

Vegetarian Entrees

Pastas

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.

Baby Greens, Fennel and Goat Cheese Cannelloni

Mild baby spinach, baby chard, and baby kale sautéed with diced fennel and leeks, then mixed together with ricotta, goat and Parmesan cheeses, egg, garlic, and herbs, rolled up in pasta sheets, and coated with a marinara sauce mixed with a little creamy goat cheese, topped with Parmesan cheese and baked in the oven.

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.

Pasta al Pesto

Spaghetti noodles tossed in a pesto sauce with basil, parsley, garlic, pine nuts, and Parmesan cheese.

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.

Swiss Chard and Creamy Pasta

Sautéed Swiss chard, onion, garlic, and tomatoes in a creamy sauce of plain yogurt, milk, and Parmesan cheese, tossed with fettuccine.

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.

Italian Pasta and Veggie Casserole

Sautéed 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.

Fusilli with Wild Mushroom Cream Sauce

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

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.

Garden-Greens Pasta Salad

Spiral gemelli pastas tossed with blanched asparagus, peas, baby arugula, sliced radishes, and chives, and coated with a sauce of goat cheese, lemon juice, olive oil, a little cream, and chopped pepperoncini.

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.

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, beef stock, carrots, shallots, rosemary, and porcini mushrooms, topped with cheese and baked.

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.

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.

Ditalini with Pesto, Beans, and Spinach

Small tubular pastas mixed with fresh basil and pine nut pesto, cannellini beans, and wilted baby spinach with crushed red pepper.

Farfalle with Creamy Mushroom Gorgonzola Sauce

Bow-tie pasta cooked into a creamy Gorgonzola cheese sauce with mushrooms and peas.

Zucchini Lasagna

A light and summery lasagna with layers of thinly-sliced zucchini, chopped tomatoes, lasagna noodles, a ricotta and Parmesan cheese mixture seasoned with tarragon, and a creamy white sauce made from milk, then topped with mozzarella cheese and baked until golden.

Tuscan-Style Pasta with Chickpeas, Zucchini and French Feta

Penne pasta tossed together with sautéed zucchini, shallots, garlic, chickpeas, tomatoes, rosemary, toasted pine nuts, chopped oil-cured black olives and French feta cheese.

Tortellini Primavera

Cheese tortellini cooked into a light Parmesan cheese and herb sauce with broccoli florets, carrots, and sugar snap peas.

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 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.

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.

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.

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.

Pea Pesto Penne Pasta

A pesto sauce made from pureeing fresh green peas with pine nuts, garlic, lemon, basil, mint and olive oil, tossed with penne pasta and Parmesan cheese.

Linguine with Tomatoes, Baby Zucchini and Herbs

Linguine tossed chopped raw tomatoes marinated in olive oil with basil, parsley, garlic, and chile peppers, sliced baby zucchini and grated Parmesan cheese.

Goat's Milk Mac and Cheese Casserole

Macaroni in a sauce of goat milk, goat mozzarella, chevre, and seasonings, poured into a casserole studded with green peas and chopped sun-dried tomatoes, sprinkled with breadcrumbs with pine nuts, garlic and herbs and browned in the oven.

Ratatouille with Penne

A French ratatouille of braised eggplant, zucchini, onions, bell peppers, tomatoes, and garlic, tossed with penne pasta and finished with grated Parmesan cheese, basil, parsley, and small black Niçoise olives.

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.

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.

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.

Penne with Broccoli Rabe, Tomatoes, and Parmesan

Chopped broccoli rabe sautéed with garlic, anchovies, crushed red pepper, diced tomatoes, basil, and a splash of lemon juice, then tossed with penne pasta 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.

Southwest Sweet Potato Chickpea Delight

A casserole of diced sweet potatoes, chickpeas, Monterey 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 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

Layers of potatoes, butternut squash, Portobello mushrooms, eggplant, bell pepper, red onion, and zucchini, between layers of marinara sauce and a mixture of ricotta and Parmesan cheese with garlic and herbs, topped with Parmesan and baked in the oven.

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.

Broccolini and Rice Gratin

Chopped broccolini, shallot rings, and white rice coated in a cheese sauce of sharp cheddar, milk, butter, flour, and seasonings, topped with panko breadcrumbs and Parmesan cheese, then baked in a casserole dish until bubbly.

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.

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.

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.

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.

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.

Fall Vegetable Pot Pie

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

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

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.

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.

Black Pepper Tofu

Cubes of chewy, baked tofu cooked into a peppery stir-fry of shallots, red chiles, green onions, garlic, ginger, in butter, soy sauce, molasses, and heavy on the black pepper.

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.

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

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.

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.

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.

Nutty Meatless Loaf

A loaf of red lentils, brown rice, chopped pecans, chopped dried apricots, carrots, onion, celery, mango chutney, and spices, topped with chopped red bell pepper, fresh mango and more mango chutney and baked in the oven.

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 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.

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.

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

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.

Mom Riley's Pinto Beans with Cornbread and Potato Hash

Simple down home cooking with the chef's mother's pinto beans lightly flavored with onions, and served with the traditional cornbread and fried potato, carrot, and onion hash. This is a complete meal with no additional side dishes.

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.

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.

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.

Black-Eyed Pea and Kale Soup

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

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.

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.

Vegetable Minestrone

An Italian-flavored soup with pasta, white beans, onions, carrots, celery, zucchini, green beans, potatoes, tomatoes, Parmesan, and baby spinach.

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.

Black Lentil Soup

An Indian-flavored soup of black beluga lentils, tomatoes, onions, garlic, ginger, cardamom, coriander, cumin, cayenne, and garam masala.

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.

Black Bean, Yellow Pepper and Cumin Chili

A great thick vegetarian chili with black beans, yellow pepper, tomatoes, onions and seasoned with cumin and chipotle chili peppers.

Patties, Cakes, and Burgers

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.

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.

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.

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.

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.

Guacamole Latkes

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

Wraps

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.

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.

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.

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.

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.

Asian and Indian

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.

Aloo Gobi

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

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.

Seitan and Mango Stir Fry

Deliciously, meaty seitan (wheat gluten) strips stir-fried with ginger, garlic, sliced red onions, red bell pepper, and green onions, in a sauce of orange juice, mirin, ketchup, and cornstarch, and tossed with fresh mango, papaya and tofu noodles.

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.

Vegetable Korma

A subtle, creamy Indian curry with lots of spices, ginger, garlic, carrots, peas, green beans, and potatoes, 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. This is a complete meal with no additional side dish.

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.

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.

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

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.

Black Bean and Goat Cheese Enchiladas

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

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.

Legumes

Barley Hoppin' John

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

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 couscous.

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

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.

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 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.

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.

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.

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 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.

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.

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.