick and easy sesame fried rice](#)

[Vegetable fried rice](#)

[Cashew and tofu fried rice](#)

[Vegetable fried rice with spinach](#)

[Chinese egg fried rice](#)

[Easy bean and rice bake](#)

[Easy Mexican rice recipe](#)

[Vegan coconut rice](#)

Vegetarian grilled potato and sweet potato recipes

[Garlicky grilled new potatoes](#)

[Grilled sweet potatoes and peaches](#)

[Cheesy stuffed potatoes](#)

[Lime and tequila sweet potatoes](#)

Barbecue spicy sweet potatoes

Grilled potato and veggie packets

Sweet and spicy tofu nuggets

Pineapple soy glazed tofu

Lemon baked tofu

Conclusion

Introduction

Most people who are new to the vegetarian lifestyle normally wonder the best way to vary their meals so that boredom does not set in. While most of them only see simple vegetables, they lack the creativity to vary them such that they can always look forward to a vegetarian lunch. In most cases, they will almost always end up giving up and finally joining the ‘meat eaters’ simply because they lacked creativity. The truth of the matter is that with just a little thought, your vegetarian lunches can be so great that you will always look forward to them.

This book is all about making your

vegetarian lifestyle sustainable. If you don't plan your vegetarian meals well you are likely to end up malnourished and in most cases you could actually fall sick. Fish, poultry, dairy products and eggs play a big role in our diet and when they are missing, you must be careful how you are going to replace them. The good news is that this is not rocket science, reading this book will give you great ideas on how to reach this noble goal.

While going vegetarian is a good idea, planning a meatless diet is the main challenge that most women face. The meals we are going to introduce in this book are not just appetizing but are also

filled with necessary nutrients. The foods are also good to look at and they taste just great. If you are a new comer to this lifestyle, rest assured that this book is your key to a great lifestyle that you are truly going to enjoy.

Secrets of a great vegetarian lunch

There are many progressive women who have realized the importance of guarding what they allow to go through their lips. This is because they understand that more than 50% of lifestyle diseases are generally caused by the foods they eat or fail to eat. This therefore means that many of those diseases can actually be prevented by choosing to eat well and especially vegetarian foods.

When it comes to succeeding in your vegetarian lifestyle, you will only be limited by your imagination. The best way to go about it is to make sure that

you actually include a large number of fresh fruits and vegetables, grains and legumes as well as seeds and nuts.

Normally, it is variety that spices life and this is what this whole book is about. Vegetarian lunches can be fun and interesting to prepare, on top of the fact that they are easy to prepare. Your secret weapon is to aim for variety and you will be at home.

Creativity is the key

Succeeding in preparing a good vegetarian lunch requires that you learn the best way to combine your beans, vegetables, grains, nuts fruits and vegetables. You should aim to make sure that you serve at least some vegetable

variety at every lunch that you prepare. Your best secret is to try and plan your vegetarian lunches around some form of vegetable. The good news is that you have a wide variety of choices to make from as well as a number of creative ways to prepare them.

Always be experimenting

You should always go shopping in order to try new foods every once in a while. There is a great variety of grains such as wheat, barley, bulgur, couscous and many others you can always try. Look for fruits and vegetables that you have not tried before and learn how to prepare them. Apart from the fruits and vegetables that are grown locally, it I

snow possible to get fresh fruits from different parts of the world by just visiting your local grocery store. When you are not sure what to do with the new vegetable you have bought, ask the store managers or visit the internet and you are likely to get a number of easy recipes.

Don't stress yourself

Most vegetarians normally get worried about the amount of proteins they are getting in their diet. You need to realize that you can very easily meet your daily protein requirements by making sure that you vary your vegetarian foods. By eating a variety of grains, legumes, fruits, vegetables, seeds and nuts you will easily hit your target. You don't

have to struggle to combine your foods in order to get enough proteins. You only need be careful you don't eat too much fat especially if your diet is composed of many nuts, oils and some processed vegetarian foods and sweets.

Vegetarian sandwiches and wraps recipes

Smothered Tempeh sandwich



Tempeh is a form of fermented soybean

loaf that is nutty and chewy and which can be bought plain or with grains added to on it. You will most likely find it in the refrigerated section of the food store or your local supermarket.

Ingredients: 1 8-ounce package Tempeh, 1 tablespoon canola oil, 10 ounces mushrooms, sliced, 1 small red onion, thinly sliced, 1/4 teaspoon salt, 1 cup dry red wine, 4 ounces sliced provolone cheese and 8 thin slices whole-wheat bread, toasted

Method: Divide the Tempeh into quarters so that you have 4 pieces in total. Put oil in a non stick skillet on a medium heat and than add the mushrooms, onions and salt and let them cook for about 10 minutes or until they

are golden brown. Reduce the heat and put in the wine and stir. Put in the slices of Tempeh spooning the mushroom mixture over them and cook until the Tempeh has heated up enough and the wine has evaporated. Get them from the heat and top up with cheese and cover so that you let the cheese melt.

It is now time for you to assemble the sandwich; equally divide the Tempeh among the toasted bread, top up with the mushroom mixture and serve. This lunch should not take you more than 30 minutes to prepare.

Egg salad sandwich with watercress

You will love this sandwich with watercress which is a nutritious vegetable that is full of polynutrients.



Ingredients: 8 large hard-boiled eggs, 3 tablespoons nonfat sour cream, or nonfat plain yogurt, 1 tablespoon reduced-fat mayonnaise, 1 tablespoon grainy

mustard, 4 scallions, trimmed and chopped, Salt & freshly ground pepper, to taste, 3/4 cup washed and stemmed watercress, 8 slices pumpernickel bread.

Method: Remove the egg yolks and place 2 of them in a bowl because you are going to use them at a later stage. Chop up the egg whites and reserve them as well. Mash the yolks using a fork and then stir in the sour cream or yogurt, mustard and mayonnaise.

Add the egg whites and scallions and season with salt and pepper. Arrange the water cress on 4 bread slices and then top it up with the egg salad before covering with the remaining slices of bread.

Grilled provolone and tomato sandwich



This is a special sandwich that is so simple to make which is topped up with provolone and some garlic mayo.

Ingredients: 1 small clove garlic, finely chopped, 1/4 cup low-fat mayonnaise, 2

tablespoons chopped fresh tarragon or basil or 1 teaspoon dried, 1 tablespoon lemon juice, 1/4 teaspoon freshly ground pepper, Pinch of salt, 8 slices whole-grain country bread, 4 slices provolone cheese (about 4 ounces), 2 large or 3 medium tomatoes (about 1 1/2 pounds), sliced 1/2 inch thick.

Method: Preheat the broiler after placing the rack on the upper third of the oven. Crush the garlic on a board using a spoon or the side of knife to form a smooth paste. Put it in a bowl and mix with the mayonnaise, tarragon, pepper, lemon juice and salt. Put the bread on a baking sheet and broil until it is toasted lightly.

After turning the bread over, divide the

cheese among the slices and continue broiling for 2 more minutes until the cheese is completely melted. Assemble the sandwich using tomato and garlic herb mayonnaise and then top up with the melted cheese bread.

Grilled eggplant and mushroom sandwich



Ingredients: 1 small clove garlic, chopped, 1/4 cup low-fat mayonnaise, 1 teaspoon lemon juice, 1 medium eggplant (about 1 pound), sliced into 1/2-inch rounds, 2 large or 3 medium mushroom caps, gills removed , Canola or olive oil cooking spray, 1/2 teaspoon

salt, 1/2 teaspoon freshly ground pepper, 8 slices whole-wheat sandwich bread, lightly grilled or toasted, 2 cups arugula, or spinach, stemmed and chopped if large and 1 large tomato, sliced

Method: Preheat the grill to a medium high and then crush the garlic with a spoon to form a paste before combining with lemon juice and mayonnaise in a small sized bowl. Using a cooking spray coat the sides of the eggplant and mushroom caps and season with salt and pepper; grill the vegetables and turn once making sure that they have browned on both sides. Slice the mushrooms after they have cooled down enough to be handled. Spread about 2 spoons of the garlic mayonnaise on the pieces of bread

and then layer them with eggplant, mushrooms, spinach on the slices of bread and then top up with the remaining pieces of bread.

Avocado and white bean wrap



Ingredients: 2 tablespoons cider vinegar, 1 tablespoon canola oil, 2 teaspoons finely chopped canned

chipotle chile in adobo sauce, 1/4 teaspoon salt, 2 cups shredded red cabbage, 1 medium carrot, shredded, 1/4 cup chopped fresh cilantro, 1 15-ounce can white beans, rinsed, 1 ripe avocado, 1/2 cup shredded sharp Cheddar cheese, 2 tablespoons minced red onion and 4 8- to 10-inch whole-wheat wraps, or tortillas.

Method: Swish the oil, vinegar, chipotle chili and salt in a medium sized bowl. Add the carrot, cabbage and cilantro and toss them in order to combine. Crush the avocado and beans in a different bowl using a fork or a potato masher and the stir in the onion and cheese.

In order to assemble your wrap spread out the bean and avocado mixture on the

tortilla and then top it up with the cabbage carrot mixture and roll them up. Repeat with all ingredients and then enjoy your quick lunch.

Tofu peanut wrap



You should be able to buy baked tofu in any food store and you can actually get it already tossed with peanut sauce especially if you want to save your time. The vegetable you use in finishing this

sandwich will not only make it crunchy but will also add and nutrients.

Ingredients: 1 tablespoon store-bought peanut sauce, 1 8-inch whole-wheat flour tortilla, 2 ounces thinly sliced seasoned baked tofu, 1/4 cup sliced red bell pepper, 8 thinly sliced snow peas.

Method: simply spread the peanut sauce on the tortillas and then place the tofu, peppers and snow peas at the center. Fold the sides of the tortilla and then fill up and roll it up and your lunch is ready.

Dolmas wrap



This is an extremely satisfying wrap that originates in the Middle East and is filled with fresh vegetables making for an easy lunch where the ingredients can be packed and assembled at the office.

Ingredients: $\frac{1}{2}$ cup of shredded romaine lettuce, $\frac{1}{4}$ cup of chopped cucumber, $\frac{1}{4}$ cup of chopped tomato, $\frac{1}{4}$ cup of low-fat

plain yogurt, 1 tablespoon of crumbled feta cheese, 1/8 teaspoon of garlic powder, 1 whole-wheat lavash, 3 prepared dolmas.

Method: mix the cucumber, lettuce, tomato, feta, yogurt and garlic powder in a small bowl. Spread the mixture on the lavash and then top up with the dolmas, roll and enjoy your lunch.

Vegetable hoagies



While this sandwich may look just a little messy to make, you can be sure that it is extremely delightful especially when it is served with cucumber and tomato salad. This makes for a very tasty and quick lunch.

Ingredients: 1/4 cup thinly sliced red onion, separated into rings, 1 14-ounce

can artichoke hearts, rinsed and coarsely chopped, 1 medium tomato, seeded and diced, 2 tablespoons balsamic vinegar, 1 tablespoon extra-virgin olive oil, 1 teaspoon dried oregano, 1 16- to 20-inch-long baguette, preferably whole-grain, 2 slices provolone cheese, (about 2 ounces), halved., 2 cups shredded romaine lettuce, 1/4 cup sliced pepperoncini, (optional)

Method: Place the onion rings in a small bowl and then add enough cold water to cover. Set aside while you prepare the remaining ingredients. Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of

the soft bread from each side. Drain the onions and pat dry.

For you to assemble the sandwiches, divide provolone among the bottom pieces of baguette. Spread on the artichoke mixture and top with the onion, lettuce and pepperoncini, if using. Cover with the baguette tops. Serve immediately.

Vegetarian burger recipes

**Kidney bean and
mushroom veggie burger**



Making your own vegetable burger for lunch is cheaper and healthier than buying stale ones that could have been refrigerated for weeks. You may want to use an egg as a binder for this burger.

Ingredients: 1 medium carrot, 1/3 cup oats, 1 14 ounce can kidney beans, drained, 1/2 cup, mushrooms, 1/2 onion, 1/2 red or yellow bell pepper, diced small, 1 egg, 2 tbsp ketchup, 1/2 tsp garlic salt

Method: Using a food processor grate the carrots and then add the beans, oats and pulse in small batches. Add on the remaining ingredients and process them until you have a coarse mixture, chill it for some 45 minutes before you form some 5 or so patties. Broil them for about 5 minutes on each side. You could alternatively cook them on a frying pan in oil or a grill.

Tofu and Green Onion Veggie Burgers



Tofu burgers are not only delicious but are also packed with the nutrients you need to push you through a hard day.

Ingredients: 1/2 container firm or extra firm tofu, mashed, 1 onion, diced, 3 green onions, diced, 2 tbsp wheat germ, 2 tbsp flour, 2 tbsp garlic powder, 2 tbsp soy sauce, dash pepper, oil for frying.

Method:

Simply mix all the ingredients in a large bowl and then form them into patties. Fry the patties in oil using a large skillet until they are brown and crisp on both sides. This should take no more than 10 minutes.

Spicy vegetarian black bean burger



Your lunch time vegetarian black bean burger seasoned with a good amount of cayenne pepper and hot sauce can make for a wonderful lunch you will always look forward to. The patty is good

enough to hold for you to actually manage to grill it. You must try this one if you a lover of black beans.

Ingredients: 1 15 ounce can black beans, drained, 1/2 onion, diced, 1 tsp hot sauce, 1/2 red or yellow bell pepper, diced (optional), 1/2 tsp cayenne pepper, 1 egg replacer, 1 cup bread crumbs, oil for frying (optional)

Method: simply mash the beans in a large bowl before you add the rest of the ingredients and make sure that they are well combined. Press firmly together and form patties before frying them in oil or you could fire up your grill in order to barbecue them over medium heat.

Easy sweet potato veggie burgers



You need to know that making sweet potato vegetable burgers is so easy for a

quick and easy lunch that you will enjoy. Since sweet potatoes take in flavors very easily, you can be sure that you can have some satisfying crunchy potato burgers you will truly love.

Ingredients: 1 cup canned black beans, 1 carrot, grated, 1/2 onion, diced, 3 sweet potatoes, grated, 4 scallions, chopped, 1 cup corn, salt and pepper to taste, oil for frying.

Method: Use a fork or potato masher to mash the beans and then put in all the other ingredients except the oil and make sure that you blend them well.

Form patties out of them and then heat

some 2 Tbsp of olive oil and cook the patties on each side until they are done well, this should take about 3 minutes for each side.

Lentil and carrot veggie burger



If you got some lentils then you have a perfect ingredient for some filling burgers for your lunch outing. This can be a low fat version of vegetable

burger.

Ingredients: 1/4 cup finely chopped onion, 1/4 cup grated carrots, 1/4 cup water, 3 cups cooked lentils, mashed, 2 tbsp fresh parsley, chopped, 3 tbsp tomato paste, 3/4 cup bread crumbs, salt to taste and oil for frying.

Method: cook the carrot and onion in water until they get tender which should take about 10 minutes. Remove any excess water and then mix the carrot and onion mixture with the rest of the ingredients apart from the oil.

Form some patties which you will fry in an oiled frying pan until they become

brown on both sides which should also take another 10 minutes and your lunch is ready.

Vegetable chicken recipes

Soy tofu breaded chicken nuggets



These tofu nuggets will remind you of

chicken nuggets and they can do very well when dipped in barbecue sauce, ketchup or salad dressings and can be baked or fried depending on what you like.

Ingredients: 1 block firm or extra-firm tofu, 1/3 cup soymilk, 2 tbsp mustard, 1 tsp onion powder, 1 tsp garlic powder, 1 tsp dried parsley (optional), 1/2 tsp salt, 1/4 tsp black pepper, 3/4 cup bread crumbs

Method: Put together the soy milk, mustard and the spices and whisk them together until they mix well in a wide bowl. Place the breadcrumbs in a different bowl.

Coat the pieces of tofu with the soymilk and mustard mixture before coating them with breadcrumbs. Fry them in oil until they become golden brown. Serve them with barbecue sauce, ketchup or any other sauce of your choice and enjoy. Alternatively, you may want to bake them at 350 degrees for 25 minutes if you want to consume less oil.

Vegetarian chicken curry masala



This recipe is especially good for women who have just converted into

vegetarianism and are craving some of their favorite foods such as curried chicken masala. This chicken substitute will really tempt your taste buds.

Ingredients: 1 vegetarian Chicken Free Chicken, cut into 2 inch cubes, 1 onion, diced, 1 tsp garlic, crushed, 1 tsp ginger, crushed, 1-2 tbsp chicken masala spice, 1/2 cup tomato, finely chopped, 1 tsp fresh cilantro, chopped, 1 tbsp olive oil, 1 cup water

Method: Sauté the onions, garlic and ginger in the oil until they become golden brown before adding your masala spice and sauté for another 2 minutes. Add tomatoes and then cook for another

10 minutes.

Add your vegetarian chicken and then cook for an extra 5 minutes adding water if you really think it is necessary.

Mock vegetarian chicken with country "chicken" stew



If chicken stew was what you loved

before you became vegetarian, this recipe will help you in your craving as you enjoy pieces of mock chicken.

Ingredients: 1 vegetarian Chicken Free Chicken, cubed, 1 cup potatoes, chopped into 1 inch cubes, 1 small red or green pepper, sliced, 1 red Spanish onion, cut into 1 inch cubes, 1 carrot, sliced, 1 cup mushrooms, sliced, 1 clove garlic, minced, 1 cup wine, 2 tbsp olive or canola oil, 1 tbsp Braggs Liquid Aminos or soy sauce, 1 tbsp vegetarian Worcestershire sauce, 1 tbsp lemon juice, 2 tbsp basil, 1/4 tsp liquid smoke, 1/4 tsp crushed red peppers, or to taste.

Method: Using a deep pot, put in some

oil followed by the fresh vegetables and spices. In the mean time, sauté the onions until they become tender. Add in the liquids and let them boil before you simmer for about 20 minutes.

Add the mock chicken and the wine, mix them well and let them cook for about 8 minutes. Your mock chicken curry will be ready to serve.

Mock vegetarian chicken, mushroom stew



This is another mock chicken recipe that you are surely going to enjoy.

Ingredients: 1 vegetarian Chicken Free Chicken, cubed, 1 onion, chopped, 2 tsp

flour, 2 cups sauerkraut, 2-3 mushrooms, 1 tsp rice syrup or maple syrup, 1 tsp olive oil, 1/2 cup water and 1/4 cup dry red wine.

Method: After cooking the onions and mushrooms in olive oil, blend the water and flour and then add all the other ingredients including the mock chicken.

Mix them well and simmer for 5 minutes. This stew can be served with rice.

Vegetarian chicken salad



This is another popular vegetarian chicken recipe that you are truly going to enjoy. It can be used to create a very filling vegetarian chicken sandwich and can be served on a layer of lettuce, tomatoes or toasted bread.

Ingredients: 1 carrot, 1 celery stalk, 1 green onion, finely sliced, 1 tbsp relish, 1/4 tsp dill, 1/4 cup mayonnaise (use vegan mayonnaise for a vegan version), approx 6 oz mock chicken or 10- 12 mock chicken deli slices.

Method: Grate the carrot and celery using a grater or food processor and then slice the mock chicken into small square pieces. Mix all the ingredients in a large bowl and make sure they have combined well. You can serve over lettuce, bread or make a vegetarian chicken sandwich.

Orange roasted vegetarian chicken



Ingredients: 1 vegetarian Chicken Free Chicken, sliced, 1 onion, cut into 1 inch cubes, 1 green pepper, cut into 1/2 inch strips, 1 carrot cut diagonally into 1/2

inch slices, 1 celery stalk, cut diagonally into 1/2 inch pieces, 1 orange, thinly sliced, 1 potato, cut into 1/2 inch slices, 1 tsp Braggs Liquid Aminos or soy sauce, 1 tbsp olive oil, 1 cup water, 1 clove garlic

Method: Stir-fry the onions and potatoes in olive oil until the onions become translucent.

Add in all the other vegetables together with the dry spices and garlic and continue to stir fry until the peppers become soft.

Put in the mock chicken and stir fry for another 5 minutes. Finally add the

Braggs and water bring to simmers,
cover it and cook for an extra 15 minutes
or until the potatoes become soft.

Southern fried vegetarian chicken



For one of those days when you truly long for fried chicken, you can go for this deep fried mock chicken recipe that

is cholesterol free and make it taste and even appear like real chicken. With a preparation time of 10 minutes and a cooking time of 15 minutes, this is another quick lunch for a busy woman.

Ingredients: 1 tsp salt or seasoned salt, 1 tsp onion powder, 1 tsp garlic powder, 1 tsp black pepper, dash cayenne (optional), 1 1/2 cups flour, 1/4 cup prepared mustard, 2 tbsp baking powder, 1/2 cup water, 1 lb chicken substitute, cut into 1-2" square pieces, oil for frying.

Method: mix together the onion powder, salt, garlic powder, black pepper, cayenne and flour. In a different bowl

whisk together the water and the mustard and then add one third of the flour mixture and make sure that they combine well. Also add the baking powder to this mixture and combine them well.

Coat the pieces of mock chicken with the mustard batter and then cover each piece with the remaining dry flour mixture.

Fry the chunks of mock chicken in oil on a large skillet for some 3 – 5 minutes and turn them over once they become brown. Drain the chicken on a paper towel and spoil yourself with barbecue sauce or ketchup.

Vegetarian fried rice recipes

Quick and easy sesame fried rice



Fried rice is an easy and quick recipe that takes no more than 25 minutes and is

a popular vegetarian lunch.

Ingredients: 1 tbsp sesame oil, 3 cups brown rice, water for boiling, 2 tbsp olive oil, 1 onion, diced, 1/2 head cabbage, sliced, 1 carrot, diced, 1/2 cup green peas (optional), 1 tsp soy sauce

Preparation:

Method: using a large skillet toast the rice in some sesame oil for about 2 minutes until it browns lightly. Add some water and cook it until it is done in about 20 – 25 minutes. Meanwhile, in a separate pan sauté your onions, carrots, cabbage and peas in the olive oil until the vegetables are soft which should be about 5 minutes.

Add in the cooked rice and stir well until they are combined well and all the ingredients have heated through. Add the soy sauce and combine well and if you desire you can add more sauce. Sit down to enjoy your fried rice lunch.

Vegetable fried rice



This is the type of fried rice you most likely have taken in a Chinese restaurant. You can become creative and add any other vegetables you may feel like.

Ingredients: 1/4 cup soy sauce, 3 tbsp

dry white wine or rice wine, 2 tbsp
peanut oil, 2 cloves garlic, minced, 1
carrot, sliced, 1 green bell pepper,
diced, 1/2 cup green peas and 4 cups
precooked left over rice.

Method: Swish together the wine and
soy sauce and set them aside.

Meanwhile, heat the peanut oil in a wok
and then add the garlic and fry for an
entire minute as you stir. Put in the
carrots, peas and green pepper and then
stir-fry for close to 2 more minutes
before adding the rice and stir
continuously. Pour in the wine and
sauce over the rice until they combine
well and it is all hot. Sit to enjoy your
lunch.

Cashew and tofu fried rice



Enjoy this traditional Chinese meal where tofu is used instead of eggs so that you won't really miss the eggs you truly want to avoid.

Ingredients: 1 container soft tofu, 1/8

tsp turmeric, 1 tsp onion powder, 1/2 tsp salt, 3 tbsp vegetable oil, 5 cups precooked rice, 1/2 cup chopped cashews, 3 tbsp soy sauce, 1 tsp sugar (optional), 6 green onions, chopped

Method: combine the tofu, onion powder, turmeric and salt in a bowl and set them aside. In a medium sized skillet and over a medium flame heat a tablespoon of oil and then add the tofu mixture and cook while stirring for at least 10 minutes. Get the tofu out of the fire and set it aside. Now mix the soy sauce, green onions and sugar in a small bowl and stir completely so that the sugar dissolves and also set this aside.

Put a dry wok on the fire and put on medium heat and when the wok begins to smoke put in the oil that you were left with and then add the onions and rice. Stir-fry for some 3 minutes until it is heated through and finally, stir in the cashew nuts and the serve your rice hot.

Vegetable fried rice with spinach



This is a quick and easy vegetarian rice recipe that will save you time and ensure that you have all the nutrients you need on a busy lunch hour.

Ingredients: 3 cloves garlic, minced, 3 tbsp olive oil, 2 cups cooked rice, 1 tomato, chopped, large handful spinach, chopped, other vegetables of your choice, chopped, 1/4 cup soy sauce, 1 tbsp sesame oil, 1/3 tsp salt (sea salt is best), juice from 1/2 lime.

Method: Sauté the garlic for using olive oil for at least 2 minutes before adding the already cooked rice and make sure they combine well. Put in the other ingredients apart from the lime juice and the salt and let them cook for about 8 – 10 minutes.

Remove from the heat and then stir in the

salt. You can make it a little tangy by squeezing a small bit of lime juice just before you sit down to enjoy.

Chinese egg fried rice



This is a basic recipe for fried rice and you can add the other ingredients as required.

Ingredients: 1 - 2 green onions, as desired, 2 large eggs, 1 teaspoon salt, Pepper to taste, 4 tablespoons oil for stir-frying, or as needed, 4 cups cold cooked rice, 1 - 2 tablespoons light soy sauce or oyster sauce, as desired.

Method: Chop your green onion finely and then beat the eggs mixing then with the salt and pepper. Heat a frying pan before adding some 2 Tbsp of olive oil.

Add the eggs when the oil has become hot and cook until they are scrambled but don't let them become too dry. Remove them and then clean the pan.

Put in some 2 Tbsp of oil and then add the rice and stir-fry for a few minutes; you can use a wooden spoon to break the rice apart. Add the soy sauce and desired. When the rice has heated enough, add in the scramble egg back into the pan and then mix them thoroughly. Finish with the green onion and then serve while it's still hot.

Easy bean and rice bake



This is an easy vegetarian rice casserole that has beans and can be a perfect way to make use of any left over rice.

Ingredients: 1 28 ounce can vegetarian baked beans, 1 1/2 cups cooked rice, 1/2 cup chopped red onion, 1/2 cup

shredded carrot, 1/2 cup thinly sliced celery, 1/4 teaspoon ground cinnamon, 1/4 teaspoon garlic powder, 1/8 teaspoon ground ginger

Method: Bring together all the ingredients together with the baked beans in a casserole dish that is greased lightly and then bake at 350 degrees for about 40 minutes.

Easy Mexican rice recipe



This Mexican rice recipe is a simple dish to prepare that you will truly learn to enjoy.

Ingredients: 1 onion, diced, 3 cloves garlic, minced, 1/4 cup olive oil, 1/2 tsp ginger, 1/2 tsp ground coriander, 1/4 tsp ground cloves, 1/4 tsp pepper, 2 cups

white rice, 3 cups diced or pureed tomatoes, 2 tsp salt, 1 1/2 cups water or vegetable broth.

Method: Sauté the garlic and onion in olive oil for close to 5 minutes until the onions become soft; add the coriander, ginger, cloves and pepper and the stir them until they mix pretty well.

Sautee the onions and garlic in the olive oil for 3 to 5 minutes, until onions are soft. Add the rice and stir to coat before finally adding the tomatoes, water and salt or vegetable broth continue to stir so that they combine. Cover and simmer for 25 – 30 minutes in low heat until all the liquid has been absorbed.

Vegan coconut rice



Also known as Thai coconut rice, this can be eaten as a light lunch or perhaps a side dish with a stir-fry sauce. The ingredients are few and it takes a short time to prepare.

Ingredients: 3 tbsp oil, 1/2 onion, diced, 3-4 inches lemongrass (optional), 2 cups white rice, 2 1/2 cups water, 1 14 oz can coconut milk, 1/4 cup lightly toasted coconut flakes (optional)

Method: Using a large frying pan, sauté your onions in oil for between 3 and 5 minutes. Put in the rice and the lemongrass and then cook for about 2 minutes or until the rice is properly toasted. You have to stir frequently and if there is a need add some more oil.

The water and oil must be added carefully and then after they boil reduce the heat and cover. Continue to stir

occasionally for about 15 minutes before adding the coconut milk and cooking for 15 more minutes or until the rice is cooked. Remove the lemon grass stalks and if you so desire, top the rice up with coconut flakes.

Vegetarian grilled potato and sweet potato recipes

**Garlicky grilled new
potatoes**



This vegetarian meal is a good one

especially for those who are just beginning to grill and it can be an easy and quick lunch.

Ingredients: 2 tbsp olive oil, 8 to 10 new potatoes, sliced in fourths, 1 onion, chopped, 4 cloves garlic, minced, salt and pepper to taste

Method: Tear a piece of aluminum foil that is about 2 feet long and drizzle it with a layer of olive oil. Place the potatoes, onion and garlic on the foil and then sprinkle with pepper, salt and more olive oil if you desire.

Wrap up the foil to make it a perfect fold making sure that edges are covered

especially well. Grill the potatoes for about 20 minutes and if need be you could turn them over once or twice until they are done well.

Grilled sweet potatoes and peaches



Get to enjoy a tasty vegetarian barbecue recipe of sweet potatoes stuffed with peaches.

Ingredients: 1 28 ounce can vegetarian baked beans, 4 sweet potatoes, 2

peaches, sliced, 1/2 cup onion, diced, salt and pepper to taste

Method: Clean up the sweet potatoes and using a knife pierce the skin a few times. Place them on paper towels and then microwave them for 10 minutes on high power until they soften.

Cut aluminum foil into eight 12 inch squares and then slice the potatoes into half and then scoop out portions of the potato leaving a narrow boat but remember to reserve the scooped potato. Place each potato in the square pieces of foil.

Mix the baked beans, onions and

peaches together with the reserved sweet potato portions inside a bowl and season with some pepper and salt. Put the mixture inside the boats in the potatoes. Close up the foil and leave just a little space for the steam to escape as they cook. Seal the potatoes in foil and grill them for at least 20 minutes over indirect heat.

Cheesy stuffed potatoes



Baked potatoes with cheese can make a perfect vegetarian lunch especially during the summer months.

Ingredients: 4 medium baking potatoes, 1 28 ounce can vegetarian baked beans, drained, 1 cup tomato, diced, 3/4 cup scallions, 1/8 tsp dried sage leaves,

Salt, to taste, Pepper, to taste, 3/4 cup
Pepper Jack cheese, grated

Method:

After the potatoes have been washed dry, pierce them with a fork and set them on a microwave safe paper towel inside the oven. Microwave them for at least 12 minutes or until they are done. You must turn them over halfway through the cooking time and if you are cooking them on a grill, wrap them up in a foil paper and heat for an hour turning them over every fifteen minutes.

Slice the potatoes into two and then scoop most of the potato making sure that you don't break the bottom skin. Mix

the beans, scallions, tomatoes and sage in a bowl and season them with salt and pepper. Put the mixture inside the potato hollows and sprinkle grated cheese on them evenly. Put them on the grill on medium heat and grill them for about 10 minutes.

Lime and tequila sweet potatoes



These are among the tastiest sweet potatoes you can ever prepare and eat when you are busy and are looking for an easy and quick afternoon meal.

Ingredients: 2 pounds sweet potatoes, peeled, 1/4 cup fresh lime juice, 2 tablespoons honey, 1 tablespoon tequila

Method: Divide the sweet potatoes into slices of about $\frac{3}{4}$ of an inch and boil then in a pan of water for about 6 minutes. Drain the potatoes which are now just tender. In a bowl combine the lime, tequila and honey then brush them over the potatoes.

Grill the potatoes on a greased grate for about 5 minutes and continues to brush them continuously even as you turn them. The sweet potatoes are ready when they brown evenly.

Barbecue spicy sweet potatoes



While some people may eat this as a side dish, it can make for a quick lunch once in a while.

Ingredients: 2-3 sweet potatoes, cut into 1 inch cubes, 1 red bell pepper, cut into strips, 1 small onion, chopped, 2 tablespoons olive oil, 2 teaspoons chili powder, 1 teaspoon salt, 1/2 teaspoon garlic powder, 1/4 teaspoon red pepper flakes, aluminum foil

Method: After preheating the grill, combine all these ingredients in a large bowl and toss them so that the coating takes place perfectly. Tear some large pieces of foil paper so that you make a double thickness sheet and place the potatoes at the center of the foil. Fold the sides of the foil to create a packet that will not allow the juices to escape.

Put the packet on the grill and cook for some 15 minutes and then turn them and allow them to cook for an extra 15 minutes. When you are ready to serve, use kitchen shears to cut the packet and allow it to cool for about a minute or two before you open up the foil to remove the sweet potatoes.

Grilled potato and veggie packets



These grilling packets can be a side dish but when you in a hurry they can make for perfect lunch.

Ingredients: 2 cloves garlic, minced, 2 teaspoon olive oil (extra virgin), 4 large potatoes (your choice), cubed, 2 large tomatoes, chopped and skin removed, 1 cooking onion, chopped, 2 stalks celery, chopped, 1/2 cup Parmesan cheese, grated, 2 pinches each of parsley, basil & oregano

Method: Use a double wrap of tin foil that has been brushed with olive oil to place the potatoes, garlic, onions and tomatoes, cheese, celery and the spices. Wrap them up tightly in a double fold and cook over the grill for some 45 minutes, you must turn to medium heat after 30 minutes. Remove them from the

heat letting them stand for 5 minutes before you open and serve.

Vegetarian tofu recipes

Sweet and spicy tofu nuggets



You may want to try tofu for your easy lunch and these baked tofu nuggets would be the right place for you to

begin. This is one simple tofu recipe that anyone can easily manage.

Ingredients: 1 block firm or extra firm tofu, cubed, 3 tbsp soy sauce, 3 tbsp maple syrup, 3 tbsp barbecue sauce, 2 tbsp ketchup, 2 tsp apple cider vinegar, 2 tsp hot sauce

Method: Combine all the ingredients together with the tofu in a baking dish making sure that they combine well. Marinate them for at least an hour before you bake at 375 degrees for at least 35 minutes, making sure that you toss them occasionally so that the tofu bakes evenly.

Pineapple soy glazed tofu



Enjoy this glazed tofu that you will do with pineapple and a hint of some salty soy sauce and which can be served with rice for your easy lunch.

Ingredients: 1/2 cup pineapple preserves, 2 tbsp soy sauce, 1/2 cup orange juice or pineapple juice, 2 tbsp oil, 1 block firm tofu, diced into cubes, 2 cloves garlic, 2/3 cup diced pineapple, 3/4 tsp cornstarch, 2 scallions, chopped (optional)

Method: Swish the pineapple preserves, orange juice and soy sauce together.

Sauté the tofu and garlic in some oil until the tofu turns light brown and then reduce the heat before adding the pineapple sauce and the pineapples, stirring well while you do it so that they combine well.

Heat the mixture for some 2 – 3 minutes before adding the cornstarch. Remember to whisk as you add the cornstarch so as to avoid lumps. Heat for one more minute as the sauce thickens.

Lemon baked tofu



If you miss lemon chicken then this tofu recipe is perfect for a person like you. This is simply one delicious recipe you will love to make always.

Ingredients: 2 blocks firm or extra-firm tofu, 2 tbsp soy sauce, 2 tbsp lemon juice, 2 tbsp olive oil, 2 tbsp Dijon mustard, 1 tsp sugar, 1 tsp basil, 1 tsp thyme, salt and pepper to taste

Method: Slice the tofu into strips of $\frac{1}{2}$ of an inch. Swish all the other ingredients apart from the tofu before transferring them into a shallow pan and then add the tofu to make sure that it gets coated well. Let the tofu marinate for at least an hour or more if you have the time.

Heat the oven to 375 degrees and then transfer the marinated tofu to a baking dish and then bake for 20 – 25 minutes making sure that you turn it over halfway

and if you need, you can pour in more
marinate.

Conclusion

A vegetarian diet is always a healthy alternative to the popular meat based diets because of the low level of cholesterol such a meal is likely to have. If you are packing such a meal for yourself as you head to the office, there are these simple tips that you need to remember in order for you to have a well rounded tasty vegetarian lunch.

Take just enough

Sometimes people are tempted to over indulge especially when they are on a vegetarian diet. While these items of

food are relatively healthy, you may need up getting fat if you eat too much of them in an attempt to cover up protean.

Concentrate on sandwiches

Sandwiches are the best quick and easy lunches you can ever make. This is especially true when you are pressed with time. Be creative and try for all manner of sandwiches and healthy spreads. Stuff the sandwiches with all manner of vegetables.

Meat substitutes

Most people who are new to vegetarianism will long for meat every once in a while, it is therefore prudent

for you to try meat substitutes when eating your burgers and you can be sure that they taste just like meat.

Top 37 Fast Vegetarian Super Snack Recipes for busy Women

**The healthy way to snack and keep
your weight**

Summary

The truth is that we all love snacking and many busy women are sure that the sugary, salty or fatty snack that is so popular will actually contribute to weight gain. While most people find it difficult to keep stock of healthy vegetarian snacks, we are going to make it appear like a walk in the park for you. This is because this book is going to share wonderful ideas on how to make your own simple, delicious and nutritious vegetarian snacks.

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TABLE OF CONTENTS

Introduction

The importance of vegetarian snacks

Stuffed dates snacks recipes

Blue cheese stuffed dates

Blue cheese and walnut stuffed dates

Almond stuffed dates

Dates filled with Chocolate Cream and Almonds

Pop corn and granola recipes

Brown Sugar-Cinnamon Popcorn

Cinnamon candy popcorn

Quinoa rice granola with dried fruits

Blended yogurt recipes

[Fruit-on-the-Bottom Yogurt](#)

[Crunchy fruit at the bottom yogurt](#)

[Homemade trifle recipes](#)

[Melt-In-Your-Mouth Berry Trifle](#)

[Chocolate trifle recipe](#)

[Colossal Caramel Apple Trifle Recipe](#)

[Strawberry trifle recipe](#)

[Black Forest Trifle](#)

[Roasted Chickpea Snack](#)

[Peanut Butter Chocolate Chip Hummus](#)

[Herbed Cashews: Raw or Roasted](#)

[Twist on Guacamole Recipe](#)

[Homemade energy bar recipe](#)

[Chocolate black bean happy bar](#)

[Cranberry-pistachio protein bars](#)

[Maple pumpkin health bars](#)

[Frozen banana truffles](#)

[Vegetarian finger food recipes](#)

[Almond Cheese Spread Recipe](#)

[Fruit kabob](#)

[Nutty trail mix](#)

[Fruit and nutty trail mix](#)

[Mozzarella sticks](#)

[Caramel Apple Bites Recipe](#)

[Apple bites](#)

[Fresh Fruit Tartlets Recipe](#)

[Easy baked vegetarian snack recipes](#)

[Baked sweet potatoes](#)

[Hassel back Potatoes Recipe](#)

[Baked Sweet Potato Fries Recipe](#)

[Muffin tin pizza recipe](#)

[Grilled Cheese with Caramelized Onions Recipe](#)

[Healthy Chocolate Oat Bites Recipe](#)

[Conclusion](#)

Introduction

We all love those smallish bits of food that we normally keep at our desk or anywhere around that house that we can nibble at any time we feel like our energy levels are going down or the stomach is growling and meal time is still far off. Snacks can be especially helpful for people with small appetites because they have a convenient way of shoring up their nutrient and energy level throughout the day.

There are thousands of ready made snacks in the market but we all know for sure that most of them are not too healthy nor do they provide so much in terms of nutrients. Many of these pre made snacks

are normally full of sugar, salt and fat all of which do not augur too well when it comes to good health and weight loss on particular. The good news is that you can learn to make very quick healthy vegetarian snacks that won't cost you so much money.

It is finally evident that nibbling on healthy snacks can actually assist you with your weight loss plan and is therefore considered a healthy habit. If you are therefore going to avoid picking on unhealthy snacks, you will require having a stock of healthy homemade vegetarian snacks around the house and the office so that you have something to rely on. Most of the snacks we shall

share in this book will only require
some small bit of preparation.

The importance of vegetarian snacks

For those who need a confirmation, it is a proven scientific fact that vegetarian snacks are as important as your vegetarian breakfast, lunch or dinner, especially if you are keen on losing weight and keeping fit. If you have decided to eat vegetarian meals throughout the day, you have no business feasting on unhealthy snacks when making your own vegetarian snacks is so easy an exercise. The objective of this book is to show you how to prepare simple and nutritious vegetarian snacks. Under most circumstances, vegetarian

snacks should take about 30% of your dietary intake and, as such, they need to be planned for as well. Most busy women take their breakfast before 7:30 A.M. and their lunches at about 12:00 noon or thereabouts, for a woman like that; you need to plan for a super healthy vegetarian snack to be eaten between 9:30 A.M. and 10:00 A.M. this kind of plan ensures that you are satiated throughout the entire morning and you have the amount of energy you require. The afternoon snack should come some 3 hours after your lunch and before you know it, you will be done with your entire day without craving for unhealthy snacks.

The main reason we want to avoid those conventional snacks is that they are truly very unhealthy. Most of the processed and packed conventional snacks are normally high in chemical preservatives, additives, high sugar, high sodium as well as high fat; a combination of these things is not at all good for your general health. Vegetarian super snacks can be as simple as a fruit or a vegetable that can be eaten raw or some that require some simple preparation.

Just like with other vegetarian meals, your super vegetarian snacks require just a little bit of imagination and creativity and you will be home and dry. You don't want to get bored and tied down eating

the same stuff all week long until your body begins to loath it; you want to play around with a variety of color and texture so that you get your nutrients from different plant sources and in a variety of ways. The best news is that preparing and eating super vegetarian snacks is not as difficult as most busy women always imagine.

Stuffed dates snacks recipes

Blue cheese stuffed dates



This is one of the quickest snacks you can make for yourself especially if you are a fan of blue cheese, they can also be

stuffed with soft goat cheese or vegan cheese.

Ingredients:

- ☐ 24 dried dates
- ☐ ¼ cup nutritional yeast or dried breadcrumbs
- ☐ 4 oz. blue cheese

Method:

Preheat the oven at 375 degrees. Split the dates in order to remove the pits and then place some nutritional yeast inside a small saucer. Put ½ a teaspoon of blue cheese inside each date and then press the sides together.

Dip in some nutritional yeast on the sides of the dates so that the yeast coats

the cheese. Place the dates on a baking sheet with the split side facing up and bake them for 10 – 15 minutes or until the dates are hot enough for the cheese to become soft. You may want to let them stand for 5 minutes before you eat them.

Blue cheese and walnut stuffed dates



Ingredients:

12 dates

3 oz. Roquefort or any blue veined cheese

2 oz. cream cheese, at room temperature

Walnuts

Method:

Remove the pits from the dates and make sure that you make a slit that is only small enough for you to remove the pit. Open it enough to create enough room for the filling. Combine the blue cheese and cream cheese and blend them until they mix properly.

Fill in the dates with this blue berry mixture using the small end of a spoon and then top up it up with a walnut that you will push to the center. Drizzle with honey and cover with a plastic wrap and store in the refrigerator to serve later cold or at room temperature.

Almond stuffed dates



Ingredients

- ☐ 1 cup whole blanched almonds
- ☐ 1 tablespoon grated lemon rind
- ☐ 2 tablespoons water
- ☐ 6 tablespoons sugar
- ☐ 1 tablespoon butter or

margarine

☐ 24 large pitted dates

☐ Sugar

Method:

Put the almonds on a baking sheet and bake at 250 degrees for about 10 minutes and then feed them through a food grinder before putting them in and stirring in the lemon rind.

Boil 2 tablespoons of water with 6 tablespoons of sugar before adding in the almonds and butter and stir vigorously before transferring to a bowl letting it cool for 5 minutes.

Slit the dates lengthwise bit leave them intact and then heap the almond mixture inside the dates and press the sides

gently before you roll them in a layer of sugar to coat them before serving immediately.

Dates filled with Chocolate Cream and Almonds



Ingredients

- ☐ 48 (10 ounces) pitted dates
- ☐ 1/4 cup (2 ounces) heavy

whipping cream

☐ 4 ounces bittersweet chocolate,
finely chopped

☐ 48 (2 ounces) whole blanched
almonds

Method:

Cut one side of the dates from top to bottom to expose the space that holds the pit.

Boil the whipping cream in a pan and then remove from the heat before adding the chopped chocolate and letting it rest for some 5 minutes. Whisk the chocolate cream until it become soft then let it thicken for some 10 minutes.

Use a teaspoon to fill up the pit spaces with the chocolate cream and then place

the almond on the flat side on top of the chocolate. Chill in the refrigerator for sometime before serving this delicious snack.

Pop corn and granola recipes

Brown Sugar-Cinnamon Popcorn



Ingredients:

- ☐ 6 cups air-popped popcorn or plain, unsalted microwave popcorn
- ☐ $\frac{1}{4}$ cup vegan margarine, melted
- ☐ $\frac{1}{4}$ cup brown sugar
- ☐ $\frac{3}{4}$ tsp. ground cinnamon

Toss popcorn with melted margarine. Sprinkle with brown sugar and cinnamon, and toss to coat.

Cinnamon candy popcorn



Ingredients:

- ☐ 8 quarts popped popcorn
- ☐ 1 cup butter, cubed
- ☐ 1/2 cup light corn syrup
- ☐ 1 package (9 ounces) red-hot

candies

Method:

□ Place popcorn in a large bowl; set aside. In a large saucepan, combine the butter, corn syrup and candies; bring to a boil over medium heat, stirring constantly. Boil for 5 minutes, stirring occasionally. Pour over popcorn and toss to coat.

□ Transfer to two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 250° for 1 hour, stirring every 15 minutes. Remove from pans and place on waxed paper to cool. Break apart; store in airtight containers. Yield: 8 quarts.

Quinoa rice granola with dried fruits



Ingredients:

- ☐ 5 unsalted brown rice cakes
- ☐ ½ cup quinoa flakes

- ☐ ½ cup coarsely chopped or slivered raw almonds, or other nuts
- ☐ ⅓ cup honey
- ☐ 4 Tbs. (½ stick) margarine or butter
- ☐ 1 Tbs. vegetable oil
- ☐ ½ tsp. ground cinnamon
- ☐ 1 cup dried cranberries, cherries, or other bite-size dried fruit

Method:

1. Preheat oven to 300°F.
2. Break up the rice cakes inside a bowl in order to make ¼ of an inch pieces or even smaller before stirring in the almonds and quinoa flakes.
3. Melt the margarine, honey and vegetable oil in a saucepan over some

low heat. Stir in the cinnamon before stirring in the hone mixture into the rice mixture.

4. Spread a baking sheet and bake for 10 minutes before you stir and bake for at least 10 more minutes. Cool the baking sheet and break that granola into small pieces before mixing with dried fruit.

Blended yogurt recipes

Fruit-on-the-Bottom Yogurt



This is a wonderful tasting vanilla yogurt drink that is prepared with fruit preserves for added nutrition. Most people choose to use fruit preserves that are soft because they yield better results.

Ingredients:

- ☐ 4 cups low-fat milk
- ☐ $\frac{1}{3}$ cup instant skim milk powder, optional
- ☐ 2 Tbs. honey
- ☐ 1 Tbs. vanilla extract
- ☐ $\frac{1}{2}$ cup fruit preserves, such as fruit-only jam
- ☐ $\frac{1}{4}$ cup organic live-culture plain yogurt or 5 g freeze-dried yogurt culture

Method:

1. Heat the milk in a sauce pan over low heat to a point of scalding which should be about 170 degrees while stirring it frequently. Swish the skim milk powder if that is what you are using and then remove from the heat so that you stir in the vanilla and honey. Let the milk stand for about an hour to reach a temperature of about 110 degrees stirring once or twice.

2. Put a tablespoon of preserves in each cup.

3. Swish together the yogurt and $\frac{1}{2}$ a cup of the milk mixture in the bowl. Whisk the remaining milk mixture with the yogurt. Set your timer for eight hours and check after eight hours to see if the yogurt has reached

the required texture. Get your cups out of the yogurt maker if it is ready and then ferment for at least 2 hours before serving.

Crunchy fruit at the bottom yogurt



Here's what you need:

- ☐ about 6 ounces of your favorite plain yogurt
- ☐ a jar of jam

□ a container to store it in

Method:

Put some 3 ounces of yogurt at the bottom of the container and then place the jam on top of the yogurt. Use little or as much jam as you require and then top it up with more yogurts. You can finally top it up with some crunchy cereal or some nuts.

Home made trifle recipes

Melt-In-Your-Mouth Berry Trifle



Ingredients:

Even though you can use fresh berries in this trifle, frozen work better because they give off more juicy goodness for the chunks of pound cake to absorb.

- ☐ 2 10-oz. bags organic frozen strawberries, thawed
- ☐ 2 10-oz. bags organic frozen blueberries, thawed
- ☐ ½ cup sugar
- ☐ ¼ cup lemon juice
- ☐ 3 cups low-fat vanilla yogurt
- ☐ ⅔ cup low-fat sour cream
- ☐ 1 tsp. vanilla extract
- ☐ 1 16-oz. fat-free pound cake
- ☐ 1 cup raspberry jam

Method:

Toss the blueberries, strawberries and

the sugar and lemon juice in a single large bowl. In a separate bowl mix the sour cream, yogurt and vanilla.

With pound cake standing aside, cut the cake into four thin slices and then spread the first slice with $\frac{1}{4}$ cup of jam and top it up with the second slice. Continue the same process with the rest of the slices finishing up with a layer of jam on the top. Cut them up into $\frac{1}{4}$ inch thick slices.

Get a clear trifle dish and line it up with the prepared cake slices before spooning in half of the fruit and topping up with the yogurt mixture. Cover with plastic wraps and then refrigerate for 4 hours or overnight so that everything sets in.

Chocolate trifle recipe



Ingredients

- ☐ 1 package (18-1/4 ounces) chocolate fudge cake mix, (or you can use a brownie mix)
- ☐ 2 package (6 ounces) instant chocolate pudding mix
- ☐ 1/2 cup strong coffee (she

omitted the coffee but if you prefer use it)

☐ 1 carton (12 ounces) frozen whipped topping, thawed

☐ 6 Heath bar (1.4 ounces *each*), crushed, or she used a bag of already crushed heath bar

Method:

1. Prepare pudding according to package directions; set aside.

2. Crumble cake (chunk it up in 1 inch cubes)

3. Place half of the remaining cake crumbs in the bottom of a 4-1/2 or 5-qt. trifle dish or decorative glass bowl.

4. Layer with half of the coffee, half of the pudding, half of the whipped

topping and half of the crushed candy bars

5. Repeat the layers of cake, coffee, pudding and whipped topping.

6. Combine remaining crushed candy bars with reserved cake crumbs; sprinkle over top.

Refrigerate 4-5 hours before serving.

Colossal Caramel Apple Trifle Recipe



Contents:

- ☐ 1 package (18-1/4 ounces)
yellow cake mix
- ☐ 6 cups cold milk

- ☐ 3 packages (3.4 ounces *each*) instant vanilla pudding mix
- ☐ 1 teaspoon apple pie spice
- ☐ 1 jar (12-1/4 ounces) caramel ice cream topping
- ☐ 1-1/2 cups chopped pecans, toasted
- ☐ 2 cans (21 ounces *each*) apple pie filling
- ☐ 2 cartons (16 ounces *each*) frozen whipped topping, thawed

Method:

1. In a large bowl, whisk milk, pudding mixes and apple pie spice for 2 minutes. Let stand for 2 minutes or until soft-set.
2. Cut one cake layer if necessary to fit evenly in an 8-qt. punch bowl.

Poke holes in cake with a long wooden skewer; gradually pour a third of the caramel topping over cake.

3. Sprinkle with 1/2 cup pecans and spread with half of the pudding mixture.

4. Spoon one can of pie filling over pudding; spread with one carton of whipped topping.

5. Top with remaining cake and repeat layers.

6. Drizzle with remaining caramel topping and sprinkle with remaining pecans. Refrigerate until serving.

Strawberry trifle recipe



Ingredients

- ☐ 1 cup cold milk
- ☐ 1 cup (8 ounces) sour cream

- ☐ 1 package (3.4 ounces) instant vanilla pudding mix
- ☐ 1 teaspoon grated orange peel
- ☐ 2 cups heavy whipping cream, whipped
- ☐ 8 cups cubed angel food cake
- ☐ 4 cups sliced fresh strawberries

Method:

In a bowl, beat the milk, sour cream, pudding mix and orange peel on low speed until thickened. Fold in whipped cream. Place half of the cake cubes in a 3-qt. glass bowl. Arrange a third of the strawberries around sides of bowl and over cake; top with half of the pudding mixture. Repeat layers once. Top with remaining berries. Refrigerate for 2 hours before serving.

Black Forest Trifle



Ingredients

- ☐ 1 (8-ounce) package chocolate sugar-free, low-fat cake mix
- ☐ 3/4 cup water
- ☐ 1 (1-ounce) package chocolate sugar-free, fat-free instant pudding

mix

- ☐ 2 cups fat-free milk
- ☐ 1 (16-ounce) package frozen no-sugar-added pitted cherries
- ☐ 2 or 3 drops of red food coloring
- ☐ 2 cups fat-free frozen whipped topping, thawed
- ☐ Sugar-free chocolate curls (optional)

Method:

1. Preheat oven to 375°.
2. Prepare cake mix according to package directions, using 3/4 cup water. Let cake cool in pan; remove from pan, and cut into cubes.
3. Prepare pudding mix according to package directions, using 2 cups

fat-free milk; chill at least 30 minutes.

4. Thaw cherries, reserving 1/4 cup juice. Combine cherries, juice, and food coloring.

5. Place half of cake cubes in a 3-quart trifle bowl. Spoon half of cherries over cake; spread 1 cup pudding over cherries, and top with half of whipped topping. Repeat layers. Garnish with chocolate curls, if desired. Cover and chill at least 8 hours.

Quick and easy vegetarian snack ideas



Almond Crunch Kale Chips

Ingredients:

3 heads organic kale

2 tsp cold-pressed virgin coconut oil or olive oil

Handful of almond flour (or finely ground almonds made in the food processor)

Pinch fine ground sea salt (don't over salt, the flavor intensifies once baked/dehydrated)

Method:

1. Wash and remove stems from kale. No need to chop the leaves.
2. In a large bowl, massage oil, salt and almonds into leaves until they wilt.
3. Either lay them on a parchment-lined cookie sheet or on a few dehydrator screens.
4. Bake at 170°F-200°F for 20-30 minutes until dried and crispy, check on your kale every 10 minutes.

Roasted Chickpea Snack



Ingredients:

- ☐ 15 oz can chickpeas, drained
- ☐ olive oil spray
- ☐ salt
- ☐ 1 tsp chili pepper powder (to taste)
- ☐ 1 tsp cumin

- ☐ 1 tsp paprika
- ☐ 1 tsp coriander
- ☐ 1 tsp curry powder
- ☐ 1 tsp garlic powder

Method: After preheating the oven at 375 degrees, drain the chickpeas in a colander until they get completely dry. Place them in a single layer on a baking sheet and bake for 30-35 minutes, shaking the pan every 10 minutes so that they don't burn. Meanwhile, mix all the spices in a medium bowl before spraying the chick peas with olive oil spray. Immediately toss them with the spices and wait for them to cool before enjoying.

Peanut Butter Chocolate Chip Hummus



Ingredients:

- ☐ 2 cups chickpeas
- ☐ 1/4 cup natural peanut butter
- ☐ 1/4 cup + 2 tablespoons maple syrup

- ☐ 1/2 Tablespoon vanilla extract
- ☐ 1/4 cup chocolate chips

Method: Drain, measure, wash, and peel your chickpeas. Peeling them isn't absolutely necessary but it makes for the creamiest hummus and really is worth the effort.

Using a food processor add the first four ingredients and process into a smooth hummus that is emulsified. Remove the blade so as to fold in the chocolate chips and move it into a serving bowl where you can serve with baby carrots or graham crackers.

Herbed Cashews: Raw or Roasted



Ingredients:

- 2 cups cashews
- 2 cloves garlic, minced
- 1 tbsp celery, minced
- 1 tbsp fresh parsley leaves,

chopped small

- 1 tbsp fresh chive, chopped small
- 1 tbsp red onion, minced
- 1 tbsp fresh basil leaves, chopped small
- 1 tbsp fresh marjoram leaves, chopped small
- 1 tsp fresh rosemary, chopped small
- 1 tbsp fresh thyme, chopped
- 1/4 tsp dulse flakes (optional)
- 1/2 tsp fine ground sea salt, or more to taste

☐ Fresh ground pepper to taste

Method: Preheat oven to 350°F. Chop and mince your ingredients according to the instructions above. Chop and mince your ingredients according to the

instructions above. Chop and mince your ingredients according to the instructions above. Mix all the ingredients making sure that they mix evenly.

Place the mixture spread out on a lined cookie sheet so that the cashews are in one layer. Make the cashews in the oven for some 20-25 minutes until they start browning.

Twist on Guacamole Recipe



Ingredients:

- ☐ 1 small white onion
- ☐ 1 clove garlic, minced
- ☐ 4 avocados
- ☐ 1/2 lime

- ☐ 1/2 teaspoon salt, or to taste
- ☐ a few big pinches of cumin powder
- ☐ a few big pinches of Indian curry powder
- ☐ Garlic or plain naan bread, cut into wedges (not gluten free)

Method: Bake the naan wedges at 350 degrees for 10 minutes until they become just crisp. Use a small bowl to mix the garlic, onion and avocado flesh before squeezing the juice of lime generously over them. Stir well without overdoing it and keep on tasting so as to make any necessary adjustments. Serve with a sparkling of curry powder and some chopped cilantro.

Homemade energy bar recipe



Ingredients:

- ☐ 1-pound can of beans, drained and rinsed (or 1.5 cups cooked beans)
- ☐ ½ cup binder

- ☐ 1/4 cup sweetener
- ☐ 1/4 cup soft sweet fruit
- ☐ 1 teaspoon of extract (optional)
- ☐ 1 teaspoon of dry spice (optional)
- ☐ 1/4 teaspoon sea salt
- ☐ 1.5 cups of oats (you can toast them if you want but I can't tell the difference)
- ☐ 1 cup dry base ingredient
- ☐ 1 cup stir-ins

Method: Mix the beans, the binder, soft fruits, sweetener, extract, salt and spices inside a food processor and blend them until they are smooth. Put in the oats and the rest of the dry base ingredients and combine with the pulse. Put in all the stir-ins and pulse before combining so

that the consistency is spreadable. Don't let it be too dry or too runny by adding either water or the dry base ingredients accordingly.

Grease 13×9 pan with baking spray or rub with 1 tablespoon oil, then spread mixture into pan.

Bake at 350 degrees for 15-18 minutes.

Chocolate black bean happy bar



Ingredients:

- ☐ 1 can of black beans, drained

and rinsed (about 1.5 cups)

- ☐ 1/2 cup almond butter
- ☐ 1/4 cup agave
- ☐ 1/4 cup mashed banana
- ☐ 1 teaspoon vanilla extract
- ☐ 1/4 teaspoon salt
- ☐ 1.5 cups of oats
- ☐ 1/2 cup cocoa + 1/2 cup brown rice flour
- ☐ 1/2 cup shredded coconut + 1/2 cup raisins

Method: Same as the above homemade energy bar recipe only changing the ingredients as may be necessary.

Cranberry-pistachio protein bars



Ingredients:

- ☐ 1 can chickpeas, drained and rinsed

- ☐ ½ cup binder: ¼ cup of ground flax seed with ¼ cup water
- ☐ ¼ cup agave nectar
- ☐ ¼ cup applesauce
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon of cinnamon
- ☐ ¼ teaspoon salt
- ☐ 1.5 cups of oats
- ☐ 1 cup vanilla protein powder
- ☐ ½ cup pistachios + ½ cup dried cranberries

Method: Same as the above homemade energy bar recipe only changing the ingredients as may be necessary.

Maple pumpkin health bars



Ingredients:

- ☐ 1 can of great northern beans, drained and rinsed

- ☐ ½ cup pureed pumpkin
- ☐ ½ cup maple syrup
- ☐ 1 teaspoon pumpkin pie spice
- ☐ ¼ teaspoon salt
- ☐ 1.5 cups of oats
- ☐ 1 cup spelt flour
- ☐ 1 cup raisin bran cereal

Method: Same as the above homemade energy bar recipe only changing the ingredients as may be necessary.

There you have three different homemade energy bars you can make and with just a little creativity you can actually make many other variations.

Frozen banana truffles



This is a perfect frozen treat that can be made and left in the freezer overnight to make some delicious homemade mini ice cream bites.

Ingredients:

- ☐ 2 ripe bananas
- ☐ 3 oz. dark chocolate bar

For the topping which is optional you may want to try the following:

- ☐ 2 Tablespoons natural creamy peanut butter (*or almond butter instead!*)
- ☐ 1 teaspoon coconut oil, melted
- ☐ pinch of sea salt
- ☐ stevia, to taste

Method: Slice the bananas into 1/2" disks and then arrange them into a single layer on a dish, lined with parchment paper. Place in the freezer to chill, while you melt your dark chocolate by baking for 10 minutes in a bowl at 350 degrees.

Get the banana slices out of the freezer and dip them into the chocolate, place in a parchment paper and put back into the freezer overnight.

Vegetarian finger food recipes

Almond Cheese Spread Recipe



Ingredients

- 1/2 cup *shredded sharp white*

cheddar cheese

- ☐ 2 tablespoons *mayonnaise*
- ☐ 1/8 teaspoon *onion powder*
- ☐ Dash *pepper*
- ☐ Dash *Louisiana-style hot sauce*
- ☐ 1 green onion, *chopped*
- ☐ 1 tablespoon *sliced almonds*
- ☐ *Celery ribs or assorted
crackers*

Directions

- ☐ In a small bowl, combine the first five ingredients; stir in green onion and almonds. Cover and refrigerate for at least 4 hours. Serve with celery or crackers.

Fruit kabob



Ingredients

- ☐ 1/2 fresh pineapple, trimmed and cut into 1-inch chunks
- ☐ 4 kiwifruit, peeled and cut into

1-inch pieces

☐ 3 navel oranges, peeled and sectioned

☐ 3 medium apples, cut into 1-inch pieces

☐ 3 medium firm bananas, cut into 1-inch pieces

☐ 1 jar (10 ounces) maraschino cherries, drained

SAUCE:

☐ 1 egg yolk

☐ 1/4 cup maple syrup or honey

☐ 2 tablespoons lemon juice

☐ 3/4 cup heavy whipping cream, whipped

Directions

☐ Alternately thread fruit onto

wooden skewers. Cover and refrigerate until serving.

□ In a small saucepan over low heat, cook and stir the egg yolk and syrup until a thermometer reads 160° and is thick enough to coat the back of a metal spoon. Remove from the heat; stir in lemon juice. Cool completely. Fold in the whipped cream. Serve with fruit for dipping. Refrigerate any leftovers. (About 1 cup sauce).

Nutty trail mix



This is a health combination of dried fruits, roasted nuts and chocolate that makes for an extremely perfect vegetarian snack you can carry around with you.

Ingredients:

- ☐ 9 ounces candy-coated chocolates, (about 1 1/4 cups)
- ☐ 1 1/4 cups roasted, salted almonds
- ☐ 1 1/4 cups roasted, salted peanuts
- ☐ 1 1/4 cups banana chips
- ☐ 1 1/4 cups dried cranberries
- ☐ 1 1/4 cups dried tart cherries

Method:

Toss all ingredients together in a large bowl and serve.

Fruit and nutty trail mix



Ingredients

- ☐ 1/4 cup sunflower kernels
- ☐ 2 tablespoons butter

- ☐ 4 cups old-fashioned oats
- ☐ 1/2 cup canola oil
- ☐ 3/4 cup cashew halves
- ☐ 2/3 cup slivered almonds,
toasted
- ☐ 1/2 cup sesame seeds, toasted
- ☐ 1/2 cup packed brown sugar
- ☐ 1/2 cup honey
- ☐ 1 teaspoon ground cinnamon
- ☐ 1-1/4 cups assorted bite-size
dried fruit (raisins, apricots, dates,
apples, bananas)

Method:

- ☐ Use a large skillet over a medium heat to toast the sunflower kernels in butter before removing and setting aside. You could use the same skillet to toast the oats in oil as well.

Put in the almonds, cashew kernels, sunflower kernels and sesame seeds.

□ Mix the honey and the cinnamon as well as the brown sugar and the combine with the oat mixture and cook for some 5 minutes then spreads into two before placing them in ungreased pans.

□ Bake at 350° for 15-20 minutes or until golden brown, stirring every 5 minutes. Cool, stirring occasionally. Stir in dried fruit. Store in an airtight container.

Mozzarella sticks



Ingredients:

- ☐ 1/4 cup flour
- ☐ 1 cup Italian style breadcrumbs
- ☐ 2 eggs 1 tablespoon milk
- ☐ 1 lb mozzarella cheese, cut into 3/4 inch x 3/4 inch strips (or you can

use string cheese and cut each in half)

☐ 1 cup vegetable oil

☐ 1 cup jarred pizza sauce or 1 cup marinara sauce

Method:

Whisk the milk together with the eggs and then coat the pieces of cheese with flour before dipping them in the egg and milk mixture and then roll them over the breadcrumbs. Dip in the egg a second time and roll over the bread crumbs again.

Heat the oil in a skillet and cook each stick for about a minute on each side or until they become golden brown. If you cook them for longer the cheese will begin to leak.

Drain on paper towels and serve them with a sauce for dipping.

Caramel Apple Bites Recipe



Ingredients



FILLING:

☐ 1/3 cup finely chopped

unpeeled apple

☐ 1/3 cup evaporated milk

☐ 1/3 cup sugar

☐ 1/3 cup chopped walnuts

☐ **DOUGH:**

☐ 1/2 cup butter, softened

☐ 1/4 cup confectioners' sugar

☐ 1/4 cup packed brown sugar

☐ 1 egg

☐ 1 teaspoon vanilla extract

☐ 1/4 teaspoon salt

☐ 2 cups all-purpose flour

☐ **TOPPING:**

☐ 1 package (14 ounces) caramels

☐ 2/3 cup evaporated milk

☐ Green toothpicks

☐ 1 cup chopped walnuts

Method: Mix the filling ingredients in a small sauce pan and cook over medium heat while stirring until it thickens; set aside and let it cool. Combine the sugars and cream butter in a large bowl until it becomes fluffy and light. Beat in the vanilla and the egg, mix the flour and salt and then finally add them to the cream mixture and blend them perfectly.

Shape the dough into 1 inch balls and flatten them before placing $\frac{1}{4}$ of a teaspoon of the filling at the center of every one of them and then fold over the dough to reconstruct those balls, place them in a baking sheet 1 inch apart and bake for 12-15 minutes at 350 degrees before removing from the rack.

Place a small sauce pan over low heat

and cook the caramels and the evaporated milk until the caramels melt and stir it until it is smooth. Put a tooth pick into each cookie and dip into the caramel until it is completely coated allowing the excess to drip off before dipping the bottom into the nuts. Put them on a wire rack to let them set.

Apple bites



Ingredients:

- 1 medium apple (which ever kind you prefer)
- 1/2 teaspoon cinnamon (or more/less - how you prefer.)

Method: Cut the apple up with or without the skin and make bite sized chinks and places them in a container with a lid. Sprinkle the apples with cinnamon and replace the lid of the container and then gently shake so that the apple is covered in cinnamon. Eat immediately and enjoy a tasty snack.

Fresh Fruit Tartlets Recipe



Ingredients

- ☐ 1 envelope whipped topping

mix

- ☐ 1/2 cup cold milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 package (8 ounces) cream cheese, softened
- ☐ 1/2 cup confectioners' sugar
- ☐ 10 individual graham cracker tart shells
- ☐ Assorted fresh fruit

Method:

Beat the milk, topping mix and vanilla in a bowl or use a slow speed blender until they blend perfectly. Inside a large bowl beat the cheese d confectioner's sugar until you have a smooth paste and then fold in the whipped topping.

Spoon these into the tart shells and top

up with fruit and enjoy. Anything that remains can be refrigerated to be used later.

Easy baked vegetarian snack recipes

Baked sweet potatoes



Ingredients:

- ☐ 1 large sweet potato or yam
- ☐ Olive oil

□ Spice blend

Method: Preheat the oven at 375 degrees and place in the baking sheets while it is till heating. Peel the sweet potato and slice them to the thinnest you can manage to. Put the sweet potato slices in a large bowl and pour in some olive oil so that all the slices are coated. Remove the baking sheet from the oven and place the sweet potatoes in a single layer without overlapping. Sprinkle with your desired spice blend and bake for 8 to 10 minutes or until they become crispy. Remove from oven and serve with a dip of your choice.

Hassel back Potatoes

Recipe



Ingredients:

- ☐ Potatoes (any variety)
- ☐ Olive oil or butter
- ☐ Sliced garlic
- ☐ Salt and pepper
- ☐ Chopped green onion

Method: Preheat the oven at 375 degrees and in the mean time wash the potatoes without removing the skin. Each potato should then be cut lengthwise at every 1/4th or an inch or thereabout without cutting through the potato.

After all the potatoes have been sliced, drizzle some olive oil or butter and the slices of garlic into the slits. Put the potatoes on a baking pan after covering them with foil and bake for at least 20 minutes before removing the foil and baking for an extra 20 minutes.

Top with chopped green onions, sour cream, bacon bits, or any other favorite baked potato topping.

Baked Sweet Potato Fries Recipe



Ingredients:

- ☐ 2 sweet potatoes peeled or unpeeled
- ☐ 2 tablespoons olive oil
- ☐ Pinch of fine grain sea salt

- ☐ 1/2 teaspoon smoked paprika
- ☐ 1/2 teaspoon garlic powder

Method: Preheat your oven at 400 degrees and in the meantime, slice your sweet potatoes into thin strips.

Toss the potatoes with the spices and olive oil inside a mixing bowl. Place them on a baking sheet and bake for at least 20 minutes. After the potatoes have baked, sprinkle them with cinnamon sugar if you so desire.

Muffin tin pizza recipe



Get creative with your sauce, toppings and cheese and try these very adaptable homemade pizza snacks.

Ingredients:

- ☐ Fresh pizza dough

- ☐ Pizza sauce (about one tablespoon per pizza)
- ☐ Desired toppings (about 1/6 cup of toppings per pizza)
- ☐ Cheese (about one tablespoon per pizza)
- ☐ Olive oil (to coat muffin tins with)

Method: Preheat the oven at 400 degrees and then pick a golf sized piece of pizza dough and roll on a floored surface until it becomes at least 5 inches across.

Place the dough into muffin tins that have already been coated with olive oil. Put the pizza sauce into the bottom of the cup and then fill it up with the toppings followed by the cheese. Bake for 15-20

minutes or until the tops are golden brown

Grilled Cheese with Caramelized Onions Recipe



Take time to slice the apples quite thin for best results.

Ingredients:

- ☐ Multigrain bread
- ☐ Brie cheese slices
- ☐ Granny Smith apple slices
- ☐ Caramelized onions
- ☐ Butter

Method: To put your sandwiches in place begin by spreading the cheese on the bread slices and putting some caramelized onion slices and then top it up with the other slice of bread. The exposed side needs to be buttered before they are placed in a preheated grill for just of a few minutes. Remove when the cheese is melted and the bread is toasted.

Healthy Chocolate Oat Bites Recipe



For a richer, nuttier flavor, consider toasting the oats.

Ingredients:

- ☐ 3 tablespoons chocolate chips
(or carob chips)
- ☐ 4 tablespoons nut butter (peanut,

butter, or cashew butter) or sunflower seed butter

- ☐ 3 tablespoons milk, any kind (soy milk, almond milk, dairy, etc.)
- ☐ 1 teaspoon vanilla
- ☐ 1 tablespoon honey
- ☐ 1 cup oats
- ☐ 2 tablespoons chopped walnuts
- ☐ 2 tablespoons dried fruit (raisins, cranberries, etc.)

Method: Put the chocolate chips, milk, nut butter and milk in a safe bowl and microwave for some 30 seconds until it get smooth before stirring in honey and vanilla.

Add the oats, dried fruit and walnuts before placing spoonfuls of the oat mixture into muffin pans or any other

container. Press firmly so that it packs pretty well before freezing for 10-15 minutes and enjoy.

Conclusion

Whether you have been a vegetarian for a long time or you just joined the bandwagon, it is important for you to have an easy access to recipes that won't take you an entire day to prepare. This is especially important especially when you are planning to stay away from unhealthy snacks that are detrimental to your health.

The ultimate goal of this small book has been to introduce you to numerous energy filled healthy vegetarian snack recipes. You should be able to find your walk in the vegetarian lifestyle being a hassle free experience that you will truly enjoy. Debunk the myths that surround

the vegetarian life by putting your creative mind on high alert. The best part of the entire bargain is that most of the snacks we recommend here will take only a few minutes of your precious time thereby fitting well into you busy career lifestyle.

Top 37 Incredible Vegetarian Dinner Recipes for busy Women.

**Super healthy dinner vegetarian meals
when you are short on time**

Summary

It's just about time for dinner and you realize that you don't have all the time, nothing to worry about; there are quick and healthy solutions to your simple big problem. Vegetarian dinners don't have to be too complicated in order for them to be healthy. You will actually realize that some of these dinners could actually take less time than you would spend ordering at your favorite restaurant. Forget about all your excuses and get making these simple but incredible vegetarian dinners.

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TABLE OF CONTENTS

[Top 37 Incredible Vegetarian Dinner Recipes for busy Women.](#)

[Introduction](#)

[The making of an incredible vegetarian dinner](#)

[No cook vegetarian dinner recipes](#)

[Vegetable Salad with Sun-Dried Tomatoes & Croutons](#)

[Zucchini pasta](#)

[Strawberry oat bars](#)

[Whipped sorbet](#)

[Sun-Dried Tomato and Artichoke Dip](#)

[Mango salsa with tortilla chips](#)

[Cantaloupe and Avocado Salad with Honey-Lime Dressing](#)

[Water melon gazpacho](#)

Vegetarian pasta dinner recipes

[Gnocchi with Zucchini Ribbons & Parsley Brown Butter](#)

[Quick and Easy Pasta and Bean Salad](#)

[Fresh Apricot Pasta Salad Recipe](#)

[Sweet baked beans and pasta](#)

[Creamy Artichoke Pasta Salad Recipe](#)

[Asparagus Pasta Salad Recipe](#)

[Fat-Free Vegan Pasta Salad Recipe](#)

[Vegetarian olive and feta pasta recipe](#)

[Mushroom pasta salad recipe](#)

[Italian pasta salad](#)

Vegetarian noodle recipes

[Cold Chinese Sesame Noodles](#)

[Chinese Noodle Salad with Ramen](#)

[Ginger Almond Rice Noodles with Pineapple](#)

[Easy Basil-sesame Noodles](#)

[Spicy Sesame Peanut Noodles Recipe](#)

[Vegetarian Vietnamese Noodle Salad](#)

[Spinach and Noodle Casserole Recipe](#)

[Buttered Noodles Recipe](#)

[Vegetarian Ginger Lo Mein](#)

[Tofu and Peanut Butter Udon Noodles](#)

20 minute vegetarian dinner recipes

[Macadamia Nut-Pesto Fettuccine](#)

[Three bean chili](#)

[Corn and Summer Vegetable Sauté](#)

[Vegetarian Chipotle Nachos](#)

[Seared Tofu with Gingered Vegetables](#)

[Curried Tofu](#)

Poblano, Mango, and Black Bean
Quesadillas

Corn and potato chowder

Roasted Red Pepper on Mini-Bagel
Sandwiches

Conclusion

Introduction

Most people normally complain that time is never on their side especially when they need to prepare dinner. What with busy schedules in the office the whole day long and for most women, the week day evening has to be dedicated to that important MBA class, social matters and etc. By the time you get home you are truly exhausted and the next thing you want to think about is a quick shower and your bed.

But wait a minute, there is still dinner that needs to be made and you are simply exhausted, you just can't afford an entire hour standing in the kitchen doing all those preparations. The good news is

that you don't need a whole hour to make an incredible vegetarian dinner. Most of the dinner recipes we shall share in this book will take you only between 10 and 20 minutes with only the longest taking about half an hour.

This book is about making sure that you don't slide back to buying some fatty foods simply because you honestly don't have sufficient time to prepare a healthy vegetarian dinner. The secret of preparing an incredible vegetarian dinner is planning well in advance and you will surely succeed. Try out any of these dinner recipes any night and you will sleep relaxed, refreshed and satisfied ready for the next day full of

activities.

The making of an incredible vegetarian dinner

Most busy career women have tons of excuses why they can get time to make a healthy vegetarian dinner at home. What with all the activities that have to be carried on during the entire day and, in most cases, they run well into the early hours of the night. Most of these women always wish for a simple formula that would help them make dinner in a simple uncomplicated way. This is the purpose of this short book.

If you have been wondering about what

you need to do in order to make life easy as far as dinner is concerned, we are going to share a few important tips that you can rely on so as to make quick and healthy dinners.

Plan for the entire week

One of the fastest ways to make your vegetarian dinner a simple affair is to make sure that you plan for an entire week. You don't have to dash around the kitchen every night wondering what you are going to do. After you decide what you are going to eat for the entire week, go to your local grocery store and buy every single item that you will require and keep anything that is perishable in a refrigerator. Choose your recipes well

in advance in order for you to know what you are going to buy in form of ingredients. This way you will never get stranded on any single night during the week.

Make a shopping list

Once you have decided on your dinner menu for the entire week, study the recipes carefully and write down the shopping list for your week's dinner. Make sure that you include every ingredient that you will require and in the right quantities. You want to avoid making many unnecessary trips to the grocery store because you have realized that a single ingredient is missing or has run out. Before you step out of the

house, make sure that you run through your list of ingredients so that you are sure that everything required is available. You must avoid the frustration of realizing in the middle of your preparation that an important ingredient is missing.

Stay on course

You have done all your shopping and you have finally stocked the refrigerator with all the ingredients, stay on course and make the plan you have drawn work for you. Since you already planned what you are going to prepare for the entire week, assembling your meal should take you just a few minutes and you are done with it.

Welcome on board to try this incredible time saving healthy vegetarian dinner recipes.

No cook vegetarian dinner recipes

**Vegetable Salad with Sun-
Dried Tomatoes &
Croutons**



Ingredients:

- ☐ 1 large yellow squash or zucchini, cut in half lengthwise and sliced (about 1 1/2 cups)
- ☐ 1 large green or red pepper, cut into 1-inch pieces (about 1 1/2 cups)

- ☐ 1 cup Whole Grain Seasoned Croutons
- ☐ 2 medium carrot, shredded (about 1 cup)
- ☐ 1 cup broccoli florets
- ☐ 1/2 cup jarred sun-dried tomatoes, drained and sliced
- ☐ 1/2 cup Italian salad dressing

Method:

Place the squash, pepper, croutons, carrots, broccoli and tomatoes into a large bowl. Add the dressing and toss to coat. Serve immediately.

Zucchini pasta



Ingredients

- ☐ 8 ounces cherry tomatoes, sliced
- ☐ 1 clove garlic, thinly sliced
- ☐ 1/4 cup chopped raw walnuts

- 2 tablespoons torn fresh basil,
plus leaves for garnish
- 2 tablespoons extra-virgin olive
oil, plus more for drizzling
- Sea salt
- 1 zucchini, thinly sliced
lengthwise, slices cut into 1/4-inch-
long strips

Method: In a bowl, combine tomatoes, garlic, walnuts, basil, and oil. Season with salt and let it stand 20 minutes. Toss with zucchini and garnish with basil.

Strawberry oat bars



Ingredients:

- ☐ 1 1/2 cups pitted dates
- ☐ 1/4 cup raw macadamia nuts
- ☐ 2 tablespoons old-fashioned rolled oats
- ☐ Pinch sea salt
- ☐ 1 cup strawberries, hulled and thinly sliced

Directions: Pulse dates, nuts, oats, and salt in a food processor until combined. Press the date mixture into the bottom of a 9-by-5-inch loaf pan. Mash half the strawberries and spread on top of date mixture. Top with remaining strawberries. Slice into rectangles.

Whipped sorbet



Ingredients:

- 3 bananas, peeled and frozen
- 1 cup frozen berries

Directions:

Puree ingredients in a food processor until smooth. Serve immediately.

Sun-Dried Tomato and Artichoke Dip



Ingredients:

- ☐ 1 box (9 ounces) frozen artichokes, thawed and chopped
- ☐ 1/2 cup feta, crumbled
- ☐ 1 garlic clove
- ☐ 2 teaspoons fresh lemon juice
- ☐ 1/2 cup sun-dried tomatoes (oil-packed), chopped, plus more for garnish
- ☐ 1/4 cup pine nuts, toasted

- ☐ 1/2 cup basil leaves, torn
- ☐ Coarse salt and ground pepper
- ☐ Whole-wheat baguette slices,
for serving

Method: Mix the 1/2 cup of artichokes and a 1/4 cup of feta, lemon juice, garlic and 2 Tbsp of water and puree in a food processor until smooth. Inside a medium sized bowl, mix the tomatoes, basil, pine nuts and the balance of the artichokes, the remaining feta and the artichoke puree and then season with salt and pepper.

Garnish with sun dried tomatoes and serve with slices of baguette. This meal can be kept in an air tight container for at least three days.

Mango salsa with tortilla chips



Ingredients:

- 1 mango, peeled, pitted, and cut

into 1/4-inch pieces (about 2 cups)

- ☐ 1 small red onion, chopped
- ☐ 1/2 cup packed, fresh cilantro leaves, chopped
- ☐ 1 serrano or jalapeno chile, minced (ribs and seeds removed for less heat, if desired)
- ☐ 1 tablespoon fresh lime juice
- ☐ Coarse salt
- ☐ Baked tortilla chips, for serving

Method: In a medium bowl, combine mango, onion, cilantro, chile, and lime juice; season with salt. Serve with tortilla chips.

Cantaloupe and Avocado Salad with Honey-Lime Dressing



Ingredients:

- ☐ 3 tablespoons fresh lime juice
- ☐ 4 teaspoons honey

- ☐ 1 tablespoon plus 2 teaspoons olive oil
- ☐ 1/2 teaspoon coarse salt
- ☐ 1 cantaloupe (3 pounds), quartered and seeded
- ☐ 1 avocado, halved, pitted, and skinned
- ☐ 1 cup grape tomatoes, halved

Method: Swish together the honey, lime juice, oil and salt in a large bowl and set aside. After this cut each quarter of the cantaloupe lengthwise into halves, remove the skin from the melon and discard and then slice the melon wedges into 1/2 inch pieces.

Get the avocado halves lengthwise and then make 1/2 inch thick slices. Add on the cantaloupe, grape tomatoes and

avocado inside the bowl and toss them in order to coat. This can make four servings.

Water melon gazpacho



Ingredients:

- ☐ 8 cups finely diced seedless watermelon, (about 6 pounds with the rind)
- ☐ 1 medium cucumber, peeled, seeded and finely diced
- ☐ 1/2 red bell pepper, finely

diced

☐ 1/4 cup chopped fresh basil

☐ 1/4 cup chopped flat-leaf

parsley

☐ 3 tablespoons red-wine

vinegar

☐ 2 tablespoons minced shallot

☐ 2 tablespoons extra-virgin

olive oil

☐ 3/4 teaspoon salt

Method: Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced

mixture. Serve at room temperature or chilled.

Vegetarian pasta dinner recipes

**Gnocchi with Zucchini
Ribbons & Parsley Brown
Butter**



Ingredients: 1 pound fresh or frozen gnocchi, 2 tablespoons butter, 2 medium shallots, chopped, 1 pound zucchini, (about 3 small), very thinly sliced lengthwise, 1 pint cherry tomatoes, halved, 1/2 teaspoon salt, 1/4 teaspoon grated nutmeg, Freshly ground pepper, to taste, 1/2 cup grated Parmesan cheese, 1/2 cup chopped fresh parsley

Method: Boil water in a large saucepan and cook the gnocchi until for 3 – 5 minutes or until they float and then drain. In the meantime, melt butter in a skillet and cook it until it begins to turn brown. Add the zucchini and shallots and cook as you stir. Add the tomatoes, nutmeg, salt and pepper as you continue to cook and stir until the tomatoes are

completely broken down. Stir in the parsley before adding the gnocchi and then toss to coat before serving immediately.

Quick and Easy Pasta and Bean Salad



With this pasta recipe you are free to experiment with other veggies you may want to try.

Ingredients:

- ☐ 1 8 ounce package rotini pasta, cooked and drained
- ☐ 2 16 ounce cans kidney beans, drained
- ☐ 1 16 ounce can garbanzo beans, drained
- ☐ 1 11 ounce can corn kernels, drained
- ☐ 1/2 cup Italian salad dressing
- ☐ 1/2 cup mayonnaise
- ☐ 1 2 ounce jar diced pimento
- ☐ 1/2 tsp red pepper, or to taste

Preparation:

Combine pasta, beans, and corn in large bowl. In small bowl, stir together dressing, mayonnaise, pimento and red pepper. Pour over pasta mixture. Chill for at least 2 hours before serving.

Fresh Apricot Pasta Salad Recipe



This is enjoyable fruity pasta that is filled with apricots which automatically sneaks fruits into your diet.

Ingredients:

- ☐ 4 ounces pasta

- ☐ 6 fresh apricots, sliced
- ☐ 2 small zucchini, diced
- ☐ 1 red bell pepper, sliced
- ☐ 1 tbsp chopped fresh basil or 2
tbsp dried basil
- ☐ 2 cups salad greens (optional)

Method:

Make your pasta according to the direction in the package and the rinse it in cold water before letting it to stand and cool after draining. Mix the pasta, zucchini, basil, red pepper and basil in a bowl. Toss with the apricot basil salad dressing and then serve on a bed of greens.

Sweet baked beans and pasta



With seven simple ingredients you will be able to enjoy this great macaroni pasta meal with baked beans.

Ingredients:

- ☐ 1 cup small macaroni or elbow shells
- ☐ 1 28 ounce can vegetarian baked beans
- ☐ 2 tomatoes, diced
- ☐ 1/2 cup celery, diced
- ☐ 6 ounces Cheddar cheese, cubed
- ☐ 1 2.8 ounce can French-fried onions, optional
- ☐ paprika

Method:

Cook pasta according to directions. And then drain and return to saucepan. Stir in the baked beans, tomatoes, celery and French fried onions and pour into serving bowl.

Add cheese just before serving, and

sprinkle with paprika. Serve lukewarm.

Creamy Artichoke Pasta Salad Recipe



Enjoy this simple and quick meat free pasta salad with mayonnaise and lemon

dressing.

Ingredients:

- ☐ 1/4 cup mayonnaise
- ☐ 2 tbsp lemon juice
- ☐ 2 cups pre-cooked pasta (use bow-ties, rotini or macaroni)
- ☐ 1 cup tomatoes, diced
- ☐ 4 green onions, diced
- ☐ 1 6 ounce jar artichoke hearts, drained and chopped
- ☐ 1 tbsp basil
- ☐ salt and pepper to taste

Method:

Combine that lemon and mayonnaise with the pasta and make sure it is coated well. Put in the rest of the ingredients and mix them well making sure that you

season with enough salt and pepper.
Chill for at least an hour before serving
so that the flavors get to mingle.

Asparagus Pasta Salad Recipe



A very good pasta recipe especially when asparagus is in season.

Ingredients:

- ☐ 2 cups bowtie, shell or

macaroni pasta, cooked

- ☐ 1/2 pound asparagus, diced
- ☐ 3 carrots, diced (optional)
- ☐ 1 yellow bell pepper, diced (optional)
- ☐ 3 tomatoes, diced
- ☐ 3 tbsp chopped fresh parsley
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 1/2 tsp Dijon mustard
- ☐ 1/2 tsp dried basil
- ☐ salt and pepper to taste

Method: Steam the asparagus, bell pepper and carrots separately until they are all cooked and then in a large bowl mix the bell peppers, carrots, asparagus, tomatoes, parsley and pasta. In another bowl swish the vinegar, mustard, olive

oil, salt, pepper and basil and then pour to coat the pasta while stirring. Chill before serving.

Fat-Free Vegan Pasta Salad Recipe



Ingredients:

- ☐ 1 1/2 cups bowtie or corkscrew pasta
- ☐ 1 cup broccoli, chopped small
- ☐ 1 12 ounce can water-packed artichoke hearts, drained and

chopped

- ☐ 1 purple onion, diced
- ☐ 1 red or yellow bell pepper, diced
- ☐ 1 12 ounce can green beans, diced
- ☐ 1 -2 tomatoes, diced
- ☐ 1/4 cup sliced black olives
- ☐ 2 tbsp chopped fresh basil
- ☐ 3/4 cup fat-free vegan Italian salad dressing
- ☐ salt and pepper to taste

Method: Follow the directions indicated in the pasta package when cooking and then allow it to drain and cool. Steam the broccoli lightly until it is just tender. In a large bowl toss the pasta and the broccoli together with the rest of

the ingredients and season with salt and pepper. Let it marinate in the refrigerator for at least an hour before you serve.

Vegetarian olive and feta pasta recipe



Ingredients:

- ☐ 1 cup cooked spiral pasta
- ☐ 1 cup chopped tomatoes

- ☐ 1 clove chopped garlic
- ☐ 1 cup cucumber, cut in half lengthwise, then sliced into 1/4 inch pieces
- ☐ 1/2 cup chopped roasted red pepper
- ☐ 1 6 ounce jar marinated artichoke hearts, drained and quartered
- ☐ 2 tbsp canned black olives, chopped
- ☐ 1 15.5 ounce can cannellini beans, drained and rinsed
- ☐ 1 lemon, juiced
- ☐ 3 tbsp olive oil
- ☐ 1/4 cup crumbled feta cheese
- ☐ salt and pepper, to taste

Method: Mix tomatoes, garlic,

cucumbers, red peppers, artichokes, olives, and cooked pasta in a large bowl before adding the beans and gently mix. Add lemon juice and olive oil. Adjust seasoning with salt and pepper. If time permits, let sit for 1 hour. Sprinkle with feta cheese and serve.

Mushroom pasta salad recipe



Ingredients:

- ☐ 8 ounces wagon wheels, rotini or other medium pasta shape
- ☐ 2 Tbsp vegetable oil

- ☐ 3 Tbsp lemon juice
- ☐ 2 Tbsp red wine vinegar
- ☐ 2 Tbsp Dijon mustard
- ☐ 1 tsp oregano
- ☐ 1 tsp thyme
- ☐ 1/4 cup fresh chopped parsley
- ☐ 4 ounces fresh mushrooms,
sliced
- ☐ 1 cup snow peas, chopped
- ☐ 1/2 red bell pepper, chopped
- ☐ 1/2 yellow bell pepper,
chopped
- ☐ salt and pepper to taste

Method: After your pasta has been prepared, drain completely in cold water after rinsing. Use a large bowl to mix the vegetable oil, lemon juice, vinegar, mustard, oregano, thyme,

parsley, and mushrooms. Add snow peas, peppers and pasta; mix thoroughly. Marinate in the refrigerator for one hour and serve.

Italian pasta salad



The advantage of this recipe is that you can change it to fit your personal taste especially regarding the vegetables that are in season.

Ingredients:

- ☐ 16 oz. short pasta, such as macaroni
- ☐ 1 medium zucchini, diced
- ☐ 1 red pepper, diced
- ☐ 1 small onion, diced
- ☐ 1 6 oz. jar marinated artichokes, drained
- ☐ 1/2 cup sliced black olives
- ☐ 1 16 oz. bottle garlic ranch dressing
- ☐ 1/2 cup grated Parmesan cheese

Method: Cook the pasta according to directions and drain. Toss the pasta using the red pepper, zucchini, artichokes and black olives. Add about 3/4 of the bottle of salad dressing. Toss. If you realize that the coating is not done

well you could add the rest of the dressing. Chill it and then serve with grated cheese.

Vegetarian noodle recipes

Cold Chinese Sesame Noodles



Ingredients: 1 pound Chinese-style noodles, water for boiling, 2 tbsp sesame oil + 1 tbsp, 1 tbsp peanut butter, 1 tsp water, 2 tsp soy sauce, 1 tbsp tahini, 1 tbsp cooking sherry or rice vinegar, 1 tbsp maple syrup, 1 clove garlic, minced, 1/2 tsp fresh ginger minced or grated, 3 green onions, sliced

Method: Boil the noodles for just a few minutes in water so that they just soften but not cook completely and drain. Using a large skillet fry the noodles using 2Tbsp sesame oil and stir frequently. After they cook for 3 – 5 minutes remove from the heat.

In a large bowl swish together the remaining sesame oil, soy sauce, peanut butter, water, sherry, tahini, rice vinegar,

garlic, ginger and maple syrup. Toss the mixture over the noodles and then stir in the green onions. If the weather is hot chill before you serve.

Chinese Noodle Salad with Ramen



Ingredients:

- ☐ 2 heads green cabbage, shredded
- ☐ 1/3 cup sesame seeds

- ☐ 4 green onions, sliced
- ☐ 1 package ramen and seasoning packet
- ☐ 1 tbsp sesame oil
- ☐ 1/3 cup rice vinegar
- ☐ 2 tbsp honey or agave nectar
- ☐ dash black pepper, or to taste

Method:

Mix the cabbage, sesame seeds and green onions inside a large bowl and then break the Ramen noodles into small fragments and add them to the cabbage. In a different bowl whisk together all the other ingredients together with the ramen flavor.

Pour these over the cabbage and noodles and toss them so that they combine. Let it

stand for at least an hour before serving.

Ginger Almond Rice Noodles with Pineapple



Ingredients:

- 1 12 ounce package rice noodles

- ☐ 1/3 cup almond butter
- ☐ 1 tsp fresh minced ginger
- ☐ 1/2 cup orange juice
- ☐ 2 tbsp soy sauce
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp sugar
- ☐ 1 small chile, minced
- ☐ 1/2 cup pineapple dices
- ☐ 2 tbsp canola or safflower oil

Method: Cook the rice noodles according to the given instructions and then in a small bowl swish together the almond butter, ginger, orange juice, soy sauce, salt, sugar and minced chile until well combined.

Fry the pineapple in a large skillet for about two minutes before adding the cooked rice noodles and stir frequently

to coat being careful to prevent burning. Reduce the heat and then add the almond butter mixture and heat until the liquid is mixed well.

Easy Basil-sesame Noodles



Ingredients: 1 package fresh undone/Shanghai-type noodles, 1 cup Thai holy basil leaves, or sweet basil leaves, 2 Tbsp. sesame seeds, 4-5 cloves garlic, 1/4 cup olive oil, 1 tsp.

sesame oil, 1 Tbsp. vegetarian fish sauce, 1 Tbsp. fresh lime juice,
Optional: 1 small red chilli (seeds removed), OR 1/4 to 1/2 tsp. red chilli flakes, extra basil leaves for garnish,
Optional: 1 Tbsp. toasted sesame seeds for garnish

Method:

If you are using dried noodles you must boil them while you are doing the Thai pesto; fresh noodles can be boiled afterwards. The pesto sauce is made by placing all the ingredients apart from the garnishes in a food processor and blended well. Taste the pesto for salt and spice and season accordingly. Don't warm this mixture because it will destroy the flavor.

After the noodles have cooked, drain them and toss with the pesto sauce immediately. Garnish with some basil leaves and toasted sesame seeds before serving.

Spicy Sesame Peanut Noodles Recipe



Ingredients:

- ☐ 2/3 cup peanut butter
- ☐ 1/4 cup soy sauce
- ☐ 3 cloves garlic, minced

- ☐ 2 green onions, sliced
- ☐ 2 tbsp sesame oil
- ☐ 1/2 tsp ginger powder
- ☐ 1/2 tsp cayenne pepper
- ☐ juice from one lime
- ☐ 1/2 pound noodles, cooked
- ☐ 2 tbsp sesame seeds

Method: Mix all the ingredients apart from the pasta and sesame seeds and carefully whisk them under low heat until the combine.

Pour the sauce over the cooked noodles and toss until they combine well and then sprinkle the sesame seeds on top of it. You can serve it hot or cold according to your desire.

Vegetarian Vietnamese Noodle Salad



Ingredients:

- ☐ 4 ounces bean thread, noodles, softened in hot water for 20 minutes
- ☐ ½ cup thinly sliced scallions
- ☐ ½ cup fresh cilantro

- ☐ 1 to 2 tablespoons crushed red pepper flakes
- ☐ 2 tablespoons lime juice
- ☐ 2 tablespoons soy sauce
- ☐ 1 tablespoon pickled garlic, chopped
- ☐ Sugar to taste

Method:

Drain the softened noodles and then combine them with the cilantro leaves, scallions and the crushed red peppers inside a bowl. Mix them with the soy sauce, lime juice and the pickled garlic before tossing the salad with the ingredients. Sit down to enjoy with a loved since this recipe serves two

people.

Spinach and Noodle Casserole Recipe



Ingredients:

- ☐ 1 package (10 ounces) frozen leaf spinach, thawed and well drained
- ☐ 8 ounces wide noodles, cooked, drained

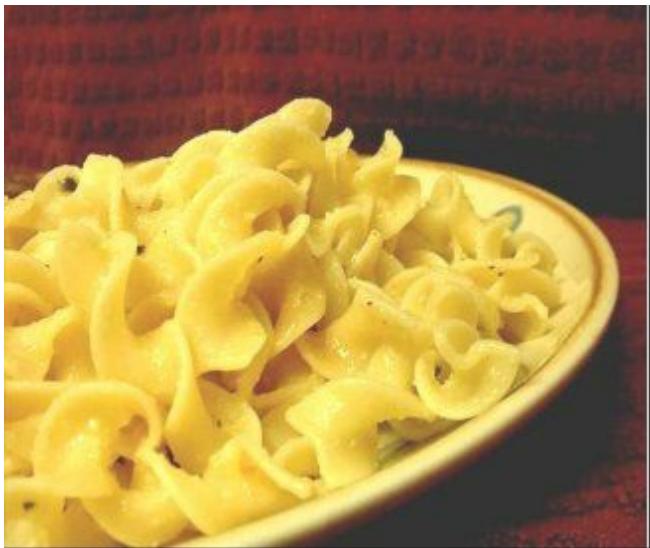
- ☐ 3 eggs
- ☐ 1 1/2 cups milk
- ☐ 1 cup coarsely shredded Cheddar or Monterey Jack cheese
- ☐ 2 cups part skim ricotta cheese or creamed cottage cheese
- ☐ 1/2 teaspoon salt, or to taste
- ☐ 1/4 teaspoon black pepper
- ☐ dash nutmeg, fresh grated

Method:

Get a large baking pan that is buttered at the bottom and begin by spreading the spinach and then cover them with the drained noodles. In a bowl, beat the milk and the eggs and then add the shredded and ricotta cheeses together with the seasoning. After blending them well pour over the noodles and bake for 35 to

45 minutes in a preheated oven at 375 degrees. This recipe can serve at least six people.

Buttered Noodles Recipe



Buttered noodles have been around for a long time now and it seems like they are here to stay. Perhaps this is the easiest of all the noodle recipes you will ever encounter.

Ingredients:

- ☐ 1 10 oz. package egg noodles
- ☐ 2 Tbsp. butter
- ☐ 2 Tbsp. fresh parsley (optional)

Method:

Prepare noodles according to package directions and then toss them with butter and parsley.

Serve immediately.

Vegetarian Ginger Lo Mein



Ingredients:

- ☐ 2 tbsps teriyaki sauce

- ☐ 2 tbsp soy sauce
- ☐ 2 tbsp wine vinegar
- ☐ 2 tbsp ground ginger
- ☐ 2 stalks celery, diced
- ☐ 1 carrot, diced
- ☐ 2/3 cup snow peas
- ☐ 1/2 onion, diced
- ☐ 4 scallions, sliced
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp sesame oil
- ☐ 1 pound lo mein or Chinese style noodles

Method: Swish the soy sauce, teriyaki sauce, ginger and vinegar and set aside. Cook the lo mein noodles for 6 – 8 minutes until they are soft and the drain them properly. In a large skillet, use 2 Tbsp of olive oil to sauté the vegetables

for 3-5 minutes until they are tender. Add the remaining oil and the teriyaki sauce to the skillet followed by the lo mein noodles and let them cook for at least 5-7 minutes and stir frequently. You may add some little more moisture if needed. Remove from the fire and serve.

Tofu and Peanut Butter Udon Noodles



Ingredients

- ☐ 400g udon noodles (chilled version, not dried)
- ☐ 200g cubed firm tofu
- ☐ 100ml hot veggie stock

- ☐ 1 red pepper, chopped
- ☐ 2 spring onions, chopped
- ☐ 1 tbsp peanut butter
- ☐ 1 tbsp soy sauce
- ☐ 2 tsp honey
- ☐ 1 heaped tsp ginger
- ☐ 1 tsp sesame oil
- ☐ 1 garlic clove, minced
- ☐ Some peanuts to garnis

Method: Combine the stock with say sauce, peanut butter, ginger, honey, sesame oil and garlic. In a different pan boil the noodles briefly before draining them and tossing in sesame oil. Heat a skillet and pour the sauce ant the follow with spring onions and pepper and cook while making sure everything gets coated with the sauce. Sprinkle over a

few peanuts and serve.

20 minute vegetarian dinner recipes

Macadamia Nut-Pesto Fettuccine



Ingredients:

- ☐ 1 (9-ounce) package fresh fettuccine
- ☐ 3 cups fresh basil leaves
- ☐ 1/4 cup half-and-half
- ☐ 3 tablespoons roasted macadamia nuts
- ☐ 3 tablespoons grated fresh Parmesan cheese
- ☐ 2 tablespoons fresh lemon juice
- ☐ 3/4 teaspoon salt
- ☐ 1/2 teaspoon freshly ground black pepper

Method: Cook the pasta as instructed in the package omitting the fat and salt. As the pasta is cooking put the basil and the rest of the ingredients in a food processor and blend until it is smooth. Mix the basil mixture with the pasta in a

big bowl and toss to coat before serving.

Three bean chili



Ingredients

- ☐ 2 teaspoons olive oil
- ☐ 1 cup pre-chopped onion
- ☐ 1/2 cup pre-chopped green bell pepper
- ☐ 2 teaspoons bottled minced garlic

- ☐ 3/4 cup water
- ☐ 2 tablespoons tomato paste
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 1/4 teaspoon black pepper
- ☐ 1 (15 1/2-ounce) can garbanzo beans, rinsed and drained
- ☐ 1 (15 1/2-ounce) can red kidney beans, rinsed and drained
- ☐ 1 (15 1/2-ounce) can black beans, rinsed and drained
- ☐ 1 (14 1/2-ounce) can organic vegetable broth
- ☐ 1 (14 1/2-ounce) can no-salt-added diced tomatoes, un-drained
- ☐ 1 tablespoon yellow cornmeal
- ☐ 1/4 cup chopped fresh cilantro
- ☐ 6 tablespoons reduced-fat sour

cream

Method: Heat the olive oil in a sauce pan over medium heat before adding the onion, garlic and bell pepper and sauté for 3 minutes. Stir in $\frac{3}{4}$ cup of water and then add the rest of the 9 ingredients until they boil. Reduce the heat and simmer for 8 minutes stir in the cornmeal and cook for 2 more minutes, stir in the cilantro after removing from heat and serve with sour cream.

Corn and Summer Vegetable Sauté



Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1/2 cup chopped green onions
(about 4)

- ☐ 1 garlic clove, minced
- ☐ 1 cup sliced fresh okra (about 4 ounces)
- ☐ 1 cup chopped red bell pepper (about 1)
- ☐ 1 finely chopped seeded jalapeño pepper
- ☐ 1 cup fresh corn kernels (about 2 ears)
- ☐ 1 (15-ounce) can black beans, rinsed and drained
- ☐ 1/3 cup minced fresh cilantro
- ☐ 1/8 teaspoon salt
- ☐ 1/8 teaspoon freshly ground black pepper

Method: Using a non stick skillet on a medium flame heat the oil before adding the garlic and onions and sauté for 1

minute, after that add the okra and sauté for 3 minutes and then reduce the heat to medium. Add the jalapeno and bell pepper and cook for 5 more minutes before adding the corn and cooking for 5 more minutes. Stir in the beans and cook for 2 minutes before finally stirring in the cilantro and sprinkling salt and pepper.

Vegetarian Chipotle Nachos



Ingredients

- ☐ Cooking spray
- ☐ 1 cup chopped green bell

pepper (about 1 medium)

☐ 1 cup chopped onion (about 1 medium)

☐ 1 (12-ounce) package meatless fat-free crumbles

☐ 1 (7-ounce) can chipotle chiles in adobo sauce

☐ 1 (15-ounce) can pinto beans, rinsed and drained

☐ 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, un-drained

☐ 1/4 cup chopped fresh cilantro

☐ 8 cups baked corn tortilla chips (6 ounces)

☐ 2 cups shredded romaine lettuce

☐ 1 cup diced peeled avocado (about 1 medium)

- ☐ 3/4 cup vertically sliced red onion
- ☐ 3/4 cup (3 ounces) shredded sharp cheddar cheese
- ☐ 6 tablespoons fat-free sour cream

Method: Place a large non stick skillet on a medium heat and coat it with cooking spray .Put in the chopped onions, bell pepper and crumbles and cook them for 5 minutes remembering to stir occasionally. Get 1 table spoon sauce and 1 chile reserving the rest for later use; chop the chile and add it together the beans, sauce and tomatoes to the pan.

Cover them and reduce the heat and simmer for 5 minutes, after removing

from the heat stir in the cilantro. Arrange 1 1/3 cups of chips on 6 plates and top every serving with a cup of the bean mixture, 1/3 cup of lettuce and some 2 1/2 teaspoons of avocado, 2 tablespoon cheese, 2 tablespoon onions and a table spoon of sour cream.

Seared Tofu with Gingered Vegetables



Ingredients

- ☐ 1 pound reduced-fat extra firm tofu
- ☐ 1 (3 1/2-ounce) bag boil-in-bag long-grain rice

- ☐ 3/4 teaspoon salt, divided
- ☐ 1 tablespoon dark sesame oil, divided
- ☐ 1 tablespoon bottled minced garlic
- ☐ 1 tablespoon bottled ground fresh ginger
- ☐ 1 large red bell pepper, thinly sliced
- ☐ 1 cup sliced green onions, divided
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon low-sodium soy sauce
- ☐ Cooking spray
- ☐ 1/4 teaspoon freshly ground black pepper
- ☐ 1 tablespoon sesame seeds,

toasted

□ 1 cup radish sprouts

Method: Put the tofu on a few layers of paper towels and leave it there for some 10 minutes before cutting it into 1 inch cubes. Prepare the rice as instructed on the package without adding the fat and the salt only adding $\frac{1}{4}$ teaspoon of salt to the rice while you fluff it with a fork.

In a large non stick skillet heat 2 tablespoons of oil over a medium flame and then add the garlic and bell pepper and sauté for 3 minutes. Stir in $\frac{3}{4}$ cups of onions, soy sauce and the vinegar and cook for 30 seconds before removing from the pan. Clean the skillet before recoating it again with cooking spray.

Place the pan on a medium heat and sprinkle the tofu with the balance $\frac{1}{2}$ tablespoons of salt and the black pepper. Put the tofu in the pan and cook for 8 minutes until they turn brown on all sides. Take back the bell peppers into the pan and cook for 1 more minute or until is thoroughly heated.

Drizzle the tofu mixture with the remaining oil and then top with sesame seeds, serve the tofu mixture with rice and top up with the sprouts and remaining onions.

Curried Tofu



Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 (15-ounce) package reduced-fat firm tofu, drained and cut into 1/2-

inch cubes

- ☐ 1/2 teaspoon salt
- ☐ 1/2 cup light coconut milk
- ☐ 1 teaspoon curry powder
- ☐ 1 cup precut matchstick-cut

carrots

- ☐ 1/4 teaspoon crushed red
pepper

- ☐ 1 (15 1/4-ounce) can pineapple
chunks in juice, drained

- ☐ 1 medium red bell pepper,
thinly sliced

- ☐ 1/2 cup chopped fresh basil

Method: Using a large non stick skillet heat the oil over a medium high heat and then add the tofu and sprinkle with salt. Cook until golden brown for about 8 minutes stirring frequently. Remove from

the pan but keep it warm. Add the coconut milk and curry powder to the pan and cook for a minute while continuing to stir. Put in the carrots, pineapple, crushed red pepper and bell pepper and stir while cooking for 5 more minutes. Finally stir in the tofu and sprinkle with basil.

Poblano, Mango, and Black Bean Quesadillas



Ingredients

- ☐ 1 teaspoon olive oil
- ☐ 1 1/2 cups pre-sliced onion
- ☐ 1/2 teaspoon dried oregano

- ☐ 1/4 teaspoon salt
- ☐ 1/8 teaspoon black pepper
- ☐ 1 poblano chile, seeded and chopped
- ☐ 1 (15-ounce) can black beans, rinsed and drained
- ☐ 1 cup jarred sliced peeled mango
- ☐ 1/3 cup cubed peeled avocado
- ☐ 4 (8-inch) fat-free flour tortillas
- ☐ Cooking spray
- ☐ 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

Method: Preheat the broiler. Then use a non stick skillet to heat some oil on a medium flame where you will add the onions, oregano, pepper, salt and poblano and sauté them for 5 minutes.

Put in the beans and cook for one more minute. Remove from the fire stir in the avocado and mango.

Put the flour tortillas on a baking sheet that has been pre coated with cooking spray and then arrange $\frac{3}{4}$ cups of the bean mixture on half of each tortilla leaving half an inch border. Sprinkle some 2 tablespoons of cheddar cheese on the bean mixture and then fold the tortilla in half. Coat the tortilla with cooking spray and broil for 3 minutes until the cheese melts.

Corn and potato chowder



Ingredients

- ☐ Cooking spray
- ☐ 1 1/2 cups pre-chopped green

bell pepper

- ☐ 1 cup chopped green onions,
divided (about 1 bunch)
- ☐ 2 cups frozen corn kernels
- ☐ 1 1/4 cups water
- ☐ 1 teaspoon seafood seasoning
- ☐ 3/4 teaspoon dried thyme leaves
- ☐ 1/8 teaspoon ground red pepper
- ☐ 1 pound baking potatoes, cut
into 1/2-inch pieces
- ☐ 1 cup half-and-half
- ☐ 1/4 cup chopped parsley
- ☐ 3/4 teaspoon salt
- ☐ 1/2 cup (2 ounces) shredded
reduced-fat sharp cheddar cheese

Method: Heat a Dutch oven over a medium heat while covering a pan with cooking spray. Add in the bell pepper

and $\frac{3}{4}$ cup of green onions and sauté for about 4 minutes.

Increase the heat to high before adding the corn, water and seafood seasoning, red pepper, thyme and the potatoes and bring to boil. Cover and reduce the heat to simmer for 10 minutes until the potatoes become tender. Remove them from the heat and stir in half of the salt and chopped parsley. Put about 1 $\frac{1}{2}$ cups of soup in each one of four bowls and sprinkle each one of them with 2 tablespoons of cheese and a tablespoon of green onions.

Roasted Red Pepper on Mini-Bagel Sandwiches



Ingredients

- ☐ 3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened
- ☐ 1/4 cup (2 ounces) fat-free cream cheese, softened

- ☐ 1/4 cup minced green onions
- ☐ 1/4 teaspoon salt
- ☐ 1/8 teaspoon black pepper
- ☐ 2 garlic cloves, minced
- ☐ 12 mini bagels, halved and toasted
- ☐ 1 (12-ounce) bottle roasted red bell peppers, rinsed, drained, and chopped

Method:

Mix all the six ingredients before spreading the cream cheese mixture on the cut sides of the bagels. Set the chopped red peppers on the bottom half of each bagel and top it up with the other half. Cut each sandwich into half and consume.

Conclusion

Eating an incredible vegetarian dinner just became a walk in the park. It does not matter whether you are an old hand in this game or you only just begun. The truth, as revealed in this book, is that with advance planning, you only need as little as 20 minutes and you will be up and about with a healthy and filling dinner that is full of health giving and disease fighting nutrients. The directions in this book are easy to follow and any busy woman will truly appreciate them. The best thing you must have realized about planning a vegetarian dinner is that apart from easy and fast, it is also an

affordable way of living. You can finally manage to eat your sumptuous vegetarian meals the smart way and go on to feel like a real gourmet chef. You should also know that you will be losing weight along the way as you finally become a permanent vegetarian. Whether you live alone or will be cooking for the family, the vegetarian lifestyle is the way to go.

**Top 37 Quick
Vegetarian
Breakfast
Recipes for Busy
Women**

Summary

The busy lifestyle that the world demands has made us a generation of breakfast skippers, which does not augur too well for our overall health. We all are in agreement that breakfast is the most important meal of the day. Every busy woman should realize that there are subtle ways of making fast lip smacking breakfasts that not only taste good but are also highly nutritious. We want to share great ideas about quick breakfasts that will give the right amount of calories and nutrition.

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TABLE OF CONTENTS

[Top 37 Quick Vegetarian Breakfast Recipes for Busy Women](#)

[Introduction](#)

[The vegetarian lifestyle](#)

[Quick vegetarian breakfast recipes](#)

[Sweet potato pancakes](#)

[Lemon pancakes](#)

[Cinnamon apple strata](#)

[Mushroom and leek frittata](#)

[Scrambled egg burritos](#)

[Artichoke and red pepper frittata](#)

[Vegetarian frittata with potatoes and onions](#)

[Vegetarian burrito recipes](#)

[Simple breakfast burrito recipe](#)

[Vegetarian burrito with mock meat
sausage](#)

[Vegetarian burrito with beans and eggs](#)

[Vegetarian breakfast burrito with tofu](#)

[Vegetarian breakfast burrito with
avocado and cheese](#)

[Vegetarian breakfast smoothie recipes](#)

[Vegan protein chocolate shake](#)

[Grapefruit banana smoothie](#)

[Pumpkin protein smoothie](#)

[Fat free vegan fruits smoothie](#)

[Banana carob breakfast smoothie](#)

[Blueberry and spinach smoothie](#)

Vegetarian Omelettes

Mushroom and leek omelette

Vegetarian omelette with bell peppers

Zucchini and tomato omelette

Baked vegetarian omelette with cheese

Muffin Recipes

Lemon poppy seed muffins

Strawberry banana muffins

Blueberry vegetarian muffins

Vegetarian corn muffin

Vegetarian banana coconut muffins

Vegetarian bran muffin

Vegetarian quiche recipes

Broccoli and cheese quiche

Cheesy eggless vegetarian quiche

[Vegetarian lentil and rice quiche](#)

[Chili Rellenos quiche](#)

[Cheddar and green onion quiche](#)

[Mexican quiche](#)

[Tofu recipes](#)

[Tofu scramble recipe](#)

[Scrambled tofu with cheese](#)

[Curried Tofu scramble with spinach](#)

[Conclusion](#)

Introduction

The vegetarian lifestyle is finally becoming popular and most women who are careful about the way they look are quickly embracing it. The greatest challenge most woman face today is how they can get some simple yet quick and practical breakfast recipes. The good news is that you can now access a large number of vegetarian breakfast recipes that will fit into your fast paced lifestyle. While breakfast remains the most important meal in the day, it doesn't have to be complicated at all.

Most vegetarian women have suffered for a long time because while their meat

loving counterparts have a wide array of choices that include eggs, sausages and bacon, their own choices have always been limited. We want to take you out of the box and share with you great vegetarian breakfast ideas that only need a little bit of creativity. We are going to show you the best way to combine fruits and cereals so that you can get your daily calories count, nutritional content and dietary fiber.

It is a fact that most of us are busy career women with a body to take care of and that is why a vegetarian lifestyle becomes the number one choice. This book will show you the best way to combine nuts, muffins, bagels, fruit and

vegetable juices and oatmeal among others. You want to start your day right so that you feel great the entire day by eating a quick healthy vegetarian breakfast. Welcome on board and enjoy these 37 quick vegetarian breakfast recipes for busy women.

The vegetarian lifestyle

It is an open secret that the vegetarian lifestyle is the new gospel everywhere you go. There are millions of people who are eating less and less meat products and they have good reasons for doing that. Some of the reasons why people are going vegetarian include:

- Ethical reasons: Million of people are deeply concerned about modern farming practices and especially what animals must go through before they get to their breakfast tables. It is also becoming apparent that producing animals for

consumption is such an expensive undertaking.

□ Health concerns: Many progressive women have come to realize that eating vegetarian meals leads to the consumption of less saturated fat which improves cardiovascular health. It's a good idea to know where your food comes from and especially that its production improves the environment. The other health concerns are about allergies and issues related to food tolerance.

□ Meatless proteins: Many women are beginning to look for alternative sources of protein

because they are both healthy and also friendly to the planet.

□ Religious concerns: There are other women who go vegetarian because of mainly religious reasons or other cultural or even political beliefs.

No matter what your reasons are for going vegetarian, the truth of the matter is that vegetarian diets are also less expensive when compared to meat based diets.

Different types of vegetarians

The vegetarian lifestyle comes in different varieties and you are most likely going to find yourself in any one of the following categories:

1. Total vegetarians: These ones follow a complete plant diet which completely excludes fish, meat and poultry. While some on this group will not touch dairy products or eggs, there are those who will eat some types of cheese.

2. Flexitarians: The diet is mainly composed of plant foods but once in a while they will eat lean meat, fish or poultry. These ones could be motivated by the fact that costs of eating a meat based diet are quite high as well as concerns about the antibiotics that are used in meat production.

3. Pescetarians: Also known as

pesco-vegetarians, they eat plant foods but they also include fish products.

4. Pollotarians: The diet is basically vegetarian but it includes poultry products

5. Lacto-vegetarians: They consume a plant based diet but they incorporate dairy products

6. Ovo-vegetarians: They eat a plant based diet but they incorporate eggs

7. Lacto-ovo vegetarians: They include eggs and dairy products in their plant based diet

8. Vegans: Their foods are completely plant based and in many

cases the foods are unprocessed or even raw. They don't even touch honey or anything else from animals; they don't also put on leather or woolen clothing.

Whatever the reason for your choosing this lifestyle or the type of vegetarian that you are, you deserve to get something that will be both nutritious and enjoyable. In this book we are going to explore the possibility of taking delicious vegetarian breakfast so that you are able to balance your conviction with the human desire for palatable foods.

Quick vegetarian breakfast recipes

Sweet potato pancakes



These delicious pancakes are very easy to make and they are rich in calcium, potassium and vitamins A and C.

Ingredients:

You will require: 1 large sweet potato, peeled and grated, 1 small onion, peeled and grated, 1 tbsp chives, finely chopped, 1 jalapeno, de-seeded and minced, 2 tbsp all purpose flour, 1 tsp salt, $\frac{1}{2}$ tsp cumin, $\frac{1}{4}$ tsp cayenne, 1 large egg, vegetable oil and 1 tsp lemon zest.

Method:

Peel the sweet potato and grate it before mixing with grated onion in bowl.

Transfer them into a strainer so that you are able to remove any excess liquid so that they don't stick together before returning them to the original bowl and add the jalapeno leaves and chives.

Mix the flour, cumin, salt and cayenne in a different bowl before adding the sweet potato and onion mixture, followed by

the lemon zest and the egg and then mix them vigorously. Place enough oil in a skillet or a pan so that they don't stick during the cooking and set your stove under a medium flame.

Scoop about 3 Tbsp of the potato mixture and flatten the pancakes to make cakes of about 2 inches diameter.

Remember that the thinner they are the faster they cook. Place between 3 and 4 at a time cooking for about 5 minutes until they turn brown and crispy before you flip them over to cook for another 3 or so minutes. This measurement will make between 8 and 10 pancakes.

Lemon pancakes



Start your day with these lemon pancakes that can be served with a cup of yogurt.

Ingredients: You will require: 1 $\frac{3}{4}$ c whole wheat flour, $\frac{1}{3}$ c oats, $\frac{1}{3}$ c cornmeal, 1 $\frac{1}{2}$ tbsp sugar, 2 tsp baking powder, 1 tsp salt, $\frac{1}{2}$ tsp baking soda, 1 $\frac{1}{2}$ c milk or almond milk, 4 tbsp unsalted

butter, $\frac{1}{4}$ c honey, 3 large eggs, $\frac{1}{4}$ – $\frac{1}{2}$ tsp lemon zest and 1 tsp lemon juice

Method: Your pan will need to be preheated while you mix all the dry ingredients in a big bowl. Beat all the wet ingredients in a different bowl and then mix them with the dry ingredients until they mix properly.

Prepare the lemon yogurt while the pancakes are cooking by mixing 1 c plain yogurt, 2 tsp honey and $\frac{1}{2}$ tsp lemon zest. You can drop a small bit of the yogurt on your pancakes and enjoy.

Cinnamon apple strata



This can be a great time saver especially if the ingredients and preparations are done the night before; you can bake in the evening and chat away as it bakes. You will love the smell from the oven.

Ingredients:

You will need: 2 apples, cored and

diced, $\frac{1}{2}$ tsp cinnamon, 1 tbsp butter, 1 small loaf of sour dough or rye bread (or 8 slices of regular loaf bread), cubed, $\frac{3}{4}$ c grated cheddar, 2 tbsp of brown sugar, 2 c milk (animal, nut or grain.....your choice), 3 large free range eggs), $\frac{1}{2}$ c dried cranberries

Method:

Preheat the oven to 350 degrees as you sauté the apples, butter and cinnamon until they are tender. Lightly butter and 8 inch baking dish and add $\frac{3}{4}$ of the cubed bread therein. Put in the apple mixture together with the brown sugar and cheese making sure that they are spread evenly on the bread. While that is going on, beat the eggs and the milk until you have a frothy mixture before you add it

to the baking dish.

Bake for between 45 and 60 minutes until it becomes set. This makes 8 servings.

Mushroom and leek frittata



This easy to make vegetarian recipe can as well be used as a recipe for a light dinner. The ingredients we have here can make a serving for two people.

Ingredients: You will require: 1 tsp olive oil, $\frac{1}{2}$ cup diced yellow onion, 1

cup sliced button mushrooms, 1 leek, washed and sliced thinly into rounds, white and light green parts only, 1 cup loosely packed chopped spinach, 2 eggs, $\frac{1}{2}$ cup egg whites, $\frac{1}{4}$ cup unsweetened almond milk (or other milk), $\frac{1}{4}$ cup chopped flat leaf parsley, 1 tbsp crumbled dried rosemary, $\frac{1}{4}$ tsp black pepper and a few pinches of sea salt.

Method: Preheat the broiler in your oven to 400 degrees. In an oven proof skillet heat the olive oil and then add the vegetables and sauté while stirring continuously until your onions become translucent.

In a small bowl beat together the almond milk, the eggs, the egg whites, sea salt and black pepper. As soon as the

vegetables have become soft pour in the mixture and turn the heat to medium before cooking until the eggs just begin to set. Transfer the skillet to the oven and broil for between 7 and 10 minutes until the top becomes brown. Slice, serve and enjoy.

Scrambled egg burritos



These egg burritos make for a quick healthy breakfast. You may want to add some black bean salsa to give it a special finishing.

Ingredients: 4 9-inch whole-wheat flour tortillas, 4 large eggs, 1/8 teaspoon salt, Freshly ground pepper, to taste, 1

teaspoon extra-virgin olive oil, 1 4-ounce can chopped green chilies, 1/2 cup grated Cheddar, or pepper Jack cheese, 2 cups Black Bean & Tomato Salsa, (recipe follows) or prepared salsa and 1/4 cup reduced-fat sour cream.

Method: Preheat your oven to 350 degrees. Wrap your tortillas in a foil paper and heat them inside the oven for some 5 – 10 minutes. Blend the eggs, pepper and salt using a fork in a bowl until they are mixed properly. Using a non stick 10 inch skillet on a medium low flame, heat the oil for about a minute before adding the eggs and cooking while stirring slowly with a wooden spoon.

The mixture will form soft fluffy curds after about 1 ½ to 2 ½ minutes. Serve by dividing the eggs evenly on the tortillas, sprinkling every one of them with some Tbsp of cheese and roll them up. You can serve them with sour cream or salsa.

Artichoke and red pepper frittata



The frittata is the Italian version of an omelet and can make for a quick filling breakfast. Apart from being delicious, this recipe is also quite rich in dietary fiber.

Ingredients: This recipe requires 2 teaspoons extra-virgin olive oil, divided, 1 medium red bell pepper,

diced, 2 cloves garlic, minced, 1/4 teaspoon crushed red pepper, 4 large eggs, 1 14-ounce can artichoke hearts, rinsed and coarsely chopped, 1/4 cup freshly grated Parmesan cheese, 1 teaspoon dried oregano, 1/4 teaspoon salt, or to taste and Freshly ground pepper, to taste.

Method: Start by heating a teaspoon of oil in a 10 inch non-stick skillet over a medium flame. Put in the bell red pepper and cook for 2 minutes until tender. Drop in the crushed red pepper and garlic; cook and stir for half a minute before transferring to a plate and then wipe the pan clean. Beat the eggs in a medium sized bowl before adding the artichokes, oregano, parmesan, pepper

and salt together with the bell pepper mixture.

Preheat the broiler after setting the rack at least 4 inches above the heat. In the meantime, brush the pan with the remaining oil over a medium flame. Pour in the egg mixture remembering to tilt so that it spreads evenly. Reduce the flame lower and cook until its golden brown at the bottom' lifting it so as to let the uncooked egg go underneath. Put the pan under the broiler for about 2 minutes and then slide the frittata into a platter and cut into wedges and serve.

Vegetarian frittata with potatoes and onions



For this vegetarian frittata you may actually use tofu in place of eggs.

Ingredients: 1/4 cup olive oil, 1 onion,

chopped, 4 green onions, chopped (separate the greens from the bottom), 4 cloves garlic, minced, 2 medium potatoes, thinly sliced, 1 tsp salt, 1/2 tsp pepper, divided, 1 12 oz package firm tofu, 1/4 cup soy sauce, 4 tbsp nutritional yeast and cheese (optional).

Method:

Heat the oven to 325 degrees and then in a large frying pan sauté your garlic, onions and the green onion bottoms in olive oil for about 3 minutes. Add in the potatoes, pepper and salt and then sauté for another 10 – 15 minutes. You must stir continuously until the potatoes are golden brown

Blend in the tofu, soy sauce and the

nutritional yeast in a food processor or a blender until they are mixed perfectly. You should have a somewhat thick mixture. Add the potatoes and green onions before pouring them into a greased pie pan.

Bake them for 45 – 50 minutes or until the top is firm and has cooked all the way after which you can sprinkle with cheese if you so desire.

Vegetarian burrito recipes

Simple breakfast burrito recipe



This breakfast burrito has an imitation of meat and for those who like it hot some

hot sauce, cayenne or chili powder will do while cooking the potatoes.

Ingredients: 1/2 onion, diced, 2 cloves garlic, minced, 2 tbsp olive oil, 1 cup vegetarian beef, salt and pepper to taste, ketchup or hot sauce, to taste, grated cheese (optional), flour tortillas, warmed, sour cream (optional) and guacamole (optional)

Method: Sauté the potatoes, garlic and onions over a medium flame until the potatoes are just about soft. Put in the meat substitute together with salt and pepper continuing to cook until the potatoes are completely tender while the beef substitute needs to be heated

through.

Take about one third of a cup of the mock meat and potato mixture and place them on a warmed tortilla, you may want to add a piece of cheese on top or some ketchup and hot sauce if you so desire. Serving suggestions include serving with guacamole or sour cream.

Vegetarian burrito with mock meat sausage



Learn how to make a filling breakfast meal that is very high in protein.

Ingredients: 1 egg, beaten, or egg substitute, 2 tbsp milk, soy milk or rice milk, 1 tbsp onion, chopped, 1/7

package mock meat Sausage style, 1/4 cup shredded cheddar cheese or soy cheddar, 2 tbsp cooking oil or cooking spray and 1 flour tortilla.

Method: Heat a tablespoon of oil or spray it on the skillet before adding onion and sauté for about a whole minute. Mix the egg and milk in a small bowl and then add them on to the skillet that has onion, scramble them and set them aside.

Use another skillet to heat the balance of the oil and brown the mock meat sausages crumbling them as you stir. Put all the ingredients together before placing them on the tortilla. Sprinkle it

up with the cheese on top of the burrito before serving with salsa.

Vegetarian burrito with beans and eggs



If you want an option to cereal, perhaps this burrito is what you need to give a trial. The main advantage of burritos is that they take only a few minutes to prepare.

Ingredients: 6 eggs, lightly beaten, 1 tbsp butter, salt and fresh ground black pepper, 1/4 cup chopped green onion, 1 16 ounce can vegetarian baked beans, 6 flour tortillas (about 7-8 inches, warmed), shredded cheddar cheese (optional) and salsa or ketchup.

Method: In a 10 inch non stick skillet heat the butter until it is sizzling. Season your eggs with pepper and salt before adding them to the skillet and then sprinkle with onions. Cook the eggs while stirring once in a while until they are completely cooked.

Split the eggs into six equal parts before

spooning the egg mixture together with about $\frac{1}{4}$ cup of the beans and place them on top of the warmed tortillas. Sprinkle generously with the cheese and then drizzle with the salsa if you so desire. Wrap up the tortillas and sit to enjoy your sumptuous breakfast.

Vegetarian breakfast burrito with tofu



This is a quick breakfast burrito recipe that will combine with tofu to make you a hearty morning meal.

Ingredients: 3-4 flour tortillas, 3 tbsp

vegetable oil, 1 clove garlic, minced, 1/2 onion, diced, 1 pound firm or extra-firm tofu, chopped into 1-inch cubes, 1/2 cup sliced mushrooms, 1 large tomato, diced, 1/8 tsp turmeric, dash Tabasco sauce, or to taste, salt and pepper to taste, grated vegan cheese (optional)

Method:

Start by warming your flour tortillas on a stove or a microwave until they become soft and tender.

Using a large skillet or frying pan sauté the onion and garlic in vegetable oil for about 2 minutes before you add the mushrooms, tofu and the tomatoes and cook while stirring frequently for between 4 – 6 minutes.

Get the mix from the heat before adding turmeric and some bit of Tabasco sauce then season generously with pepper and salt. Put a few spoonfuls of the mixture on your tortillas and then top up with sour cream and cheese before wrapping and enjoying.

Vegetarian breakfast burrito with avocado and cheese



You will need a little bit of pan fried
tofu, tomatoes, cheese and avocado for
this recipe.

Ingredients: 1/2 onion, diced, 2 cloves garlic, minced, 1/2 block firm or extra-firm tofu, chopped into cubes, 2 tbsp olive oil, 1/2 tsp turmeric, 1 tsp soy sauce, 2 tomatoes, chopped, salt and pepper to taste, grated soy cheese, about 1/2 cup, 1 avocado, sliced thin, ketchup or hot sauce, to taste and flour tortillas

Method:

Sauté the onions , garlic and the tofu in a bit of olive oil for just a few minutes before adding the soy sauce, turmeric and the tomatoes and then cook for a few minutes. The tofu should be golden brown when it finally cooks.

Season with salt and pepper and then remove from the heat. Assemble your burrito by placing a $\frac{1}{4}$ of a cup of your tofu mixture on the tortilla and then sprinkle with cheese, say sauce as well as slices of avocado and ketchup to taste. Warp the tortilla to make your burrito.

Vegetarian breakfast smoothie recipes

Vegan protein chocolate shake



This is one of the best high protein milk shakes that any vegetarian woman needs to consider taking often. This is especially good for those who love chocolate because it is packed with banana, soymilk and cashew nuts. This is an all natural vegetarian protein shake.

Ingredients:

- ☐ 1 cup soy milk
- ☐ 1 banana
- ☐ 1-2 tbsp sweetened cocoa
- ☐ 2 tbsp cashew nuts

Method:

Simply blend together all the ingredients in a high speed blender until they are mixed well, the outcome will be a smooth creamy shake that you will love to drink.

Grapefruit banana smoothie



The grapefruit banana smoothie is an extremely healthy low fat way to begin

your day. This is a fast recipe and within minutes you will actually be gone.

Ingredients:

- ☐ 2 red grapefruits
- ☐ 8 large strawberries
- ☐ 2 ripe bananas
- ☐ 8 ounces strawberry-banana yogurt
- ☐ 2 tbsp honey
- ☐ 1 cup crushed ice

Method:

Measure some one and one third cups of juice and then add the strawberries and chunks of the cut bananas. Put all the ingredients in a high speed blender and whirl them until you get a smooth

mixture. This will easily make 4 servings.

Pumpkin protein smoothie



Anyone who loves pumpkin will definitely fall in love with this smoothie

that will give you a protein boost to begin your day. This can be a good change for those who are used to regular everyday smoothies.

Ingredients:

- ☐ ½ cup pumpkin puree
- ☐ 1 cup soy milk
- ☐ ¼ cup soy yogurt (plain or vanilla)
- ☐ 1 banana
- ☐ 5-6 ice cubes
- ☐ ¼ teaspoon pumpkin pie spice (or a dash of cinnamon, nutmeg and allspice)
- ☐ 1 tablespoon maple syrup

Method:

Simply blend all the ingredients together to make a smooth and creamy smoothie. This recipe makes a serving for two people.

Fat free vegan fruits smoothie



There has never been a quicker breakfast

drink that is healthier than a smoothie. The best thing about this fat free vegan smoothie is that you only need four simple ingredients and instead of the ordinary sugar you sweeten with a small bit of maple syrup.

Ingredients:

- ☐ 1 cup chopped frozen banana
(about 1 1/2 bananas)
- ☐ 1 cup frozen strawberries or
blueberries
- ☐ 1/2 cup apple juice
- ☐ honey or maple syrup
(optional)

Method:

Simply combine all the ingredients in a blender and swirl until you have a smooth cream. You may want to add a small amount of honey or maple syrup especially if you love to have something that is sweetened. The amount of juice you add is what will determine the consistency.

Banana carob breakfast smoothie



This is a sweet creamy smoothie that is so thick you will actually think it is a chocolate milkshake. This is actually a low fat sugar free smoothie that makes for a very healthy breakfast drink. Carob

can be used as a substitute to chocolate but if you don't have it you may want to use some chocolate powder.

Ingredients:

- ☐ 3 frozen chopped bananas
- ☐ 3/4 cup soy milk or rice milk
- ☐ 1 1/2 tbsp carob powder
- ☐ 1 tbsp maple syrup or agave nectar
- ☐ 1/2 tsp vanilla

Method:

All the ingredients need to be combined and processed in a blender to produce a smooth and creamy smoothie. Add or reduce the amount of soy milk according to your preference for consistency.

Blueberry and spinach smoothie



This is a powerful breakfast smoothie

that is not only filled with proteins but antioxidant properties as well.

Ingredients:

- ☐ 1 banana
- ☐ 4 ice cubes
- ☐ 1/2 cup fresh blueberries
- ☐ 1/4 cup liquid
- ☐ 1 cup fresh spinach

Method:

You may want to use water, fresh juice or cashew milk if you want a raw recipe. For the rest who are not strict vegans apple or orange juice will work out well for you. Blend the banana, blueberries and ice cubes together until you have a smooth and creamy drink.

While you don't necessarily require a sweetener, you may want to add a small amount of agave nectar if you find the taste too flat.

Vegetarian Omelettes

Mushroom and leek omelette



Leeks are good for breakfast and one of the best ways to eat them is to prepare a simple mushroom and leek omelette. This way you will eat your eggs with

some leeks that will give your eggs that powerful taste.

Ingredients:

- ☐ 6 eggs
- ☐ salt and pepper to taste
- ☐ 1 tbsp diced leek
- ☐ 1 tbsp diced onion
- ☐ 4 mushrooms, diced
- ☐ 1 tbsp butter or margarine

Method: Beat the eggs together with the salt and pepper mixing them properly. Cook the leeks, mushroom and onion in a large frying pan using margarine or butter for between 3 to 5 minutes before you add the vegetables to the eggs. Pour half of the mixture of eggs and vegetables into the frying pan and cook

until they are done properly and fold into half just before they cook. Repeat with the remaining mixture and come up with two omelettes.

Vegetarian omelette with bell peppers



This is another simple recipe that has plenty of vegetables and especially bell peppers. This is a perfect vegetarian omelette you just have to try.

Ingredients:

- ☐ 1/2 onion, diced
- ☐ 1 tbsp olive oil
- ☐ 4 eggs, beaten
- ☐ 1 tbsp butter or margarine
- ☐ salt and pepper to taste
- ☐ 1 red or yellow bell pepper, chopped
- ☐ 1 green bell pepper, chopped
- ☐ 1/2 tsp garlic powder (optional)

Method:

Sauté the onions for 3 to 5 minutes in olive oil before adding the bell peppers and continue to cook for another 2 minutes. Put the combination of onion and peppers in already beaten eggs making sure that they combine well.

Heat some margarine or butter in a frying pan and pour in the egg mixture sprinkling with salt, pepper and garlic powder; cook until the eggs brown slightly at the bottom before flipping over and cook for one more minute.

Zucchini and tomato omelette



While most people prefer their zucchini less cooked, this is an omelette of Greek origin that you will want to try.

Ingredients:

- ☐ 1 pound of zucchini (2 large), stems removed, cut across in 1/4-inch or less slices
- ☐ 2 ripe tomatoes, grated (use a coarse grater) or peeled and finely chopped
- ☐ 3 eggs + 1 tablespoon of water, beaten with a fork
- ☐ 1/3 cup of olive oil
- ☐ 2 teaspoons of sea salt
- ☐ freshly ground black pepper

Method:

Spray your skillet with some non stick cooking spray before adding the onions and cooking for stirring occasionally until they are tender. Add the zucchini, garlic, tomatoes and pepper continuing to stir until they are tender before

draining them completely.

Add the egg mixture and use a fork to distribute evenly over the vegetables turning over a few times until it is completely browned. Use a spatula to loosen before turning by flipping it over a plate and sliding back to the pan.

Baked vegetarian omelette with cheese



Ingredients: 1 onion, chopped, 1 Tbsp. olive oil, 1/2 cup shredded Havarti cheese, 1/2 cup shredded Cheddar cheese, 1-1/2 cups milk, 8 eggs, 1/3 cup flour, 1/2 tsp. baking powder, 1/2 tsp. dried basil leaves, 1/8 tsp. salt and a

dash white pepper

Method: Start by preheating the oven at 350 degrees. Pour some olive oil in a skillet and cook the onions until they are crisp and tender. Grease your pan and then sprinkle some onion into it followed by cheese over the onions.

Put all the other ingredients in a food processor or a blender, cover up and blend for some 30 seconds. You could also place them in a mixer and beat them for about 2 minutes and then pour the onion and cheese mixtures into a pie plate.

Bake the mixture uncovered for 30 – 45

minutes at 350 degrees or until you realize that the omelette is light golden.

Muffin Recipes

Lemon poppy seed muffins



Enjoy the tangy lemon flavor of this muffin that's especially good for those who don't use eggs.

Ingredients: 2 cups flour, 2 tsp baking

powder, 1/4 tsp salt, 2 tbsp lemon juice, 1/2 cup soy milk, 1/2 cup margarine, slightly softened, 1 cup sugar, 3 tbsp egg replacer, 1/2 tsp vanilla, zest from one lemon and a 1/4 cup poppy seeds.

Method: Preheat your oven at 375 degrees and then grease your muffin pan. Mix the flour, salt and baking powder in a large bowl and beat them together before adding soy milk, lemon juice and vanilla. Top it up with sugar and margarine before adding the egg replacer followed by the lemon zest and poppy seeds.

Put together the flour mixture and the soy mixture together with the margarine

mixture until they blend well before pouring them into a muffin pan. You may add sugar if you like extra sweet. Bake for 20 – 25 minutes or until an inserted toothpick comes out clean.

Strawberry banana muffins



Ingredients: 3 ripe bananas, mashed, 3/4 cup light brown sugar, egg replacer for 2 eggs, 1 tsp vanilla extract, 1/2 cup vegan margarine, softened, 2 1/4 cups

flour, 1 1/2 tsp baking powder, 1/4 tsp baking soda, dash nutmeg and cinnamon, dash salt and 1 cup diced strawberries (fresh or frozen is ok)

Method: Your oven should be preheated to 350 degrees and the muffin pan greased. Beat the bananas, egg replacer, brown sugar, vanilla and margarine together.

Fill the muffins to about two thirds full with the batter you have prepared and bake for 20 – 25 minute. You may try to insert a tooth pick and the muffins are ready if it comes out clean.

Blueberry vegetarian muffins



Ingredients: 2 cups flour, 1/3 cup sugar, 2 tsp baking powder, 1/4 tsp salt, 1 cup soy milk, 1/4 cup vegan margarine, Egg replacer for one egg, 1 tsp lemon juice, 1 cup fresh or frozen blueberries

Method:

Prepare the oven by preheating to 400 degrees and grease your muffin pan lightly. Get a large bowl and mix the flour, baking powder and salt. Then add the soy milk, margarine, egg replacer and lemon juice before stirring until they blend well.

Add the blueberries gently before spooning the batter to the muffin pan making sure that you don't exceed the two thirds mark.

Bake for between 20 and 25 minutes or until the muffins become golden brown.

Vegetarian corn muffin



This is one of the best low fat muffin recipes you will ever find.

Ingredients: 1 cup cornmeal, 1 cup

flour, 1 tsp salt, 2 1/2 tsp baking powder, 1 cup soy milk, Egg replacer for 2 eggs and 2 tbsp vegan margarine

Method:

Oil your muffin pan and preheat the oven at 400 degrees. Sift all the dry ingredients into a mixing bowl.

Thereafter mix the egg replacer and the soymilk and add them to the dry ingredients. Add in the margarine and beat them together until they blend well.

Put the batter into the muffin pan making sure that you reach the 2/3 mark and then bake them for at least 20 minutes.

Vegetarian banana coconut muffins



This perfect banana coconut muffin is a good choice for a breakfast or even an afternoon snack. Since both bananas and coconuts are sweet naturally you are only going to need a small amount of sugar.

Ingredients: 1 1/4 cups flour, 1 tsp baking powder, 1/4 tsp salt, 1/2 cup vegan margarine, 2/3 cup sugar, 2 bananas, mashed, 1 tsp vanilla, egg replacer for 1 egg, 1 cup coconut flakes

Method:

Combine the flour, salt and baking powder in a large bowl. Using a separate bowl, cream the margarine and sugar before adding the bananas, egg replacer, and vanilla and up to $\frac{3}{4}$ of the coconut flakes; add the flour mixture to the banana mixture and stir until they combine well.

Put in a few spoonfuls of the batter into

greased muffin tins and the sprinkle the remaining coconut flakes on top.

Bake them for about 20 – 25 minutes or until they have become lightly golden brown.

Vegetarian bran muffin



This bran muffin recipe is extremely healthy because of the reduced amount of fat you will end up using and the tofu will give you a protein boost.

Ingredients: 4 cups wheat bran, 2 1/2 cups soy milk, 1/2 cup silken (soft) tofu,

2/3 cup brown sugar, 1/2 cup maple syrup, 1/3 cup margarine, melted, 2 cups flour, 3 tbsp baking powder, 1 tsp baking soda, 1 cup raisins and 1 cup walnuts, chopped (optional)

Method: Heat the oven to 375 degree and then grease your muffin pan.

In a big bowl combine the wheat bran and soy milk and then let it rest for about 5 minutes. Use a food processor or a blender to mix the tofu, sugar, margarine and maple syrup until you have a smooth and creamy combination. Take a separate bowl and mix the flour, baking soda and baking powder.

Combine the tofu and wheat bran mixtures as you stir until they mix well before adding the flour mixture. When they are well combined add the walnuts and the raisins. Drop spoonfuls of the batter into a muffin pan and bake for some 30 minutes.

Vegetarian quiche recipes

Broccoli and cheese quiche



This is a vegetarian broccoli quiche

recipe that will do very well with whole wheat crust.

Ingredients: 3 eggs, 1 cup cooked broccoli, chopped, 1 1/2 cups low-fat grated Swiss cheese, 8 ounces evaporated skim milk, 2 cloves garlic, minced, 1 onion, chopped, 1 tsp salt, 1/2 tsp black pepper, 1 tomato, sliced thin, 1/4 cup Parmesan cheese and 1 pre-made whole wheat pastry crust

Method:

Preheat oven to 350 degrees. Beat the eggs and then add the broccoli, shredded cheese, evaporated milk, onion, garlic pepper and salt before stirring them until they blend. Pour the mixture into the

premade whole wheat pastry crust and then sprinkle with Parmesan cheese.

Proceed to bake for 30 – 45 minutes and let it cool before you can serve.

Cheesy eggless vegetarian quiche



This eggless quiche will do very well with tomatoes and bell peppers.

Ingredients: 7 ounces (57 grams) grated cheddar cheese, 1 pre-made pie crust,

50 g diced onion, 50 g diced bell peppers, 50 g chopped tomato, 4 tbsp egg replacer and 118 ml (1/2 cup) milk

Method: Preheat the oven to 375 degrees.

Take the cheese and place it over the entire bottom of the pie crust and then follow with all the other fillings placed of the cheese: bell peppers, diced onions and tomatoes.

Thoroughly beat the mixture of the egg replacer and the milk until you have a smooth mixture before you pour it into the pie shell.

Proceed to bake for about one hour or watch until the pie is golden brown.

Vegetarian lentil and rice quiche



Ingredients: 2 cups rice, pre-cooked, 1 tbsp margarine, 1 egg, slightly beaten, 1 cup grated Swiss cheese, 1/2 cup sliced onions, 1/2 cup sliced fresh mushrooms,

1/2 cup diced green bell pepper, 1 cup cooked lentils, 2 tbsp chopped fresh parsley, 2 eggs, 2 cups milk, 2 tsp salt and 1/8 tsp pepper.

Methods:

Using a medium sized bowl mix the rice, margarine and slightly beaten egg. Pour the mixture into a buttered pie plate as you press against the sides and the bottom so that you form a crust. Add a sprinkling of half of the grated cheese at the bottom of the rice crust and then layer the vegetables followed by the lentils on the cheese. Follow by sprinkling the rest of the cheese followed by chopped parsley.

Mix the milk, eggs, pepper and salt in a small bowl and then slowly pour over the quiche filling and then bake in the oven for at least 30 minutes. Let it stand for some 5 minutes before you serve.

Chili Rellenos quiche



If you love spicy lasagna you will no doubt enjoy this quiche that can be made mild or hot

Ingredients: 10 eggs, beaten, 1/2 cup all-purpose flour, 1 tsp. baking powder, 1/8

tsp. salt, 2 (4-ounce) cans chopped green chilies, 1 pint cottage cheese, 4 cups grated Cheddar or Monterey Jack cheese and 1/2 cup(1 stick) butter, melted

Method:

Preheat your oven to 400 degrees and also grease a 9 inch baking dish in readiness.

Inside a large bowl mix the eggs, flour, baking powder, chilies, salt, cheddar cheese, cottage cheese and the butter. Get the ready mixture and pour it into a baking dish and then bake for 15 minutes.

After 15 minutes are over reduce the

heat to 350 degrees and bake for 20 more minutes and it will be ready. This recipe makes 10 – 12 servings.

Cheddar and green onion quiche



When doing this recipe you can safely replace the green onions with broccoli.

Ingredients: Pie pastry for 2-crust pie, 2 tablespoons butter, melted, 1 cup thinly sliced green onion, divided, 1 cup shredded sharp Cheddar cheese, 3 large eggs, 1 teaspoon salt, freshly ground

black pepper, about 1/8 teaspoon, 1
teaspoon Dijon or other spicy mustard, 1
cup half-and-half, or half heavy cream
and half whole milk

Method:

You will grease and flour some mini
muffin pans and also preheat the oven to
400 degrees.

Roll out a pie crust to a thickness of 1/8
of an inch and then cut some 2 1/2 inch
rounds. Put them into the muffin cups as
you brush the pastry with butter.

Sprinkle some 1/2 a spoon of green onion
into every cup and then top up with an
amount of shredded cheese.

Beat together the remaining ingredients and then put a small amount into each of the cups on top of the pastry. Add a sprinkling of green onion on top. Bake for 20 – 25 minutes and you will get a total of 36 mini quiches.

Mexican quiche



While this is meant to be a breakfast, it is actually filling enough to make a main dish.

Ingredients: 6 eggs, 1 cup half and half, 3/4 cup cream (or sour cream), 1/4 cup bell pepper, chopped, 1/4 cup tomato, chopped, 1 tablespoon cilantro,

chopped, 1/4 cup green onion, 1/4 teaspoon salt, 1/4 teaspoon cumin and pre-baked pie shell or 6 warmed corn tortillas pressed into pie dish

Method:

Anyone using corn tortillas must remember to oil and pre-bake them in an oven at 400 degrees until they become browned.

Begin by beating the eggs until they are smooth and then whisk them in the cream. Blend them with salt and cumin.

Toss the onions, tomatoes, bell pepper and cilantro before sprinkling them on

top of the crust. Pour the egg mixture over them and then bake for at least 45 minutes.

Tofu recipes

Tofu scramble recipe



This is a quick and easy to make vegetarian breakfast meal that is also extremely nutritious.

Ingredients: 2 tbsp olive oil, 3 - 4 strips

vegetarian mock bacon, 3 cloves garlic, minced, 2 green onions, chopped, 1 red bell pepper, diced, 1 container firm or extra-firm tofu, well pressed and mashed, 1/4 tsp turmeric, 1/2 tsp soy sauce, 1/2 tsp nutritional yeast, salt and pepper to taste

Method:

Cook your vegetarian bacon in olive oil very briefly until it is crisp and then cut it into bite sized pieces. Put the bacon back into the pan together with the mashed tofu, bell pepper, onions, soy sauce and turmeric. Sauté for some 6 minutes always stirring and if need be you could add more oil.

Remove from the heat and stir in the nutritional yeast and the season with pepper and salt to taste.

Scrambled tofu with cheese



Scrambles tofu with cheese is especially

good for people who are new to the vegetarian lifestyle

Ingredients: 2 tbsp oil, 2 blocks firm or extra-firm tofu, crumbled, 1 green bell pepper, chopped small, 4 scallions, chopped, 1 15 ounce can diced tomatoes, drained, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/3 tsp turmeric, 1/2 cup shredded cheddar or Swiss cheese and salt and pepper, to taste

Method:

Sauté the tofu, scallions and bell pepper in olive oil until they brown just a little bit. Add in some tomatoes, onion

powder, garlic powder and turmeric as you continue to stir until they are well blended and then cook for another 7 – 9 minutes.

Season it with salt and pepper to taste and then top it up with vegan cheese before you serve.

Curried Tofu scramble with spinach



This is a simple tofu based vegetarian breakfast with some inspiration from Indian flavors.

Ingredients: 1 tsp olive oil, 1 onion, diced, 3 cloves garlic, minced, 1 container firm or extra firm tofu, pressed and crumbled, 1 tsp curry powder, 1/2 tsp turmeric, 1/2 tsp cumin (optional), salt and pepper to taste, 2 tomatoes, diced and 1 bunch fresh spinach

Method:

Using a large skillet or frying pan sauté the garlic and onions in olive oil and allow them to cook for about 5 minutes until the onions are soft. Put in the rest of the ingredients apart from the spinach and keep on stirring for the next 5 minutes so that your tofu will be hot and cooked well.

After adding the spinach cook for at least 2 minutes stirring well until the spinach is just wilted, remove from the fire and serve.

Conclusion

Since we all love to eat and stay healthy, the best way to keep it going is to adopt these simple and quick vegetarian recipes and you will enjoy a happy life. You are slowly giving up on meat and are forgetting those fries and burgers and the good news is that you have actually found perfect replacements.

This book helps you to make every sip or bite of your vegetarian meal to count such that you can have a variety that is both healthy and nutritious. We have given you a few fantastic combinations that taste wonderful with every bite or

sip. If you thought eating right was too difficult, this book helps to undo that myth once and for all. The good news is that you will actually be watching your weight while you eat healthy, quick and simple vegetarian breakfasts.

Top 37 Wonderful Vegetarian chili, Soups, and Stews Recipes for busy Women

**The secret behind those soft, soothing
and comforting chilies, soups and
stews**

Summary

During those days of months when the temperatures begin dropping, we all begin longing and yearning for some smooth, soft and soothing soups, stews or chilies. We all remember how they have given us a well deserved ‘kick’ just at the right moment. While making meat based stews and soups looks like a simple thing, many vegetarians are not sure where to head as far as this is concerned. The good news is that this book is out to demystify the issue surrounding the difficulty of creating some hot vegetarian stew, chili or soup within no time. Every busy career woman who loves it vegetarian has no

excuse because this is the solution they have been waiting for.

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TABLE OF CONTENTS

Introduction

1. [Beetroot soup](#)
2. [Spinach Soup](#)
3. [Pumpkin Soup](#)
4. [Butternut and Chili Soup](#)
5. [Couscous Soup](#)
6. [Potato and Leek Soup](#)
7. [Onion Soup](#)
8. [Broccoli Cream Soup](#)
9. [Minestrone Soup](#)
10. [Orzo Soup](#)
11. [Creamy Almond Soup](#)
12. [Avocado Soup](#)
13. [Tomato Basil Soup](#)
14. [Tomato Dill Soup](#)
15. [Green Soup - Caldo Verde](#)

16. [Portuguese Bread Soup](#)
17. [Vegetarian Black-Bean Chili](#)
18. [Vegetarian Chili](#)
19. [White Bean Stew](#)
20. [Black-Bean-and-Corn Stew](#)
21. [Quick Vegetable and Navy-Bean Stew](#)
22. [Quick Chickpea Curry stew](#)
23. [Chickpea Apple Curry Stew](#)
24. [Chunky Vegetarian Chili](#)
25. [Quick and Easy Vegetarian Chili](#)
26. [Simple vegetarian chili](#)
27. [Three-Bean Vegetarian Chili](#)
28. [Creamy Carrot Gingered Soup](#)
29. [Creamy Carrot and Pasta Soup](#)
30. [Carrot and Chili Pepper Soup](#)
31. [Quick Chickpea and Summer](#)

Vegetable Stew

- 32. Quinoa and Roasted Pepper Chili
- 33. Aviyal Indian vegetable and Coconut Stew
- 34. Chili with Corn Dumplings
- 35. Fresh Cranberry Beans and Tomato Stew
- 36. Lentil and Vegetable Stew
- 37. Cambodian Vegetarian Stew

Conclusion

Introduction

The drop of temperature does not only send us to the wardrobe to look for those long forgotten clothes that only come out during such times, they also send us to the kitchen. We don't just long for a hot mug of coffee but we also begin yearning for some comforting bowl of chili, soup or stew. A sip of one such bowl in a leisurely evening is one of the best ways to relax with your loved ones as you reminisce about the day or perhaps plan about the future.

For most people, especially those who are new to the world of vegetarian foods and dishes, the mention of chili, soup or stew sends them thinking about the

conventional meat based stews. The truth of the matter is that spicy stew does not have to be synonymous with meats and peppers. There are a variety of ingredients that you can use to make your self some steamy soup or stew without touching any animal product.

By cleverly combining some natural plant based products such as vegetables, beans, peppers, onions, garlic and tomatoes among others, you can still create a hearty stew that will comfort and sooth you on any cold evening.

Vegetarian stews, chilies, stews and soups are made using numerous plant based products that are found in your local food store or supermarket to create

the different varieties that we are going to introduce to you in this book.

As more and more people begin to embrace the vegetarian lifestyle for a variety of reasons, creative people are coming up with simple recipes that will not only keep you warm but will also improve your health significantly. The good news about vegetarian recipes is that you will not have to worry about gaining excess weight as you consume them. They simply taste great and since most people are short of time these days, most of them will take you only a few minutes and you will be down to business.

Beetroot soup



Ingredients:

- ☐ 750g Fresh Beetroot
- ☐ 2 Medium hot Chili Peppers
- ☐ 1 Small courgette

- ☐ 1 Small Carrot
- ☐ 1 Medium Potato
- ☐ Salt and pepper

Method:

1. Wash, peel and chop all the ingredients
2. Split the chili peppers so as to remove the seeds
3. Boil some 750 ml of water and then add all the ingredients, remember to season with salt and pepper to taste
4. Let them boil for 5 minutes and after getting them off the heat, blend them for 2 minutes until they become a smooth mixture

5. Garnish with basil and serve hot.

Spinach Soup



Ingredients:

- ☐ 200g Fresh spinach leaves
- ☐ 50 ml single cream
- ☐ 100 g Potatoes
- ☐ 2 Garlic cloves

- ☐ 2 tsp Olive oil
- ☐ ¼ tsp Pepper
- ☐ Salt

Method:

1. Peel and chop potatoes and garlic.
2. Using a deep saucepan, boil them in 700 ml of water and add olive oil, garlic with the salt and pepper.
3. After boiling for 4 minutes, remove from fire and blend.
4. Boil for 4 minutes and blend until smooth.
5. Put on low heat for 2 minutes
6. Serve it hot with a drizzle of

cream on top.

Pumpkin Soup



Ingredients:

- ☐ 1/2 Kg Pumpkin flesh
- ☐ 3 tsp Olive oil
- ☐ 2 tsp Balsamic vinegar

- ☐ 1/2 tsp Fresh ginger (crushed)
- ☐ 1/2 tsp Turmeric
- ☐ 10 Fresh mint leaves
- ☐ 1 Medium hot chili (de-seeded)
- ☐ 1/2 Lemon (juice)
- ☐ Salt and pepper

Method:

1. Peel pumpkin, remove seeds and cut into small cubes.
2. Boil the pumpkin with 1/2 L water for some 5 minutes.
3. Season with sea salt and black pepper.
4. Blend the pieces of pumpkin using its water, and then add balsamic vinegar, olive oil, crushed ginger, chili, turmeric and juice of

half of lemon.

5. Return to the heat and let it simmer gently for 5 minutes.

6. Serve with chopped mint leaves in carved pumpkin bowl.

Butternut and Chili Soup



Ingredients:

- ☐ 1kg Butternut squash and 2 medium potatoes
- ☐ 3 Medium carrots
- ☐ 1 Onion

- ☐ 1 Chili
- ☐ 5 Basil fresh leaves
- ☐ 4 Table spoons olive oil
- ☐ 1/2 tsp Turmeric
- ☐ Salt and pepper

Method:

1. Peel and chop all vegetables (except basil leaves) and boil in 500 ml water to large pot. Remove butternut seeds.
2. Add Spices, half amount of olive oil and boil for 5 minutes.
3. Blend for 2 minutes or until smooth. Season with salt and pepper; serve it hot with basil pesto topping. Make basil pesto by blending basil leaves with 2 table spoons of olive

oil.

Couscous Soup



Ingredients:

- ☐ 3 Table spoons couscous dry granules

- ☐ 3 Small potatoes
- ☐ 2 Medium parsnips
- ☐ 3 Medium carrots
- ☐ 1 Sweet red pepper
- ☐ 1/2 Cup loose sweet corn
- ☐ 1/2 Cup frozen garden peas
- ☐ 1/2 Cup chopped swede
- ☐ 3 tsp olive oil
- ☐ 1 Bay leaf
- ☐ 1 Garlic clove
- ☐ 2 Chilies
- ☐ Salt and pepper to taste

Method:

1. Chop vegetables into small chunks.
2. Put 1/2 sweet corn, garden peas and sweet pepper aside.
3. Boil vegetables for 5 minutes

with 500ml water and salt.

4. Blend boiled vegetables until smooth and set aside.

5. Take deep pan to high heat and stir-fry the remaining sweet pepper before adding the olive oil, sweet corn, garden peas and couscous. Stir every three minutes

6. Add 3 tablespoons of water and don't let them dry. Add blended vegetable stock and stir on medium heat.

7. Check seasoning, add salt and pepper to taste and allow to simmer for 5 minutes.

8. Remove from heat when couscous is soft to the bite.

9. Cover with lid until serving.

10. Serve hot.

Potato and Leek Soup



Ingredients:

- ☐ 500 g Potatoes
- ☐ 500 g Leeks
- ☐ 1 Garlic glove
- ☐ 1 Celery stem
- ☐ ½ tsp Chopped lemon grass

- ☐ 3 Bread toast slices
- ☐ 1 Table spoon salt
- ☐ ½ tsp Pepper

Method:

1. Chop up the vegetables and boil for about 5 minutes and then add salt and pepper.
2. Blend all ingredients together and pass through a strainer to make it smooth
3. Heat soup to low heat for 2 minutes, stir regularly.
4. Cut toast slices into small croutons and serve hot with croutons to decorate

Onion Soup



Ingredients:

- ☐ 4 Red onions
- ☐ 2 Toast slices
- ☐ 1 Medium potato

- ☐ 1 Celery stem
- ☐ 1 Garlic clove
- ☐ 20 g grated cheese
- ☐ 1 Soup spoon Soy sauce
- ☐ 1 Soup spoon olive oil
- ☐ 1 tsp paprika
- ☐ 1 tsp turmeric
- ☐ 4 Crushed Juniper berries
- ☐ 1 Bay leaf

Method:

1. Chop garlic, onion and stir fry in deep pan together with olive oil and bay leaf add the potatoes, spices and soy sauce when the onions are golden brown.
2. Add chopped celery together with 500 ml water and boil the

mixture for 5 minutes before allowing it to cool and then blend for 2 minute. Check the consistency and add more water if the soup is too thick.

3. Let it boil for 1 minute while stirring regularly.

4. Serve hot with toasted bread and grated cheese on top.

Broccoli Cream Soup



Ingredients:

- ☐ 250 g Broccoli
- ☐ 50g Fresh parsley
- ☐ 100ml Soya cream
- ☐ 2 Small potatoes
- ☐ 2 tsp chopped fresh dill
- ☐ 1 Small onion

- ☐ 1 Table spoon olive oil
- ☐ Salt and pepper

Method:

1. Boil broccoli, onion and potatoes for 2 minutes and drain.
2. Add in the parsley, olive oil, dill and 300 ml water before you blend until smooth.
3. Add cream leaving about 2 Tbsp to be used later.
4. Return to the heat for 2 minutes on low heat stirring regularly.
5. Season with salt and pepper to taste and enjoy your soup

Minestrone Soup



Ingredients:

- ☐ 150 g Gnocci pasta
- ☐ 250g Red Kidney beans
(boiled)
- ☐ 300g potatoes
- ☐ 250g Carrots
- ☐ 100g broccolis
- ☐ 3 Garlic cloves
- ☐ 1 Sweet red pepper
- ☐ 3 tsp olive oil
- ☐ 1 tsp Turmeric
- ☐ 1 tsp Paprika
- ☐ Salt and Pepper

Method:

1. Chop garlic, pepper, potatoes and carrots but leave one carrot.
2. In a deep frying pan, stir fry all the chopped ingredients in olive oil for 2 minutes before adding turmeric, paprika, salt and pepper. Add 600 ml of water and bring them to boil
3. Slice remaining carrot and add to the boiling mixture with the broccoli, past and kidney beans.
4. Boil for 10 minutes while stirring gently while still on high heat.
5. Take off the heat for 1 minute and serve hot.

Orzo Soup



Ingredients:

- ☐ 5 Table spoons Orzo pasta
boiled
- ☐ 5 Table spoons sweet corn
boiled

- ☐ 250g Fresh wild rocket leaves
- ☐ 4 Sweet red peppers (roasted and peeled)
- ☐ 4 Large sun dried tomatoes
- ☐ 2 Whole fresh ripe red tomatoes
- ☐ 5 Medium potatoes chopped
- ☐ 1 Table spoon of virgin olive oil
- ☐ 1 Large white onion
- ☐ 2 Garlic cloves chopped in half
- ☐ 1 Hot chili de-seeded
- ☐ Salt and pepper

Method:

1. Start by peeling and chopping onion finely; stir fry the onion and over medium heat in olive oil for 2

minutes and then season with salt and pepper.

2. Put in the chopped potatoes, red pepper, tomatoes, chili together with 700ml water; bring to boil and let it simmer for 5 minutes. Blend until smooth and check seasoning.

3. Return to the heat before adding the boiled sweet corn and Orzo pasta. Allow to simmer for 2 minutes and heat off. Add the wild rocket leaves just before serving it hot

Creamy Almond Soup



Ingredients:

- ☐ 1 Table spoon almond flakes

- ☐ 1 Cup of ground almond powder
- ☐ 2 Cups White bread chunks
- ☐ 2 Dry red chilies
- ☐ 1 Small white onion
- ☐ 2 Garlic cloves
- ☐ 1/4 tsp Sea Salt
- ☐ 1 tsp vinegar
- ☐ 2 tsp Olive oil
- ☐ 1 tsp Soya butter

Method:

1. Put a deep frying pan on fire with olive oil before adding the onion slices and the peeled garlic. Add the vinegar after putting the heat on low and stir for a minute until the onions are soft but don't let them turn brown.

2. Remove from the heat and add 600 ml of water and then blend with the bread chunks and almond powder until they become smooth before seasoning with salt and pepper.
3. Take it back to medium heat and allow it to simmer for 5 minutes while stirring regularly until the soup thickens.
4. The soup should have the consistency of porridge when you remove it from the heat and can be served with a drizzle of olive oil over the soup and a slice of toast.
5. Add almond flakes, chopped chili and parsley.

Avocado Soup



Ingredients:

- ☐ 1 Large carrot
- ☐ 4 Avocados

- ☐ 1 Onion
- ☐ 100 g Spinach
- ☐ 1 Small Potato
- ☐ 1 Table spoon Olive oil
- ☐ 2 Slices toast
- ☐ Salt and Pepper

Method:

1. Chop all the vegetables after washing and peeling.
2. Boil all ingredients in a large pot for 5 minutes except avocados.
3. Blend boiled vegetables with chopped avocados for 1 minute or until smooth.
4. Cut toast slices into small squares to make croutons and serve

hot

Tomato Basil Soup



Ingredients:

- ☐ 6 Medium fresh tomatoes
- ☐ 1 Large potato
- ☐ 1 Large red onion

- ☐ 1 Clove of garlic
- ☐ 1 Medium Carrot
- ☐ 1 Bunch of fresh Basil
- ☐ 1 tsp of Virgin olive oil
- ☐ 1 tsp of chili spice
- ☐ 1 tsp of paprika
- ☐ Salt and pepper

Method:

1. Remove the seeds from tomatoes and cut them into chunks, chop the onions and garlic and stir them in medium heat until golden brown.
2. Add tomatoes to the pan and stir gently for 2 minutes followed by the chili, paprika powder, salt and pepper can now be added.

3. Peel, chop potato, carrot and basil into small chunks. Add to the pan with 500ml water on medium low heat for about 5 minutes. Put these ingredients in a blender to make them creamy before putting them back on heat for 5 minutes. Serve it while hot with basil leaves.

Tomato Dill Soup



Ingredients:

- ☐ 7 Medium tomatoes
- ☐ 3 tsp Fresh Dill (chopped)

- ☐ 1tsp Tomato sauce
- ☐ 1/2 tsp paprika
- ☐ 1 tsp olive oil
- ☐ 5 Shallots
- ☐ 2 Garlic cloves
- ☐ Salt and pepper

Method:

1. Peel and chop onions.
2. Stir fry onion and chopped tomatoes for 30 seconds with olive oil on high heat.
3. Remove from the heat and blend with remaining ingredients.
4. Season with salt and pepper.
5. Bake to the heat and allow it to simmer for 5 minutes with 500ml

water.

6. Serve with toasted bread.

Green Soup - Caldo Verde



Ingredients:

- ☐ 1 large green cabbage

- ☐ 3 Carrots
- ☐ 4 Potatoes
- ☐ 1 Onion
- ☐ 1 garlic clove
- ☐ 1 Tablespoon olive oil
- ☐ Salt and pepper to taste

Method:

1. Remove middle nerve of each leaf of the cabbage and roll about 3 leaves like a roulade and slice very finely and leave in a bowl with water.
2. Boil carrots, potatoes, onion and garlic for about 5 minutes and add olive oil before seasoning with salt and pepper.

3. Blend until smooth and take back to high heat with sliced cabbage and 600ml water. Boil for about 15 minutes or until cabbage is soft to the bite and serve hot.

Portuguese Bread Soup



Ingredients:

- ☐ 4 Large slices stale bread

- ☐ 2 Garlic cloves
- ☐ 3 tsp Olive oil
- ☐ Salt and pepper to taste

Method:

1. Chop bread into small pieces and crush garlic cloves
2. In a hot pan put the bread, garlic and olive oil
3. Stir on high heat for 30 seconds.
4. Add 500ml hot water and bring to boil stirring regularly for 5 minutes on medium low heat.
5. Use a potato masher to press down bread pieces. Bread texture will change with the heat. Season to taste.

6. Ready to serve

Vegetarian Black-Bean Chili



Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion, diced
- ☐ 2 garlic cloves, minced
- ☐ Coarse salt and ground pepper
- ☐ 2 zucchini (about 1 pound total),

halved lengthwise and thinly sliced
crosswise

- ☐ 2 carrots, thinly sliced
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 cans (19 ounces each) black beans, rinsed and drained
- ☐ 1 can (28 ounces) crushed tomatoes
- ☐ 1 package (10 ounces) frozen corn kernels, thawed

Method:

1. Use a heavy pot to heat oil over medium-high. Add onion and garlic; season with salt and pepper. Cook for 4 minutes stirring occasionally, until beginning to soften.
2. Add zucchini, carrots, chili

powder, and cumin. Cook for 6-8 minutes stirring occasionally, until carrots are crisp-tender. Add beans, tomatoes, corn, and 1 cup water. Simmer until slightly thickened and carrots are soft, 8 to 10 minutes more.

Vegetarian Chili



Ingredients

- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 medium yellow onion, diced medium
- ☐ 4 garlic cloves, roughly chopped

- ☐ 1 1/2 teaspoons ground cumin
- ☐ 1 teaspoon chipotle chile powder
- ☐ Coarse salt and ground pepper
- ☐ 1 medium zucchini, cut into 1/2-inch dice
- ☐ 3/4 cup (6 ounces) tomato paste
- ☐ 1 can (15.5 ounces) black beans, rinsed and drained
- ☐ 1 can (15.5 ounces) pinto beans, rinsed and drained
- ☐ 1 can (14.5 ounces) diced tomatoes with green chills
- ☐ 1 can (14.5 ounces) diced tomatoes

Method:

Heat oil over medium high in a large pot

adding onion and garlic and cook for 4 minutes until they are soft. Put in the chili powder and cumin and season with salt and pepper and cook for 1 minute. Add the tomato paste and zucchini and cook for 3 minutes before you stir in the pinto beans, black beans and diced tomatoes. Bring to boil after adding 2 cups of water and reduce heat to medium and simmer for 20 minutes. Season with salt and pepper and serve

White Bean Stew



Ingredients

- ☐ 2 teaspoons olive oil
- ☐ 2 scallions, thinly sliced
- ☐ 1 garlic clove, minced
- ☐ 1/2 teaspoon dried oregano
- ☐ 1 can (14 1/2 ounces) vegetable
broth

- ☐ 1 can (19 ounces) white beans, rinsed and drained
- ☐ 1 1/2 teaspoons fresh lemon juice
- ☐ Coarse salt and ground pepper
- ☐ 2 tablespoons freshly grated Parmesan, for serving

Method:

1. Heat oil in a saucepan over medium and add the garlic, scallion and oregano and cook for 3 minutes stirring frequently until the scallions begin to soften.
2. Stir in the beans and the broth and cook for about 4 minutes using a wooden stick before lightly mashing

the beans to make the soup thicker.
Stir in the lemon juice and season
with salt and pepper before
sprinkling Parmesan and serving.

Black-Bean-and-Corn Stew



Ingredients

- ☐ 4 teaspoons olive oil
- ☐ 1 medium onion, chopped
- ☐ 4 garlic cloves, minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 can (4 1/2 ounces) chopped

green chills

☐ 2 cans (15 ounces each) black beans, drained and rinsed

☐ 2 cans (14 1/2 ounces each) diced tomatoes in juice

☐ Coarse salt

☐ 1 package (10 ounces) frozen corn

Method:

1. Heat oil over medium in a large saucepan and add the onions; cook them for 5 minutes until soft before adding the cumin and garlic and cook for 2 minutes stirring frequently.

2. Add the beans, tomatoes, chills and their juice to the pan with 2 cups of water, $\frac{3}{4}$ teaspoon of salt and bring

the mixture to boil before reducing the heat to medium low and simmering for 20 minutes as it thickens.

3. Blend 2 cups of the stew in a food processor before returning the puree to the pan and then adding the corn and simmer for 5 minutes. Serve hot.

Quick Vegetable and Navy-Bean Stew



Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion, chopped
- ☐ 4 small red potatoes (10 ounces), cut into 1/2-inch pieces
- ☐ 1 pound button mushrooms, trimmed and quartered

- ☐ 1/4 teaspoon dried thyme
- ☐ Coarse salt
- ☐ 1 tablespoon tomato paste
- ☐ 10 ounces baby spinach leaves,
rinsed well
- ☐ 1 can (14 1/2 ounces) navy
beans, drained and rinsed
- ☐ 1 tablespoon red-wine vinegar,
optional
- ☐ Ground pepper

Method:

1. Heat some oil in a non stick skillet and swirl to coat the pan before adding the onions and potatoes and cooking for 8-10 minutes until the onions are browned. Drop in the mushroom, thyme and salt and cook for 8 more minutes until the

mushrooms are tender.

2. Stir in the tomato paste with two cups of water and cook for 8 more minutes until the potatoes are tender. Put in half of the spinach and cook covered for about 1 minute for the spinach to wilt. Put in the remaining beans and spinach and let it heat through. Add in vinegar and season with salt and pepper before serving.

Quick Chickpea Curry stew



Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 large yellow onion, diced small
- ☐ 3 garlic cloves, minced
- ☐ 1 tablespoon curry powder

- ☐ 1 cinnamon stick (3 inches)
- ☐ Pinch of ground cloves
- ☐ 2 cans (15 ounces each) no-salt-added chickpeas, rinsed and drained
- ☐ 3 tablespoons ketchup
- ☐ Coarse salt and ground pepper
- ☐ Chopped cilantro and lemon wedges (optional), for serving

Method:

Heat oil in a skillet and add onion and stir for about 6 minutes until dark brown. Add the garlic, cinnamon, curry and cloves and stir for 30 more seconds. Add chickpeas, ketchup, 1 teaspoon salt, 1/4 teaspoon pepper, and 2 cups water and cause to a boil; reduce to a simmer, cover, and cook 20 minutes. Remove the

cover and increase heat to medium-high; cook until sauce is slightly reduced, 5 minutes. Serve topped with cilantro, with lemon wedges alongside if desired.

Chickpea Apple Curry Stew



Ingredients

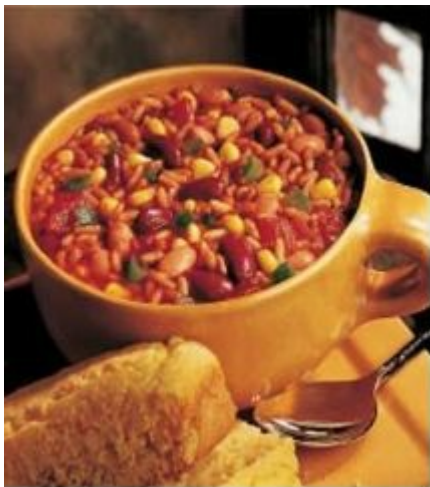
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 1 recipe curry powder

- ☐ 1 large onion, cut into 1/4-inch-wide slivers
- ☐ 2 tablespoons freshly grated ginger
- ☐ 4 cloves garlic, minced
- ☐ 1/2 cup chopped fresh cilantro, plus more for garnish
- ☐ One 28-ounce can whole tomatoes
- ☐ 2 Granny Smith apples, peeled, cored, and cut into 1/2-inch pieces
- ☐ Two 15 1/2-ounce cans chickpeas, rinsed, drained
- ☐ 1 tablespoon freshly squeezed lemon juice
- ☐ 1 cup plain nonfat yogurt

Method:

Put olive oil in a saucepan over medium heat before adding curry powder and cooking for one minute followed by the onion, garlic, ginger and cook until they are well coated and start to soften; about 2-3 minutes. Add the tomatoes, cilantro, apples and chickpeas and cover to simmer the curry mixture for 30-40 minutes. Remove the cover and simmer for about 5 minutes as it thickens. Remove from the heat and stir in lemon juice. Stir in the yogurt just before serving.

Chunky Vegetarian Chili



Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups chopped onion
- ☐ 1/2 cup chopped yellow bell pepper
- ☐ 1/2 cup chopped green bell

pepper

- ☐ 2 garlic cloves, minced
- ☐ 1 tablespoon brown sugar
- ☐ 1 1/2 tablespoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon dried oregano
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon black pepper
- ☐ 2 (16-ounce) cans stewed tomatoes, un-drained
- ☐ 2 (15-ounce) cans black beans, rinsed and drained
- ☐ 1 (15-ounce) can kidney beans, rinsed and drained
- ☐ 1 (15-ounce) can pinto beans, rinsed and drained

Method: Heat the oil over medium in a pot and add the onions, garlic and bell

pepper and sauté for 5 minutes before adding the rest of the ingredients and sugar and bring to boil. Reduce the heat and simmer for 30 minutes before serving.

Quick and Easy Vegetarian Chili



Ingredients

- ☐ 1 medium Onion -- chopped
- ☐ 1 Stalk celery -- chopped
- ☐ 2 tablespoons Vegetable oil

- ☐ 4 cups Cooked -- drained kidney beans
- ☐ 1/2 cup Tomato sauce
- ☐ 3 tablespoons Vinegar
- ☐ 2 teaspoons Molasses
- ☐ 1 teaspoon Basil
- ☐ 1 teaspoon Oregano
- ☐ 2 tablespoons To 3 Tbsp chili powder

Method:

Sauté onion and celery in oil until soft before adding the remaining ingredients and simmer over low heat for 20 minutes. Serve or chill several hours and reheat to serve.

Simple vegetarian chili



Ingredients:

- 1 tablespoon canola or safflower oil
- 1 medium onion, chopped

- 1 medium green bell pepper, chopped
- 2 jalapeno Chile peppers, seeded and chopped
- 2 cloves garlic, finely chopped
- 1 can (28 ounces) diced tomatoes (do not drain)
- 1 can (15 ounces) garbanzo, pinto or black beans, rinsed and drained
- 1 cup water
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse salt

Method: Heat oil in a pot over medium heat before adding the onion, bell peppers, garlic and chili pepper and cook for 5 minutes while stirring until they soften; add the beans, tomatoes,

chili powder, water, salt and cumin. After boiling, reduce the heat and bring to simmer for 2—25 minutes as the stew thickens. You can top up with your favorite chili topping or raw onions and tortilla chips.

Three-Bean Vegetarian Chili



Ingredients:

- ☐ 15 ounce can no-salt-added red kidney beans, rinsed and drained
- ☐ 15 ounce can small white beans, rinsed and drained
- ☐ 15 ounce can low-sodium black

beans, rinsed and drained

☐ 14 1/2 ounce can diced tomatoes and green chili peppers, undrained

☐ 1 cup beer or chicken broth

☐ 1 tablespoons chocolate-flavored syrup

☐ 1 tablespoon chili powder

☐ 1 teaspoons Cajun seasoning

☐ Dairy sour cream (optional)

☐ Shredded cheddar cheese (optional)

Method: Mix the white beans, kidney beans, black beans green chills and undrained tomatoes in a slow cooker together with the broth, chili powder, chocolate syrup and Cajun seasoning. Cover and cook for 6-8 hours. When

ready, garnish with sour cream and cheese before serving.

Creamy Carrot Gingered Soup



Ingredients:

- 1 tbsp. butter
- 8 medium carrots, coarsely chopped (about 4 cups)

- 1 large sweet onion, coarsely chopped (about 1 1/2 cups)
- 1 large potato, coarsely chopped (about 1 cup)
- 6 cups Chicken Broth
- 3 tbsp minced fresh ginger root
- 1/2 tsp. ground black pepper
- ☐ 1 tbsp chopped fresh parsley (optional)

Method: Heat butter over medium heat in a saucepan and add the onions, potato and carrot and cook for at least 5 minutes until vegetables become tender crisp. Stir in the broth together with the black pepper and ginger and bring to boil. Reduce the heat to low, cover and simmer for 20 minutes until the vegetables are tender. Put the mixture in

a bowl to cool before putting it in a food processor and blend twice before returning in a sauce pan to cook in medium heat until it's hot. Garnish with parsley when serving.

Creamy Carrot and Pasta Soup



Ingredients:

- ☐ 2 14-ounce cans vegetable broth (3-1/2 cups)
- ☐ 2 cups sliced carrots

- ☐ 1 large potato, peeled and diced
- ☐ 1 cup chopped onion
- ☐ 1 tablespoon grated fresh ginger
- ☐ 1/2 to 1 teaspoon Jamaican jerk seasoning
- ☐ 8 ounces dried tricolor radiatore or rotini
- ☐ 1-1/2 cups milk or one 12-ounce can evaporated skim milk
- ☐ Snipped fresh chives (optional)

Method:

1. Mix the potatoes, carrots and vegetable broth together with the onion, ginger and Jamaican jerk

seasoning in a saucepan and bring to boil. Reduce the heat and simmer for 15-20 minutes and then let it cool slightly. In the meantime cook the pasta and then drain.

2. Place $\frac{1}{4}$ of the vegetable mixture in a food processor and process until it smooth and the remaining portion at $\frac{1}{4}$ of the time. Put all of them in a saucepan and stir in the milk and the pasta and heat through. Put the soup in bowls and sprinkle with chives if you desire.

Carrot and Chili Pepper Soup



Ingredients:

- ☐ 2 14-1/2-ounce cans vegetable broth
- ☐ 16 ounce packaged peeled baby carrots
- ☐ 1 large onion
- ☐ 1 4-ounce can diced green chili peppers
- ☐ 1 teaspoon chili powder
- ☐ 1/2 teaspoon ground cumin
- ☐ 1 cup half-and-half or light cream

□ Fresh purple basil leaves
(optional)

Method:

1. Mix the carrots, onions, chili peppers, chili powder, cumin and the broth in a large saucepan and bring to boil before reducing the heat and simmer for 12 minutes or until the carrots become tender.
2. Put half of the mixture in a food processor and blend to form a smooth mixture and then repeat with the remaining half before returning the mixture into the saucepan. Stir in the light cream and then heat it through. Put the soup into bowls and garnish with purple basil if you love it.

Quick Chickpea and Summer Vegetable Stew



Ingredients

- ☐ 2 tablespoons olive oil

- ☐ 1 small onion, chopped
- ☐ 2 small carrots, cut into coins
- ☐ 1 qt. reduced-sodium vegetable
broth
- ☐ 1 can (15 oz.) chickpeas
(garbanzos), drained and rinsed
- ☐ 2 small zucchini, cut into coins
- ☐ 1 small yellow squash, cut into
coins
- ☐ 1 cup fresh or frozen corn
kernels
- ☐ 1 teaspoon kosher salt
- ☐ 1/4 teaspoon pepper
- ☐ 1 cup cherry tomatoes, halved
- ☐ 1/2 bunch (6 oz.) thin asparagus,
trimmed, cut into 2-in. pieces
- ☐ 1/4 cup thinly sliced fresh basil
leaves

Method:

1. Heat the oil over medium heat in a pot and cook the onions for 7 minutes without letting them brown. Add the carrots and cook for 3-4 minutes until they soften lightly.
2. Stir in the chickpeas, broth, corn, squashes, salt and pepper and bring them to boil. Reduce the heat and let it simmer for 2 minutes before stirring in the squashes, asparagus and tomatoes and cook until the squashes are tender but don't let them become mushy. Serve in bowls and garnish with basil

Quinoa and Roasted Pepper Chili



Ingredients

- ☐ 2 red bell peppers

- ☐ 2 poblano chills
- ☐ 4 teaspoons olive oil
- ☐ 3 cups chopped zucchini
- ☐ 1 1/2 cups chopped onion
- ☐ 4 garlic cloves, minced
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1/2 teaspoon Spanish smoked paprika

- ☐ 1/2 cup water
- ☐ 1/3 cup uncooked quinoa, rinsed
- ☐ 1/4 teaspoon kosher salt
- ☐ 1 (14.5-ounce) can fire-roasted diced tomatoes with chipotles, undrained
- ☐ 1 (15-ounce) can no-salt-added pinto beans, rinsed and drained
- ☐ 1 cup low-sodium vegetable

juice

Method:

1. Preheat broiler. Cut the chills and bell pepper lengthwise and discard the membranes and the seeds. Put the halves skin side up on a baking sheet lined with foil and flatten them using your hand. Broil for 10 minutes until they blacken and place in a tightly closing paper bag. After standing for 10 minutes peel then coarsely and chop.
2. Using medium heat add oil to a pan and swirl it to coat before adding the onion, zucchini and garlic and sauté for 4 minutes. Add in the cumin, chili powder and paprika and stir for 30 seconds. Add in the roasted chills

and peppers with $\frac{1}{2}$ cup of water and the rest of the ingredients and bring them to boil. Reduce the heat to medium low and simmer for 20 minutes or until the quinoa is tender.

Aviyal Indian vegetable and Coconut Stew



Ingredients:

- ☐ 1/2 cup curd/yogurt
- ☐ 3-4 cups of mixed vegetables
- ☐ 1 tbsp coconut oil
- ☐ 1 tsp cumin
- ☐ 1-2 green chilies, or as per taste
- ☐ 1/2 cup grated fresh coconut,
tightly packed
- ☐ 1/8 tsp turmeric
- ☐ salt to taste
- ☐ few curry leaves for garnish

Method:

1. Grind the coconut, chilies and cumin seed together into a paste.
2. Combine the chopped vegetables and boil them in a pan with sufficient

water the other vegetables can be added together with a pinch of turmeric and boiled until soft. Once soft, add salt.

3. Put in the coconut paste and bring to boil. While this is cooking use a different pan to heat a tablespoon of coconut oil and sauté the curry leaves and when the aroma begins to waft drop in the coconut vegetable mixture.

4. Remove from heat. Once it has cooled down to room temperature, add the yogurt and give it a good mix.

Chili with Corn Dumplings



Ingredients

- ☐ 2 1/4 cups chopped onion
- ☐ 3 (15 1/2-oz.) cans corn, undrained and divided

- ☐ 3 (14- 1/2 oz.) cans stewed tomatoes
- ☐ 3 (15-oz.) cans tomato sauce
- ☐ 1 tablespoon hot pepper sauce
- ☐ 6 tablespoons chili powder
- ☐ 1 tablespoon garlic, minced
- ☐ 1 1/3 cups biscuit baking mix
- ☐ 2/3 cup cornmeal
- ☐ 2/3 cup milk
- ☐ 3 tablespoons fresh cilantro, chopped

Method:

1. In a sauce pan combine the corn (reserve some corn) with liquid, tomatoes, sauces, chili powder and garlic and bring to a boil. Reduce heat; cover and simmer 15 minutes.

2. Combine baking mix and cornmeal in a medium bowl; stir in milk, cilantro, and reserved corn just until moistened. Drop dough by rounded tablespoonfuls onto simmering chili. Cook over low heat, uncovered, 15 minutes. Cover and cook 15 to 18 more minutes or until dumplings are dry on top.

Fresh Cranberry Beans and Tomato Stew



Ingredients:

- ☐ 8 oz (abt 225 grams) fresh
shelled Cranberry Beans
- ☐ 1 Onion, chopped
- ☐ 1 Jalapeno, seeded - or to taste
(optional)
- ☐ 1-2 Garlic cloves
- ☐ 4 med-large (abt 12 oz) ripe
Tomatoes, chopped
- ☐ 1/2 tsp dried Oregano,
- ☐ 1/2 tsp dried Thyme,
- ☐ Sugar to taste, optional (if

tomatoes are off season)

- ☐ Salt to taste
- ☐ Few fresh oregano leaves to garnish

Method:

Combine the beans, salt and water in a saucepan and bring it to a boil for about 10 minutes. Reduce the heat to medium until tender. In the meantime, sauté the garlic and onion in one tsp of oil in a skillet; add the dried herbs and chopped tomatoes and 1 cup of water and bring to boil. Cook until the tomatoes soften and add sugar if the tomatoes are tangy. Cook for 5-7 minutes and mash some beans to thicken the stew. Garnish with

oregano and serve hot.

Lentil and Vegetable Stew



Ingredients

- ☐ large onion, chopped
- ☐ 4 cloves garlic cloves, minced
- ☐ 12-ounce packages frozen vegetables

- ☐ 15-ounce can diced tomatoes, preferably fire-roasted
- ☐ 15-ounce can cooked lentils (or 1 1/2 cups cooked lentils and cooking liquid)
- ☐ cups vegetable broth or “no-chicken” broth
- ☐ 1 1/4 teaspoon Mexican oregano (or regular oregano)
- ☐ 1/2 teaspoon hot smoked paprika
- ☐ 1/2 teaspoon ground cumin
- ☐ 1/3 cup quinoa, rinsed very well
- ☐ 2/3 cup pumpkin (canned or cooked and water pressed out)
- ☐ salt and freshly ground black pepper to taste

Method:

In a large non stick skillet cook the onions until it begins to brown before adding the garlic and stir for a minute. Put in the next 7 ingredients and cook until the vegetables begin to thaw and the broth is boiling. Put in the quinoa and cook for 15 minutes on medium heat until it becomes tender. Add in the pumpkin, salt and pepper and cook for 5 more minutes. If it's too thick you could add in some water. Serve hot and garnish with parsley.

Cambodian Vegetarian Stew



Ingredients:

- ☐ 2 tsp. chopped galanga root or ginger (I used frozen galanga)
- ☐ 1 Kaffir lime leaf
- ☐ 1 tsp. dried lemon grass (or use 1 tbsp. chopped fresh)
- ☐ 1/2 tsp. turmeric powder
- ☐ 1/2 tsp. paprika (I used Spanish smoked paprika)
- ☐ 1 cup coconut milk (or use soymilk plus coconut extract)
- ☐ 2 cups water
- ☐ 1 eggplant, cut into cubes
- ☐ 2 cups fresh hubbard squash or pumpkin, peeled, seeded and cut into cubes
- ☐ 1/2 lb. fresh spinach, chopped
- ☐ 1 tbsp. vegetarian mushroom or

stir-fry sauce

☐ 1 tsp. sugar, optional

☐ 1 tsp. salt, optional

Method:

Get the first five ingredients together with the coconut milk and water and blend them into a fine puree. In a large pot put the coconut milk mixture together with eggplant and cover while cooking for 10 minutes. Add the pumpkin or squash and cook for another 15 minutes until the pumpkin is tender. Add the spinach and the remaining ingredients and cook just until the spinach is wilted and light green.

Conclusion

Soups, stews and chilies have been defined as comfort in a bowl that can come steaming hot from your kitchen. This is actually a superb way of bringing nourishment without struggling to prepare a conventional meal. The vegetarian recipes that we have shared in this book are actually much more than a collection of common ingredients. They all come with their distinct flavor signatures and components all of which have been captured in different ways of preparation.

A good way of making sure that you

enjoy a variety of soups, stews and chilies all year round is to make always create yours around the fresh produce that is in season at any particular time. every woman needs to create some time and enjoy the goodness of a fresh stew that has been prepared right at home and if you have a family, they will always look forward to those nights when something special will be coming from the kitchen to keep them warm.

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