

Vegetarian Entrees

Pastas

Roasted Mushroom Cannelloni

Roasted mushrooms chopped up and mixed together with ricotta and asiago cheeses, garlic and herbs, rolled up in cannelloni pasta sheets, surrounded by a rich sauce of tomatoes, stock, carrots, shallots, rosemary, and porcini mushrooms, topped with cheese and baked.

Cheese Tortellini with Grilled Vegetables

Cheese-filled tortellini pastas and grilled zucchini, red bell pepper, asparagus, and yellow squash tossed together in a lemon-olive oil dressing with basil, scallions, feta cheese, and toasted pine nuts. This is a complete meal with no additional side dish.

Baked Penne with Roasted Vegetables

Penne pasta tossed with roasted red bell peppers, zucchini, yellow squash, and onion, a marinara sauce, mozzarella, Fontina, and Parmesan cheese and peas and baked until bubbly.

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.

Mushroom Burgundy Orecchiette

Cremini mushrooms braised with onions, carrots, garlic, thyme, flour, tomato paste, red wine, and mushroom stock, and tossed with “little ear”-shaped orecchiette pasta, Parmesan cheese, and parsley.

Creamy Garlic Spaghetti with Zucchini

Cubes of zucchini cooked into a garlicky cream sauce with Parmesan and parsley and tossed with spaghetti.

Tortellini Primavera with Lemon-Basil Cream

Cheese tortellini cooked into a lemon-basil cream sauce with broccoli florets, carrots, mushrooms, and peas.

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.

Fusilli with Wild Mushroom Cream Sauce

Fusilli pasta mixed with a cream sauce with wild mushrooms, onions, garlic, herbs, and Parmesan cheese.

Spaghetti with Mushroom Bolognese

A meat-like sauce with finely chopped cremini mushrooms braised together with finely chopped onions, carrots, celery, garlic, milk, white wine, crushed tomatoes, oregano and a Parmesan rind for flavor, then served over spaghetti noodles with a sprinkle of Parmesan.

Pasta with Summer Garden Sauce

A refreshing tomato sauce with diced zucchini, yellow squash, red bell peppers, carrots, onions, garlic, basil, rosemary, parsley, and red wine, served over pasta with Parmesan cheese and toasted pine nuts.

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.

Orecchiette with Chickpeas

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

Spaghetti Aglio e Olio (Garlic and Oil) with Broccoli

Spaghetti in a simple olive oil and slivered garlic sauce with lots of Parmesan cheese, crushed red pepper, parsley, and tender broccoli florets.

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.

Spinach Artichoke Cannelloni

Pasta sheets rolled up and filled with spinach, artichokes, ricotta and Parmesan cheeses, garlic, and herbs, covered with marinara sauce, topped with Mozzarella cheese, and baked until golden.

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.

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 Spring Vegetables

Bow-tie pasta cooked into a light cream and white wine sauce with asparagus, baby spinach, peas, and shallots with basil, toasted pine nuts, and 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.

Pasta al Pesto

Your favorite pasta tossed in a classic pesto sauce with basil, parsley, garlic, pine nuts, and 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 and Roasted Red Pepper Lasagna

Layers of lasagna noodles, spinach, roasted bell peppers, a ricotta cheese mixture with Parmesan, mozzarella, egg, and herbs, and marinara sauce, topped with mozzarella and Parmesan cheeses.

Greek Mac and Cheese

Macaroni baked with spinach, shallots, and chives in a milk-based béchamel sauce with Greek graviera cheese (similar to Gruyere), cinnamon, and nutmeg, then poured into a casserole and sprinkled with breadcrumbs and feta cheese.

Spinach and Pine Nut Cannelloni

Pasta sheets rolled up with a filling of spinach, toasted pine nuts, ricotta cheese, Parmesan cheese, egg, garlic, basil and parsley inside, and baked covered in marinara sauce, mozzarella and Parmesan cheeses.

Roasted Eggplant Lasagna

Small diced eggplant, red peppers, red onions, tomatoes, garlic, Kalamata olive slivers, and rosemary roasted in the oven until caramelized, then layered with lasagna noodles and a filling of goat cheese, ricotta cheese, a little cream and parsley, baked in the oven topped with Parmesan cheese.

Farfalle with Arugula Pesto and Tomatoes

Bow-tie pastas coated in a pesto sauce of pureed arugula, parsley, walnuts, garlic, pecorino romano cheese, and olive oil, and dotted with cherry tomato halves.

Artichoke and Leek Lasagna

A white lasagna with layers of sautéed leeks and artichoke hearts, lasagna noodles, a ricotta and Parmesan cheese mixture, and a milk-based Béchamel sauce, then topped with mozzarella cheese and baked until bubbly and golden.

Cheese Ravioli with Roasted Bell Pepper Sauce

Cheese-stuffed ravioli in a flavorful sauce of pureed roasted bell peppers, sautéed onion, garlic, pine nuts, cream, lemon, parsley, and Parmesan cheese.

Bowtie Pasta Salad

Bowtie pasta tossed with homemade buttermilk ranch dressing, romaine lettuce, cherry tomatoes, fresh croutons, and Parmesan cheese.

Casseroles

Tomato, Chard and Gruyere Casserole

A Provençal casserole of layers of crusty artisan bread slices, garden fresh tomato slices, Gruyere cheese, and Swiss chard sautéed with onions, thyme, and white wine, baked in the oven until crispy on the outside and gooey on the inside.

Fiesta Quinoa Casserole

Quinoa mixed with black beans, sautéed corn, onions, poblano peppers, red bell peppers, garlic, spices, and cheddar and Monterey Jack cheeses, topped with more cheese and baked in the oven until golden, and served with Pico de Gallo and sour cream.

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.

Summer Garden Enchiladas

Corn tortillas stuffed with sautéed red onion, red bell pepper, poblano peppers, zucchini, corn, black beans, garlic, cilantro, and Monterey Jack and cheddar cheeses, then coated in homemade red chile sauce and topped with cheese and baked in the oven.

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 brown basmati rice, black beans, spinach and coconut milk seasoned with lime and cilantro, topped with a breadcrumb topping and baked in the oven.

Superfood Casserole

A flavor-and nutrient-packed casserole with a hint of Middle Eastern - chickpeas, wheat berries, roasted red onions, red bell peppers, butternut squash, and garlic, seasoned with cumin, coriander, fenugreek, cinnamon, and other spices, then mixed together with a sauce of yogurt, tahini, ponzu, garlic, parsley, cilantro, and mint, poured into a casserole, sprinkled with slivered almonds, and baked to meld the flavors.

Roasted Vegetable Gratin

Roasted butternut squash, mushrooms, eggplant, bell pepper, and red onion, layered with marinara sauce and a mixture of ricotta, mozzarella, and Parmesan cheese with garlic and herbs, topped with more mozzarella and Parmesan and baked.

Black Bean and Goat Cheese Enchiladas

Brown rice, black beans, fire-roasted tomatoes, corn, baby spinach, onion, jalapeno, and goat cheese inside corn tortillas, rolled up and topped with a tomatillo-green chile sauce, cheddar and Monterey Jack cheeses.

Italian Roasted Vegetable and Quinoa Casserole

Herb-roasted diced zucchini, yellow squash, red bell pepper, and red onion tossed with quinoa, basil, mozzarella, and Parmesan cheeses, poured into a casserole and topped with more cheese to bake, and served with homemade marinara sauce to dollop on top. This is a complete meal with no additional side dishes.

Fall Vegetable Pot Pie

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

Sweet Potato Mole Casserole

Thinly sliced sweet potatoes layered with a Mexican mole sauce of crushed tomatoes, onion, garlic, oregano, cumin, ancho chiles, chocolate, corn, and black beans, and layers of cheddar cheese, then baked until tender.

Stuffed Tamale Pie

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

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.

Eggplant Parmesan

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

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.

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.

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.

Vegetable Enchilada Casserole

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

Grits and Greens Casserole

White grits mixed with extra-sharp cheddar cheese, salsa and eggs, poured into a casserole dish, topped with braised collard greens with onions and garlic, then topped again with a layer of the grits mixture, sprinkled with cheddar cheese and baked in the oven.

Tofu Dishes

Udon Noodles with Tofu, Spinach, and Black Pepper Sauce

Tofu, spinach, and thick udon noodles stir fried in a sauce with lots of ground pepper, soy sauce, mirin, sesame oil, honey, ginger, and garlic.

Porcini-Crusted Tofu with Shallot Gravy

Triangles of extra-firm tofu marinated in soy sauce, red wine vinegar, olive oil and vegetable stock, then dredged in breadcrumbs seasoned with ground, dried porcini mushrooms, garlic, and herbs, browned in a pan, and served with a gravy of tender shallot slices, vegetable stock, porcini-herb breadcrumbs, and the tofu marinade.

Tofu Parmesan

Tofu “steaks” coated with panko breadcrumbs, Parmesan cheese, and Italian seasonings, then pan-fried, topped with marinara sauce, and mozzarella and Parmesan cheese and broiled until golden.

Spicy Peanut Tofu Stir-Fry

Cubes of tofu stir-fried with shiitake mushrooms and onions and coated in a sauce of peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, sesame oil, and Sriracha. Served over Jasmine Rice and sprinkled with crushed peanuts, this is a complete meal with no additional side 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 baby spinach 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.

Sesame Maple-Roasted Tofu

Cubes of tofu, sliced red onions, and sugar snap peas in a sauce of maple syrup, tahini and soy sauce, and sprinkled with sesame seeds.

Orange Chicken-Style Tofu

Baked tofu with stir-fried green onions and garlic and a glossy Chinese sauce of orange juice, lemon, vinegar, soy sauce, brown sugar, and crushed red pepper.

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.

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 or brown rice or quinoa, nutritional yeast, curry powder, basil, and silken tofu, then baked until set.

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.

Stuffed Peppers with Thai Curry Rice and Mushrooms

Bell peppers stuffed with jasmine rice or quinoa cooked in coconut milk and Thai red curry paste with shallots, ginger, garlic, diced bell peppers, jalapeno, chopped mushrooms, spinach, Thai basil and lemon juice, then baked until tender.

Cheesy Chile Casserole

White or brown rice or quinoa 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 or quinoa 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 or quinoa and lentils cooked together and sprinkled with caramelized onions.

Barley Hoppin' John

Barley and black-eyed peas in a rice pilaf with onions, green bell peppers, celery, garlic, herbs, crushed red pepper, lemon juice, and vegetable stock.

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.

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.

Soups and Stews

Broccoli-Cheese Chowder

A coarsely-pureed soup of potatoes, broccoli, cheddar cheese, carrots, celery, onion, garlic, vegetable stock, sour cream, and seasonings.

Barley and Lentil Soup with Swiss Chard

A super, healthy soup of lentil and barley, onions, carrots, tomatoes and Swiss chard cooked into a broth with a hint of cumin and dill.

Southern Comfort Dumplings

Classic southern dumplings without the chicken - just long strips of homemade dumplings made from flour, water, and non-hydrogenated vegetable shortening in vegetable broth with onions, carrots, celery, peas, and herbs.

Miso Soup with Tofu

Homemade miso soup with a dashi broth of kombu and bonito flakes finished with white miso paste, diced tofu, and sliced scallions.

Cream of Wild Mushroom Soup

Shiitake, oyster, and cremini mushrooms cooked and pureed with onions, celery, garlic, herbs, brandy, stock, and cream.

Gazpacho

This is a traditional version of the refreshing soup with fresh summer tomatoes, cucumber, bell peppers, sweet onions and seasonings pureed into a smooth cold soup that should be eaten within a few days. This soup cannot be frozen.

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.

Mushroom Bourguignon

Slices of meaty Portobello mushrooms pan-seared and cooked into a thick red wine and vegetable stock stew with carrots, pearl onions, garlic, tomato paste, herbs, butter and flour, and served over egg noodles.

Chickpea, Wild Mushroom, and Farro Soup

A Tuscan soup of chickpeas, vegetable stock, onions, garlic, rosemary, tomato paste, pureed until creamy, then simmered with farro, and finished with sautéed wild mushrooms seasoned with garlic, herbs, and white wine.

Black-Eyed Pea and Kale Soup

Black-eyed peas, dinosaur kale, leeks, carrots, tomatoes, bow-tie pasta and seasonings in a vegetable broth.

Creamy Tomato Tortellini Soup

Cheese tortellini cooked into a soup with diced tomatoes, tomato sauce, vegetable stock, onions, garlic, fresh herbs, and a little cream, and served with Parmesan cheese.

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.

Spinach-Zucchini Soup

A light and sunny soup of zucchini, onion, baby spinach, white beans, vegetable stock, lemon, and mint.

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.

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).

Eggplant Lentil Stew with Pomegranate Molasses

A Turkish stew of chunks of eggplant, brown lentils, onion, garlic, tomatoes, green chiles, tomato paste, olive oil, mint, crushed red pepper and sweet and tart pomegranate molasses.

Wild Mushroom and Barley Soup

A variety of wild mushrooms cooked into a stew with barley, onions, celery, carrots, herbs and baby spinach.

Vegetarian Tortilla Soup

An intensely-flavored Mexican soup with a base of ancho chiles pureed with fire-roasted tomatoes and vegetable stock, onions, garlic, chard, cubes of tofu, and served with tortilla chips, lime wedges, and Mexican cheese.

Corn Chowder with Basil

A creamy milk and vegetable stock chowder with corn, potatoes, onions, celery, green onions, basil, and seasonings.

Ribollita (Tuscan Cabbage and Bean Soup)

A soup packed full of healthy white cabbage and kale, cannellini beans, onions, leeks, carrots, celery, diced potatoes and herbs, and garnished with a sprinkling of Parmesan cheese.

Roasted Butternut Squash and Apple Soup

A creamy, pureed soup of roasted butternut squash, Granny Smith apples, onions, vegetable stock, and sage.

Moroccan Vegetable Tagine

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

Patties, Cakes, and Burgers

Eggplant Parmesan Sliders

Eggplant slices dredged in seasoned breadcrumbs and fried or baked, then served on slider buns, topped with marinara sauce and melted Mozzarella and Parmesan cheeses.

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.

Veggie Burgers with Pomegranate Ketchup

Meatless burgers made of pureed raisins, almonds, mushrooms, edamame, brown lentils, Israeli couscous, curry powder, lemon juice, and porcini mushroom powder, served on a bun with a mixture of ketchup and pomegranate molasses.

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 fire-roasted salsa.

Falafel with Cilantro Yogurt

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

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.

Edamame Burgers

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

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.

Wraps

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.

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.

Broccoli and Roasted Red Pepper Calzones

Pizza dough cut into circles and each circle is filled with a little tomato sauce, a ricotta cheese filling seasoned with garlic and herbs, mozzarella, broccoli florets, roasted red peppers, and black olives, then folded over into half circles and closed shut into pizza pockets and baked.

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.

Szechwan Baked Egg Roll

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.

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.

Baked Southwestern Egg Rolls with Avocado Crema

Wonton wrappers filled with spinach, corn, black beans, green chiles, cheddar and jack cheeses, and loads of spices, baked in the oven until crispy, then served with an avocado-yogurt dipping sauce.

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, cannot be frozen, and should be eaten within 2 days.

Asian and Indian

Chana Masala (Chickpeas with Tomatoes and Spices)

A classic Indian dish of chickpeas, tomatoes, onions, garlic, ginger, and chiles cooked into a curry with loads of Indian spices, and finished with lemon and cilantro. Served over Buttered Basmati Rice, this is a complete meal with no additional side dishes.

Aloo Gobi

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

Cambodian Vegetable Curry

A Cambodian curry with pieces of 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.

Saag Paneer (Spinach with Fresh Indian Cheese)

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

Chickpea Cashew Curry

A creamy, tomato curry - high in protein and flavor - with chickpeas, ground cashews, baby spinach, yogurt, crushed tomatoes, onions, garlic, ginger, cilantro, and curry spices, and served over brown basmati 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.

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.

Sesame Soba Noodles with Cucumber, Bok Choy, and Mixed Greens

Mixed baby lettuces with sliced baby bok choy, cucumber, green onions, cilantro, and mint tossed with soba noodles, sprinkled with peanuts, and served with a zippy Asian-flavored orange and peanut dressing. This is a fresh service item and should be eaten within 3 days.

Tempeh Dishes

Sesame-Honey Tempeh

Crumbled tempeh browned in a pan and cooked into a sauce of honey, soy sauce, sesame oil and scallions and served over brown rice.

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.

Tempeh au Vin

Cubes of tempeh (fermented soybean) braised into a traditional French red wine stew with leeks, onions, button mushrooms, carrots, garlic, red wine and herbs.

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.

Tempeh Piccata

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

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.

Miscellaneous

Roasted Cauliflower Steaks Parmesan

Thick slices of roasted cauliflower steaks seasoned with herbs and garlic, topped with marinara sauce, and Parmesan, Asiago, and mozzarella cheeses, and roasted in the oven until golden and bubbly.

Spinach, Artichoke, and Brie Crepes with Sweet Honey Sauce

Whole wheat crepes filled with sautéed spinach, artichokes, Parmesan and brie cheeses, and drizzled with honey-olive oil sauce.

Mushroom and Dill Stroganoff with Herb Spaetzle

Mixed wild mushrooms caramelized with onions then cooked into a gravy of sherry, vegetable stock, Dijon, dill, paprika, and sour cream, and served over tender herb dumplings.

Chickpeas Romesco with Brown Rice

Chickpeas braised with pureed tomatoes and roasted red peppers, ground almonds, shallots, serrano peppers, garlic, white wine, red wine vinegar, and herbs, and served over brown rice.

Parmesan Polenta with Summer Vegetable Ragout

A ragout of sliced zucchini, eggplant, red bell peppers, diced tomatoes, garlic, and thyme served on a bed of creamy Parmesan polenta.

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.

Eggplant Meatballs in Marinara

Sautéed eggplant, onions, and garlic pureed together with white cannellini beans, breadcrumbs, and parsley, formed into balls and baked until browned, then served in marinara sauce over your favorite pasta, grain, or in hoagie rolls. Can also be done with mushrooms instead of eggplant.

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 with tasty Creole seasonings, then served over a bed of creamy white cheese grits.

Grilled Summer Vegetables with Pesto Polenta

Cornmeal polenta seasoned with some pesto sauce and olive oil, then cut into triangles and grilled and served with grilled slices of balsamic-marinated Portobello mushrooms, zucchini, and red bell pepper, and served with more pesto sauce to make a complete meal.

Yellow Squash, Zucchini and Feta Quiche with Fresh Herbs

Summer squash and zucchini sautéed with fresh herbs and piled into a pie crust with feta and parmesan cheeses, then filled with egg and milk, sprinkled with Parmesan and baked until golden and beautiful.

Baked Butternut Squash and Cheese Polenta with Mushroom Ragout

Creamy polenta mixed together with roasted, coarsely mashed butternut squash, toasted pine nuts, sautéed onions with sage, and Parmesan cheese, then baked in the oven, sliced into polenta cakes and served with mushrooms braised in red wine, tomato and herbs.

Cheese and Spinach-Stuffed Portobellos

Large Portobello mushrooms spread with a thin layer of marinara sauce, topped with a mixture of ricotta cheese, Parmesan cheese, chopped spinach, finely chopped Kalamata olives, and Italian seasoning, sprinkled with more Parmesan and baked until golden.

Cherry Tomato, Baby Zucchini, and Goat Cheese Tart

Pie crust topped with goat cheese mixed with basil, garlic, and a little white wine, then covered with beautiful whole cherry tomatoes and sliced baby zucchinis, and baked, then sprinkled with fresh basil.

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.

Savory Carrot and Tarragon Tart

A 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.

Quinoa and Arugula Salad with Grilled Asparagus, Portobellos, Feta, and Herbs

Grilled asparagus and Portobello mushrooms sliced and tossed with quinoa, arugula, feta cheese, grated carrot, sunflower seeds, chives, parsley, and lemon-honey vinaigrette.

Hummus and Grilled Zucchini Pizza

Homemade pizza dough topped with garlicky hummus, grilled zucchini slices, and feta cheese and baked until golden.

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 couscous.

Poblano-and-Cheddar-Stuffed Portobello Mushrooms

Large Portobello mushrooms stuffed with brown rice, baby spinach, sautéed poblano peppers, onions, Mexican spices, cheddar cheese and cilantro.

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.

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 or quinoa.

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.