

Vegetarian Entrees

Pastas

Vegan Lasagna

Layers of lasagna noodles with a tomato, red wine, mushroom sauce and a filling made of chopped tofu, spinach, basil and other seasonings.

Italian Pasta and Veggie Casserole

Sauteed zucchini, red bell pepper, onion, carrots, garlic and herbs tossed with red wine marinara sauce and spiral pastas, topped with an herbed pine nut, mozzarella, breadcrumb mixture and baked in the oven.

Creamy Goat Cheese and Asparagus Orecchiette

“Little ear”-shaped pastas cooked with asparagus, red onions, crushed red pepper, lemon, chives, and melted goat cheese, then topped with Parmesan cheese.

Lasagna with Chestnuts and Peppers

Tender crumbled chestnuts mixed into a thick sauce with sautéed onions, red bell peppers, chopped mushrooms, tomato puree and herbs, then layered with lasagna noodles, and topped with cheese and baked until golden and bubbly.

Tomato-Basil Lasagna Spirals

Lasagna noodles filled with a sun-dried tomato and vegan pesto tofu mixture, rolled up into spirals and baked in a tomato basil sauce.

Pappardelle with Porcini and Pine Nuts

Ribbon-like Pappardelle pasta noodles tossed in a sauce with sliced porcini and cremini mushrooms, toasted pine nuts, red onions, shallots, garlic, parsley, chicken stock, and finished with a little Parmesan cheese.

Southwestern Pasta Bake

Wagon wheel pastas mixed with delicious black bean and corn salsa, mild green chiles, red bell peppers, black beans, and scallions, mixed together, topped with Monterrey Jack cheese and baked until melted.

Roasted Vegetable Lasagna

Roasted slices of zucchini, yellow squash, red and yellow bell peppers, carrots, and Portobello mushroom caps layered with lasagna noodles, marinara sauce, mozzarella cheese, and a ricotta and Parmesan cheese mixture, topped with mozzarella and baked in the oven until golden and bubbly.

Artichoke, Spinach, and Feta Stuffed Shells

Jumbo pasta shells filled with a mixture of chopped artichoke hearts, spinach, feta, provolone, and fat-free cream cheese, then topped with a tomato sauce with a little spicy kick from chopped pepperoncini peppers.

Red Lentil Pasta

A pureed sauce of red lentils, onion, tomato, and seasonings, poured over pasta and sprinkled with cashews.

Orecchiette with Chickpeas

“Little ear”-shaped pastas tossed in a sauce of chickpeas, tomatoes, garlic, onion, celery, carrots, crushed red pepper, and parsley.

Spinach Tofu Stuffed Shells

Large pasta shells stuffed with a mixture of tofu, spinach, sun-dried tomatoes, and basil and baked in a tomato sauce.

Butternut Squash and Mushroom Lasagna

Sautéed mushrooms and roasted butternut squash layered with lasagna noodles, ricotta cheese, garlic, fresh thyme, sage, Parmesan and mozzarella cheese.

Spinach-Bean Lasagna

Lasagna with a slightly Tex-Mex flavor with noodles layered with a pureed tofu, spinach, and cilantro filling. The tomato sauce has smashed black or navy beans and cumin mixed into it, and is all topped with a little Monterrey Jack cheese and baked until bubbly.

Pastitsio

A classic Greek dish of macaroni tossed with a cinnamon and oregano-scented tomato sauce with finely chopped mushrooms, and chunks of eggplant, then topped with more macaroni mixed into a creamy silken tofu sauce with vegan mozzarella cheese, and baked until golden.

Fregola with Diced Vegetables

Small couscous-like pasta balls tossed with sautéed zucchini, carrots, shallots, garlic, tomato, scallions, golden raisins, toasted pine nuts, parsley and olive oil.

Farfalle with Salsa Verde and Grilled Ricotta Salata

Bow-tie pasta mixed with a tangy salsa verde of pureed tomatillos, garlic, jalapenos, anchovies, basil, parsley, chives, lime juice and olive oil, then grilled slabs of slightly salty and firm ricotta salata cheese are grated over the top.

Black-Bean Lasagna

Layers of salsa, lasagna noodles, and a mixture of sautéed onions, bell peppers, garlic, tomato, green chiles, black beans, cilantro, seasonings, sour cream, and egg, topped with Monterrey Jack cheese and baked to a golden bubbly.

Fusilli with Roasted Asparagus, Sun-Dried Tomatoes, and Pine Nuts

Fusilli pasta tossed in a light herb and garlic sauce with sautéed asparagus, sun-dried tomatoes, and pine nuts.

Artichoke Pesto on Wagon Wheels

Wagon wheel pastas with a pesto sauce of pureed artichoke hearts, walnuts, parsley, lemon, olive oil and finished with Parmesan cheese.

Penne with Vodka Sauce and Green Peas

A smoothly-flavored tomato and cream sauce with a dose of vodka tossed with green peas and penne pasta and finished with grated Parmesan cheese.

Orzo with Mascarpone, Mushroom and Peas

Little rice-shaped pasta tossed together with sautéed mushrooms, onion, garlic and peas in a delicious Mascarpone cheese and Parmesan sauce.

Spinach Lasagna Rolls

Lasagna noodles coated with a mixture of ricotta, mozzarella, Parmesan cheeses, and spinach, then the noodles are rolled up into spirals and coated with a tomato sauce, topped with additional cheese and baked until golden and bubbly.

Pea Pesto Penne Pasta

A pesto sauce made from pureeing fresh green peas with pine nuts, garlic, lemon, basil, mint and olive oil, then tossing it with penne pasta.

Vegetable and Macaroni Casserole

Macaroni mixed with sautéed pieces of zucchini, yellow squash, peas, onion, garlic and tossed with a creamy herbed white sauce made from soy milk, vegetable stock, nutritional yeast, miso, thyme and rosemary, then topped with breadcrumbs, chopped pine nuts, and herbs and baked in the oven.

Fettuccine with Raw Alfredo Sauce

Fettuccine noodles with a raw, creamy non-dairy sauce of pureed cashews, nutritional yeast, lemon, miso, truffle oil, olive oil, and garlic.

Orecchiette with Roasted Cauliflower, Bell Peppers and Walnut Pesto

“Little ear”-shaped Orecchiette pasta tossed with roasted and caramelized cauliflower florets and red and yellow bell peppers, with a pesto sauce of pureed cilantro, parsley, walnuts, garlic, parmesan cheese and olive oil.

Gemelli with Potatoes, Green Beans, and Pesto

Pretty, twisted gemelli pastas with poached, sliced new potatoes and French green beans coated in a basil and pine nut pesto and finished with Parmesan cheese.

Mock Meatballs in Marinara Sauce

Meatballs made from textured vegetable protein, onion, garlic, vegan Parmesan cheese, gluten-free flour, herbs and seasonings, formed into balls and baked in the oven, then served with marinara sauce and noodles.

Casseroles

Baked Chili with Cornbread Biscuit Topping

Homemade vegetarian black bean chili loaded with flavor and topped with a cornbread biscuit topping and baked until golden.

Southwest Sweet Potato Chickpea Delight

A casserole of diced sweet potatoes, chickpeas, Monterrey Jack cheese, onion, garlic, crushed corn tortilla chips, salsa, and southwest seasonings, topped with more Jack cheese and baked until bubbly.

Red Lentil Pie with Cucumber Yogurt Sauce

A pie with a top and bottom crust of mashed red lentils mixed with eggs, cheeses and seasonings and a filling of broccoli and scallions, baked until puffy and golden and served with a cool cucumber, mint yogurt sauce.

Caribbean Sweet Potato Gratin

Sweet potato slices layered in a baking dish with basmati rice, black beans, spinach and coconut milk seasoned with lime and cilantro, topped with a cornmeal topping and baked in the oven.

Stuffed Tamale Pie

Cornmeal batter poured into a casserole layered with a filling of black beans, carrots, jalapeno, salsa, and seasonings, topped with another layer of cornmeal batter, then baked until set.

Chickpea Broccoli Casserole

A comforting casserole of mashed chickpeas mixed with thinly sliced onions, carrots, broccoli florets, chives, breadcrumbs, seasoned salt and moistened with vegetable stock and olive oil and baked in the oven.

Groovy Garden Vegetable Casserole

A medley of vegetables – broccoli, carrot, onion, red bell pepper, yams and garlic – seasoned and topped with a fantastic, crumbly topping of breadcrumbs, tofu, cheese, and seasonings, then baked until done.

Shepherd's Pie

A vegan version of the traditional British dish with onions, carrots, peas, celery, tomato paste, vegan Worcestershire, tarragon, vegetable stock, and lentils baked with a mashed potato topping.

Veggie Pot Pie

A mixture of onion, celery, carrots, bell peppers, potato, peas, red lentils and seasonings in a light gravy and topped with a crust and baked until golden.

Green Corn Tamale Casserole

A corny cornmeal crust filled with mild green chiles and Monterrey Jack cheese and baked until puffy, then topped with salsa.

Tortilla-Bean Pie

A delicious, round pie of tortillas layered like a lasagna with tomato sauce, sautéed red onions, and a mixture of spinach, navy beans and crème fraîche, then topped with a little cheese and baked until golden.

Eggplant Parmesan

Layers of breaded and fried eggplant, tomato basil sauce and mozzarella cheese baked together and topped with Parmesan cheese.

Vegetarian Cassoulet

A traditional, thick French stew starring cannellini beans cooked together with chunks of leeks, carrots, celery, tomatoes, garlic, herbs, and vegetable stock then topped with toasted garlic and herb breadcrumbs.

Cheese and Lentil Gratin

A casserole of red lentils cooked with onions, carrots, celery and garlic, then mixed with cheese and egg, topped with chopped pine nuts and breadcrumbs and baked in the oven until fluffy and golden.

Fall Vegetable Pot Pie

Carrot, sweet potato, potato, parsnips, leeks and celery baked into a warm pie with a creamy filling and flaky crust.

Quinoa and Chile Casserole

Protein-packed quinoa cooked together with sun-dried tomatoes, pine nuts, herbs, stock and a splash of vinegar, place into a casserole and topped with mild green chiles and grated Cotija cheese and baked in the oven.

Sweet Potato-Tortilla Pie

Cubes of sweet potatoes roasted with garlic and cumin and sprinkled over top a corn tortilla crust then topped with grated Monterrey Jack cheese and an eggy quiche with scallions and cilantro.

Butternut Squash and Creamed Spinach Gratin

A delicious flavor combination of creamed spinach layered with slices of butternut squash, topped with Parmesan cheese and baked until golden and bubbly.

Chilaquiles Casserole

Sautéed onions, zucchini, black beans, tomatoes, corn and seasonings layered with corn tortillas, red enchilada sauce, and Monterrey jack cheese to make a Mexican-flavored casserole.

Vegetable Enchilada Casserole

Corn tortillas layered with tomatillo salsa, a mixture of zucchini, sliced onion, corn, Monterrey Jack cheese, and white cheddar cheese, and topped with sour cream and queso fresco, then baked in the oven until the flavors are melded together.

Tofu Dishes

Baked Tofu Mole

Seasoned cubes of tofu that are baked in the oven until chewy and then cooked into a delicious, traditional Mexican mole sauce made from a puree of almonds, raisins, chocolate, sesame seeds, tomato sauce, vegetable stock and loads of seasonings, then served over basmati rice.

General Tso's Tofu

Delicious pieces of tofu fried with a crispy coating and soaked in a sweet and spicy thick Asian sauce and served with steamed broccoli and red bell pepper over sticky rice.

Nutty Pasta Toss with Tofu

Tofu pieces sautéed with onion, red bell pepper and sugar snap peas in a light and wonderful Asian-flavored peanut sauce and poured over rice noodles.

Seared Tofu with Green Beans and Asian Coconut Sauce

Sautéed tofu with green beans and red pepper strips cooked into a tasty coconut sauce and garnished with chopped cashews. Served over rice or rice noodles.

Sesame Maple-Roasted Tofu

Cubes of tofu, slices of red onion, and sugar snap peas roasted in the oven in a sauce of maple syrup, tahini and soy sauce, sprinkled with sesame seeds and served over rice noodles.

Tofu Sukiyaki with Noodles

Cubes of baked tofu stir-fried with onion, shredded Napa cabbage, finely-chopped shiitake mushrooms, and cellophane noodles, with a Japanese stir-fry sauce of soy sauce, mirin, sake, and a little sugar, then sprinkled with green onions.

BBQ Pomegranate Tofu

Tofu strips baked in the oven and covered in a barbecue sauce made from pomegranate molasses, tomato paste, tamari, maple syrup, peanut butter, vegetable stock, shallots, garlic, and liquid smoke.

Faux "Meat" Loafs

Crown Nut Roast with Cranberry Sauce

A loaf with alternating layers of ground mixed nuts, breadcrumbs, onions, and seasonings, a layer of spinach, and a chestnut puree layer, baked in a loaf pan and glazed on top with cranberry sauce.

Walnut Cheese Casserole

A savory, tasty “meaty” casserole of brown rice, ground walnuts, onion, and seasonings cooked into a loaf, sliced and served drizzled with a cheddar cheese sauce.

Flo’s Lentil Loaf

A loaf of lentils and brown rice with breadcrumbs, celery, carrots, onions, walnuts, egg, tofu, and seasonings and baked until firm.

Cashew Nut Roast with Apricot Stuffing

A delicious loaf made from ground cashews, breadcrumbs, onions, tomatoes, eggs, and herbs, with a center filling of chopped dried apricots, breadcrumbs, egg, and spices.

“Meat” Loaf

A loaf of crumbled veggie burgers, chopped walnuts, breadcrumbs, grated cheese, tahini, onion, celery, carrots, and loads of seasonings, topped with ketchup and baked.

Thanksgiving “Meat” Loaf

A loaf of silken tofu, eggs, chopped walnuts, sautéed onions, celery, and mushrooms, herbs, breadcrumbs, dried onion soup mix, and topped with ketchup then baked until caramelized.

Cranberry Lentil Loaf

A faux-meatloaf of lentils, brown rice, breadcrumbs, chopped walnuts, cranberries, sautéed onions, celery, red bell pepper, garlic, herbs, eggs, flour, and milk, poured into a loaf pan and baked until firm and beautiful.

Rice Dishes

Creamy Rice, Spinach and Tofu Casserole

A wonderfully-savory dish of sautéed onions, garlic, chopped mushrooms, and spinach cooked into a creamy sauce and stirred together with white rice, nutritional yeast, curry powder, basil, and silken tofu, then baked until set.

Cheesy Chile Casserole

White rice cooked with sautéed onions, corn, mild green chile peppers and then mixed into a casserole with sour cream and Monterrey Jack cheese and baked until deliciously warm and creamy.

West Indian Peas and Rice

A Caribbean dish with black-eyed peas, onions, garlic, jalapenos, and celery cooked into a rice pilaf flavored with coconut milk and allspice, and garnished with cilantro and green onions.

Mujadarra

A popular Middle Eastern dish with simple but delicious flavors, basmati rice and lentils cooked together and sprinkled with caramelized onions.

Mediterranean Rice-Stuffed Escarole

Whole escarole leaves filled with a flavor-packed mixture of Arborio rice, pine nuts, garlic, roasted red peppers, raisins, capers, egg, and Parmesan cheese, rolled up and sprinkled with more Parmesan and baked in the oven until tender.

Indonesian Rice Bowl

Jasmine rice with green peas, chopped apples, and small pieces of baked tofu, tossed with a flavorful peanut sauce and topped with green onions and chopped peanuts.

Vegan Coconut Veggie Rice

A mish mash of flavors with brown rice cooked into a creamy pilaf with coconut milk, spinach, garbanzo beans, onions, garlic, cashews, and lots of different seasonings.

Pineapple Fried Rice with Tofu

Lightly curried basmati rice fried in a little oil with pieces of pineapple, raisins, cashews, onions, garlic, sautéed tofu, and lightly garnished with cilantro.

Summer Garden Risotto

Arborio rice cooked slowly with wine and broth and mixed with sautéed onions, carrots, red bell peppers, zucchini and garlic and a sprinkling of buttery pine nuts.

Basque Vegetable Rice

Arborio rice cooked into a flavorful Spanish rice pilaf with zucchini, onion, tomatoes, red and green bell pepper, garlic, Spanish paprika, thyme and parsley.

Soups and Stews

Pumpkin Rice Laksa

Pieces of pumpkin cooked with basmati rice and onion into a coconut milk and vegetable stock stew flavored with lemongrass, ginger, garlic, spices, lime and cilantro.

Irish Stew with Dumplings

An almost-traditional Irish stew of potatoes, carrots, celery, onion, parsnips, red lentils, herbs and seasonings, and dotted with fluffy biscuit dumplings.

Curried Chickpea Stew

Stewed chickpeas cooked in vegetable stock and coconut milk curried stew with leeks, sweet potatoes, cauliflower, peas, garnished with coconut flakes and cilantro and served over basmati rice.

Venetian Bean Soup with Macaroni

Dried pinto beans stewed slowly with onions and celery, until tender, then is pureed, and macaroni pasta is added to it for texture.

Thai Tofu Vegetable Stew

Marinated and roasted tofu in a coconut milk, vegetable stock and apple juice stew with loads of spices, broccoli, leeks, sweet potatoes, and garnished with cilantro and fresh bean sprouts.

Yellow Velvet Lentil Soup with Cumin and Dried Plums

Orange masoor lentils, cooked until tender, then pureed with a sautéed blend of tomatoes, shallots, ginger, coconut, curry flavors, and finished with lemon juice, chopped dried plums, and cilantro.

Collard Green and Black-Eyed Pea Soup

A soup with southern flavors – collard greens, black-eyed peas, tomatoes, onions, carrots, celery, garlic, thyme, and smoky paprika (the non-vegetarian version of this would use bacon in place of the smoked paprika).

Bean Chili with Masa Harina

Kidney beans and pinto beans simmered with onions, garlic, jalapeno, chili spices, beer, vegetable stock, crushed tomatoes, and masa harina (corn flour).

Lentil and Escarole Soup

French green lentils cooked together with chopped escarole, sautéed onion, celery, carrots, garlic, and diced tomatoes in vegetable stock, and sprinkled with Parmesan cheese.

Minestrone with Cabbage and Tubetti

A traditional Italian vegetable and pasta soup with sautéed leeks, fennel, carrots, garlic, and thinly sliced Savoy cabbage cooked into a soup with diced tomatoes, cannellini beans, chicken stock, small tubetti pasta or macaroni, rosemary, parsley, and sprinkled with Pecorino Romano cheese.

Patties, Cakes, and Burgers

Red Lentil Patties with Cilantro Sauce

Patties made from red lentils, basmati rice, sautéed onions and seasonings, then sautéed until golden and served with Cilantro Sauce made with coconut milk and seasonings.

Tofu Mock Crab Cakes

Pureed tofu mixed with sautéed, chopped onions, celery, carrots, red bell pepper, breadcrumbs, mayonnaise, and Old Bay seasoning, then coated in breadcrumbs and pan-fried.

Mock Crab Cakes

Shredded yellow squash formed into cakes with Old Bay seasoning, breadcrumbs, egg and seasonings and served with cocktail sauce, just like Maryland Crab Cakes without the crab.

Dixie Burgers

Pureed black-eyed peas and tofu combined with sautéed onions, garlic, grated sweet potatoes, celery, red bell peppers, spinach and spices, formed into patties and baked until firm.

Black Bean Cakes with Salsa

Savory cakes of black beans with a lightly crispy outer coating and filled with herbs and spices. Top with sour cream and salsa.

Falafel with Cilantro Yogurt

Pureed chickpeas mixed with spices and formed into a delicious, golden pan-fried patty and served with Cilantro Yogurt.

Indian Vegetable Patties

Fried cakes of grated potato, carrots, spinach, corn, peas, cilantro, jalapeno, ginger, garlic and spices.

Guacamole Latkes

Mashed avocados mixed with grated potato, black beans, red onion, jalapeno, cumin, and egg, formed into patties and browned in a pan.

Lentil Sweet Potato Patties

Mashed sweet potatoes mixed with black lentils, sautéed onions, carrots, celery, bread crumbs, and Mexican spices, formed into a patty and fried until golden.

Bulgur Veggie Burgers with Lime Mayo

A Middle-Eastern flavored burger of bulgur, walnuts, pinto beans, onion, garlic, and seasonings, pureed and formed into burgers, then seared in a pan and served with lime yogurt on pita pockets.

Edamame Burgers

Edamame, chickpeas, mushrooms, cashews, garlic, nutritional yeast, chickpea flour, and great seasonings pureed together, formed into patties, and pan-fried.

Curly Kale and Potato Cakes

Hungarian-flavored cakes of mashed potatoes mixed with sautéed, thinly-sliced curly kale and leeks, caraway seeds, paprika, wholegrain mustard, egg yolks, and sour cream, formed into cakes and pan-seared until golden.

Savory Millet Cakes

Millet cooked until tender with sautéed onions and garlic, then mixed together with shredded zucchini, carrot, Parmesan cheese, herbs, and lemon zest, formed into a patty and fried to golden.

Goat Cheese and Leek Cakes with Lentil Salad

Goat cheese mixed together with sautéed leeks, garlic, and a little white wine, then dredged in flour, eggs, and seasoned bread crumbs, and pan-fried until golden, then served as a complete meal with French green lentils seasoned with balsamic vinegar, basil, and sautéed onions and carrots.

Wraps

Gluten/Dairy-Free Broccoli and Roasted Red Pepper Calzones

Gluten-free pizza dough (or regular wheat dough) cut into circles and each circle is filled with a little tomato sauce, a ricotta-like, pureed tofu filling seasoned with garlic and basil, vegan mozzarella (or real mozzarella), broccoli florets, roasted red peppers, and black olives, then folded over into half circles and closed shut into pizza pockets and baked.

Sweet Potato Burritos with Cilantro-Lime Yogurt

Whole wheat tortillas filled with seasoned black beans and onions, sautéed cubes of sweet potatoes with lime and Monterrey Jack cheese, all wrapped up and baked in the oven then topped with Cilantro-Lime Yogurt.

Szechwan Baked Egg Roll

This is a healthier version of fried egg rolls and is very tasty. Egg roll wrappers stuffed with sautéed carrots, ginger, leeks, cabbage, red bell pepper, mung bean sprouts, tofu and seasonings, then rolled up and brushed with an egg wash and sesame seeds and baked in the oven.

Banana Black Bean Empanadas

Puff pastries filled with black beans mixed with bananas, Monterrey Jack cheese and spices, folded over into a pocket and baked until lightly golden brown.

Grilled Asparagus Wraps

These are a great summertime treat, but can not be frozen, so they must be eaten within 3 days. Grilled asparagus, caramelized sweet onions and fresh cucumber strips on a layer of couscous mixed with lemon and thyme mayonnaise in a tortilla wrap.

Vegetarian Summer Rolls

These can not be frozen, and should be eaten within 3 days. Rice paper sheets filled with thin strips of seasoned, baked tofu, julienne carrots, lettuce, thin cellophane noodles, mint, cilantro, scallions, and chopped peanuts, then rolled up and served with sweet chili dipping sauce.

Mediterranean Vegetable Wraps

Whole wheat tortillas smeared with hummus and layered with baby spinach and balsamic-roasted bell peppers, zucchini, yellow squash, and red onions, then rolled up into a wrap.

Collard Green Wrap

Raw, tender collard green leaves with a tasty smear of sunflower seed butter, filled with thinly shredded carrots, alfalfa or broccoli sprouts and avocado slices, and rolled up in a wrap. These are a raw food, can not be frozen, and should be eaten within 2 days.

Thai Peanut-Burger Wraps

A burger made from pureed onion, bell pepper, garlic, ginger, peanuts, tofu, peanut butter, basil, tamari, and chili paste, baked in the oven and sliced into to fill the inside of a lavash wrapper, topped with lettuce and drizzled with Spicy Peanut Sauce.

Gluten/Dairy-Free Broccoli and Roasted Red Pepper Calzones

Gluten-free pizza dough (or regular wheat dough) cut into circles and each circle is filled with a little tomato sauce, a ricotta-like, pureed tofu filling seasoned with garlic and basil, vegan mozzarella (or real mozzarella), broccoli florets, roasted red peppers, and black olives, then folded over into half circles and closed shut into pizza pockets and baked. This is chef-tested and delicious.

Asian and Indian

Aloo Gobi

A traditional Indian dish of diced potatoes and cauliflower sautéed with lots of Indian spices, and sprinkled with cilantro.

Spinach Kofta with Tomato Cashew “Cream” Curry Sauce

Sautéed balls of spinach, mashed potato, grated paneer, onion, garlic, ginger, and spices served with an Indian-flavored tomato and cashew “cream” sauce.

Maldivian Vegetable Curry

Potatoes, carrots, green beans, zucchini and peas cooked into a coconut milk-based curry with loads of seasonings, and served over rice.

Moo Shu Vegetables

Shredded broccoli, carrots, scallions, bean sprouts, and scrambled egg stir-fried together in a flavorful Asian sauce with ginger, garlic, tamari, hoisin sauce, rice vinegar, and sesame oil, then served over white rice.

Vegetable Curry

A Cambodian curry with pieces of boneless butternut squash, sweet potato, onion, bell peppers, yellow potatoes, carrots and green beans, cooked into a coconut milk curry sauce seasoned with lemongrass, garlic, turmeric, peanut butter and peanuts and served over rice.

Vegetable Korma

A subtle, creamy Indian curry with lots of spices, ginger, garlic, carrots, peas, green beans, and potatoes, and served over basmati rice.

Saag Paneer (Spinach with Fresh Indian Cheese)

Fresh, homemade pieces of paneer (cheese) sautéed until golden and cooked into a traditional Indian spinach dish with ginger, garlic, seasonings and a drizzle of cream.

Eggplant Cauliflower Curry

An Ayurveda recipe of marinated, roasted eggplant and cauliflower cooked into a coconut and soy milk curry, garnished with toasted coconut flakes and roasted cashews and served over basmati rice.

Winter Vegetables with Couscous

Carrots, sweet potatoes, acorn squash, green beans, leeks, and chickpeas cooked into a spice-filled coconut sauce, served over couscous and garnished with currants, toasted pine nuts, toasted coconut flakes, and cilantro.

Eggplant and Yam Curry

Curry-roasted eggplant and yams cooked into a curried tomato sauce studded with parsley, mint, and currants, served over basmati rice and topped with yogurt.

Mutter Paneer

Sautéed, golden cubes of paneer (Indian cheese) cooked into a sauce with lots of green peas, onions, garlic, ginger, tomato paste, garam masala, chili powder, and sour cream, and served over basmati rice.

Black-Eyed Peas in Goan Curry

An Indian curry of black-eyed peas stewed together with sautéed onions, garlic, ginger, tomatoes, curry spices, coconut milk, cilantro and lemon, then served over basmati rice.

Paneer and Peas with Butter Curry

A classic Indian dish of cubes of paneer (Indian cheese) and green peas cooked into a delightful tomato sauce with a little butter, a little cream, and a lot of Indian spices.

Gobhi Sarson (Mustard Greens with Cauliflower)

An Indian dish of braised, chopped mustard greens and spinach cooked together with cauliflower florets, yogurt, onion, ginger, garlic, chile pepper, tomatoes, corn meal, and Indian spices, then finished with another dollop of yogurt for creaminess.

Latin and Caribbean

Calypso Pineapple Bean Pot

A Caribbean-flavored dish of chickpeas and kidney beans cooked with pineapple, tomatoes, onions, garlic, lime, brown sugar and herbs, and served over rice.

Pinto Bean and Pepper Enchiladas

Pinto beans mixed with seasoned ricotta and cheddar cheeses, then stuffed inside flour tortillas, topped with a jalapeno-peppered salsa and more cheddar cheese and baked in the oven until bubbly.

Black Bean and Goat Cheese Enchiladas

Rice, black beans, cheese and more inside a flour tortilla, rolled up and topped with a mild green enchilada sauce, melted Monterrey Jack cheese and salsa.

Poblano-and-Cheddar-Stuffed Portobello Mushrooms

Large Portobello mushrooms stuffed with smoky Poblano chile peppers, rice, baby spinach, onion, and a little cheddar cheese and cilantro.

Arepas with Mushrooms and Cheese

A Latin American patty made from corn flour and speckled with shredded queso blanco cheese, then fried in a pan until golden and topped with a mixture of sautéed shiitake, oyster, and cremini mushrooms blended together with goat cheese, queso blanco cheese, and parsley.

Legumes

Catalan Grilled Polenta with Butter Beans

A Spanish-flavored dish of grilled polenta rounds topped with a sauté of onions, red bell peppers, butter beans, garlic, baby spinach, smoked paprika, sherry vinegar, and vegetable stock.

Creole Black-Eyed Peas and Rice

Black-eyed peas cooked into a Cajun ragu with onions, green peppers, celery, jalapenos, garlic, diced tomatoes, and Creole seasonings, then served over rice.

Middle-Eastern

Moroccan Roasted Vegetables

A flavor punch of roasted zucchini, sweet potatoes, red bell peppers, onions, tomatoes, chickpeas and garlic mixed with Moroccan seasonings and served over basmati rice.

Moroccan Vegetable Tagine

An exotic stew of carrots, turnips, red potatoes and flavored with lemon, herbs, and green olives, served over whole wheat couscous.

Tempeh Dishes

Tempeh Piccata

Tempeh triangles sautéed in a pan with a refreshing lemon and caper sauce.

Tempeh and White Bean Sausage Patties

Crumbled Tempeh smashed together with white beans, garlic, tomato paste, lots of herbs and spices and breadcrumbs, formed into patties and fried in a pan. Recommend serving with Mashed Potatoes with Punk Rock Chickpea Gravy for a great combination.

Tempeh Cutlets Provençal

Large cutlets of tempeh (fermented soybean cakes) steamed and marinated in white wine, herbes de Provence, garlic, and olive oil, then removed from the marinade and baked in the oven. The marinade is then cooked into a tomato sauce with diced red bell peppers, capers, and basil, and is served with the baked cutlets.

Kung Pao Tempeh Triangles

Triangles of tempeh marinated in a mixture of maple syrup, brown rice syrup, soy sauce, sesame oil, garlic, red pepper flakes, paprika, ginger, chili powder, and cayenne, then the triangles are removed from the marinade and broiled in the oven, and served with the marinade reduction sauce.

Tempeh with Coconut Milk and Lemongrass

A complete meal of diced tempeh (fermented soybean cakes), bell pepper, snow peas, and scallions stir-fried and then cooked into a pureed sauce of light coconut milk, soy milk, peanut butter, soy sauce, lemongrass, brown sugar, crushed red pepper, and lime juice, then sprinkled with cilantro and chopped peanuts and served over soba (buckwheat /gluten-free) noodles.

Orange Pan-Glazed Tempeh

Small bites of tempeh, seared in a pan, and then cooked into a sauce of orange juice, ginger, soy sauce, mirin, maple syrup, garlic, and lime, reduced to a glaze and then sprinkled with cilantro.

Potato Dishes

Chili-Stuffed Baked Potatoes

Baked large russet potatoes, split down the middle and the potatoes are mashed with sour cream (can do vegan sour cream for dairy-free) and chives, then topped with my ever-popular black bean chili and cheddar cheese.

Chickpeas, New Potatoes, and Broccoli with Pesto

Chunks of boiled new potatoes, chickpeas, blanched broccoli florets and sliced Spanish black olives tossed together with a garlicky parsley and walnut pesto sauce.

Broccoli and Cheddar Baked Potatoes

Russet potatoes that are baked, then the inside is mashed with sour cream and chives and put back in the potato, then topped with steamed broccoli in cheddar cheese sauce.

Miscellaneous

Corn Maque Choux with Cheese Grits

A traditional Cajun dish of sautéed corn, red bell pepper, green bell pepper, onion, green onions, garlic, in a cream sauce (can do soy milk or low-fat milk, when specified) with tasty Creole seasonings, then served over a bed of creamy white cheese grits.

Cheese and Spinach-Stuffed Portobellos

Large Portobello mushrooms spread with a thin layer of marinara sauce, topped with a mixture of ricotta cheese (or pureed tofu for dairy-free), Parmesan cheese, chopped spinach, finely chopped Kalamata olives, and Italian seasoning, sprinkled with more Parmesan and baked until golden.

Savory Carrot and Tarragon Tart

A pretty tart with a crust of flour, butter, olive oil, yogurt, and fresh tarragon, topped with a quiche-like filling of sautéed sliced red onions, grated carrots, cheddar cheese, tarragon, and an egg, milk, yogurt mixture, then baked to set. Can be done gluten and dairy-free.

Catalan Grilled Polenta with Butter Beans

A Spanish-flavored dish of grilled polenta rounds topped with a sauté of onions, red bell peppers, butter beans, garlic, baby spinach, smoked paprika, Manchego cheese, sherry vinegar, and vegetable stock.