

MEATLESS ENTREES

5-Bean Chili

3 cups chopped onion	3 cloves garlic, minced	2 tablespoons oil
1 tablespoon chili powder	2 teaspoons oregano	2 teaspoons basil
1 teaspoon cumin	$\frac{1}{2}$ teaspoon cayenne pepper	5-15 oz cans beans
28 oz can diced tomatoes	26 oz can spaghetti sauce	1 cup water

Recipe by: Sue Skinner-Kidd

In Dutch oven, saute chopped onion in oil; add garlic and cook till tender. Add remaining ingredients and simmer 30 minutes.

Apple Bean Bake

Recipe by: Ellen & Sam D'Fantis

Serves: 6-8

48 oz great northern beans, drained	4 tablespoons margarine
2 large cooking apples, cubed	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ cup granulated sugar	$\frac{1}{2}$ cup catsup
1 teaspoon cinnamon	1 tablespoon molasses
1 teaspoon salt	

In a large skillet, melt margarine, add apples, and cook until tender. Add sugars; stir and cook until melted. Stir in catsup, cinnamon, molasses, and salt. Add beans and mix well. Pour into 2-qt casserole. Bake at 400 for about an hour.

Clam Chowder

Recipe by: Maria Linderman

1-2 tomatoes	1 large onion, chopped	2 cloves garlic, minced
2 stalks celery, chopped	1-2 carrots, chopped	$\frac{3}{4}$ cup chopped parsley
$\frac{1}{2}$ cup chopped red pepper	2 potatoes, cubed	1-2 cans whole baby clams

Saute tomatoes, onion, and garlic in oil. Add celery, parsley, and red pepper. Let cook. Add potatoes. When almost cooked, add clams, cook 1-2 minutes. Add salt and pepper to taste.

Note: $\frac{1}{2}$ pound scallops or shrimp may be substituted for clams. Excellent with crusty bread and a salad.

Curried Chickpeas and Black Beans

Serves: 4

2 teaspoons oil	1 cup chopped onion
1 tablespoon minced peeled ginger	2 teaspoons curry powder
14 $\frac{1}{2}$ oz can diced tomatoes	1/8 teaspoon salt
15 oz black beans, rinsed & drained	15 oz chickpeas, rinsed & drained
1/3 cup chopped fresh parsley	1 tablespoon lemon juice

Heat oil in a large nonstick skillet over medium heat. Add onion and ginger; saute 3 minutes or until tender. Stir in curry powder; cook an additional minute. Add tomatoes; cook 1 minute or until mixture is slightly thickened, stirring occasionally. Add salt, beans, and chickpeas; stir well. Cover, reduce heat, and simmer 5 minutes. Remove from heat; stir in fresh parsley and lemon juice. Serve warm

Double Spinach Bake

Recipe by: Barb VanDusen

Serves: 6

8 ounces spinach fettuccine	1 cup fresh sliced mushrooms
1 green onion, finely chopped	1 clove garlic, minced
4 cups fresh spinach, coarsely chopped	1 tablespoon water
15 ounces tofu	$\frac{1}{4}$ cup soy milk
1 egg, beaten	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon ground pepper	$\frac{1}{4}$ cup soy cheese

Preheat oven to 350. Cook pasta and drain. Spray skillet with cooking spray. Add mushrooms, green onion, and garlic. Cook & stir until mushrooms are softened. Add spinach and water; cover. Cook until spinach is wilted, about 3 minutes. Combine tofu, soy milk, egg, nutmeg, & pepper in large bowl. Stir in noodles and vegetables; toss to coat. Spray bottom of 1 $\frac{1}{2}$ quart casserole. Spread noodle mixture in bottom. Sprinkle with soy cheese. Bake 25-30 minutes or until knife comes out clean.

Grilled Vegetables on Focaccia

Recipe by: Sue Skinner-Kidd

3 tablespoons vegetable oil	3 tablespoons balsamic vinegar
1 teaspoon dried oregano, crushed	2 large red peppers
1 medium eggplant, halved and sliced	2 medium zucchini, halved and sliced
2 focaccia breads	4 ounces soft goat cheese, optional

In small bowl, combine oil, vinegar, and oregano; set aside. Cut peppers in quarters. Remove stems and seeds. Arrange all vegetable on grill rack; brush with oil mixture and grill over med-hot coals until slightly charred. Allow 8-10 minutes for peppers and eggplant; 5-6 for zucchini. Turn occasionally. Cut each focaccia into 2 layers. Brush cut sides with oil mixture. Spread goat cheese over bottoms (optional), top with veggies. Cut into wedges.

Lenten Quiche	Recipe by: Angela Skinner	Serves; 6
3 cups broccoli	2 tablespoons oil	1 cup chopped onion
3 cloves garlic, minced	1 pound tofu, divided	2 tablespoons lemon juice
1 tablespoon dry mustard	1 teaspoon salt	$\frac{1}{4}$ teaspoon black pepper
1 ready-made pie crust		

Preheat oven to 350. Boil broccoli in 1 inch of water for 5 minutes and drain. Saute onion and garlic in oil. Blend $\frac{1}{2}$ pound tofu, lemon juice, mustard, salt, and pepper together in food processor or blender until smooth and creamy. Fold in remaining tofu (crumbled), onion, garlic, and broccoli. Place pie crust in greased 9" pie pan. Pour in tofu mixture and bake about 30 minutes. Serve hot.

Meatless Loaf	Recipe by: Angela Skinner	Serves; 16
3 cups TVP granules	2 $\frac{1}{2}$ cups boiling water	$\frac{1}{4}$ cup ketchup
1 teaspoon basil	$\frac{1}{2}$ cup finely chopped onion	2 tablespoons oil
1 cup instant gluten flour	1 teaspoon salt	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon garlic powder	$\frac{1}{2}$ teaspoon oregano	$\frac{1}{2}$ teaspoon marjoram
$\frac{1}{2}$ can finely minced parsley		

In a large bowl, mix TVP granules, boiling water, ketchup, and basil. Let stand for 10 minutes. Saute onion in oil or microwave for 2 minutes on high. Add onions to rehydrated TVP and stir in flour, salt, pepper, garlic powder, oregano, marjoram, and parsley. Lightly oil a loaf or bread pan and pack mixture in tightly, smoothing top. Bake at 300 about 45 minutes. If loaf begins to get too brown on top, cover with foil. After removing from oven, let stand in pan 10 minutes, then run a knife around edges to loosen and turn loaf out onto a platter. Garnish with lemon slices and parsley sprigs if desired.

Notes: $\frac{3}{4}$ cup unbleached or whole-wheat flour may be substituted for gluten flour.

Portobello Sandwich

Recipe by: Sue Skinner-Kidd

Serves: 1

1 Portobello mushroom cap

1 clove garlic, minced

1/8 teaspoon salt

dash pepper

1/8 teaspoon oil

1 tablespoon sun-dried tomato puree

2 slices whole wheat bread, toasted

1/2 cup roasted red peppers, sliced thinly

1 slice soy cheese, optional

Preheat oven to 350. Place mushroom on baking dish; top with garlic, salt, pepper, and oil. Bake for 30 minutes. Spread tomato puree evenly over bread; top 1 slice with mushroom, peppers, cheese, and remaining bread.

Quick Bean Burritos

Recipe by: Vicki Danko

1 can refried beans

1 jar thick salsa

1 cup cooked rice

1 can enchilada sauce

1 package tortillas

4 green onions, sliced

Mix beans, 1/2 jar salsa, and rice. Spread over tortillas, wrap up, and place in baking dish. Mix enchilada sauce and rest of salsa and pour over tortillas. Sprinkle with sliced green onion and bake at 350 for 20-30 minutes.

Spinach Tofu Lasagna

Recipe by: Angela Skinner

1 box lasagna noodles

2 boxes extra firm tofu

2 pigs frozen chopped spinach

1 onion, chopped fine

1 teaspoon oregano

3 1/2 cups spaghetti sauce

2 tablespoons nutritional yeast (not baking yeast), optional
salt & pepper to taste

Boil noodles according to package directions. Rinse and set aside. Thaw and rinse spinach, squeezing out excess water. Mash tofu in a large mixing bowl. Mix tofu, spinach, onion, oregano, salt, pepper, and yeast together. Spread a little spaghetti sauce in bottom of a 10X15" casserole. Cover bottom of casserole with one-third of noodles, spread with one-half of tofu mixture and top with one-third of sauce. Continue layering, ending with noodles and sauce. Bake at 350 for 20 minutes or until sauce is bubbly. Serve with a salad and crusty bread.

Note: for stuffed shells instead of lasagna, stuff tofu mixture into parboiled shells or manicotti. Place filled shells in a casserole open side up, cover with sauce, and bake at 350 for 20 minutes.

Spinach, Tomatoes, and Rice

Recipe by: Cindy Klinar

1 $\frac{1}{2}$ cups onion, chopped

1 tablespoon garlic, minced

1/3 cup bell pepper, chopped

1 tablespoon oil

2 tablespoons corn oil

2 cups spinach

4 cups tomatoes, chopped

2 cups rice, uncooked

4 cups water

$\frac{3}{4}$ cup tomato paste

2 teaspoons salt

Saute the onion, garlic, and bell pepper in oils. Add remaining ingredients and simmer till cooked and of the proper consistency.

Stuffed Cabbage

Recipe by: Angela Skinner

1 small head cabbage

8 ounces canned tomato sauce

1 small onion, chopped fine

1 medium carrot, chopped fine

1 medium stalk celery, chopped fine

$\frac{1}{4}$ cup vegetable oil

2 cups cooked rice

1 cup croutons

Cut out core and steam cabbage until leaves come apart (in slightly salted water). Set aside. Dilute tomato sauce with about 1 $\frac{1}{2}$ cups water and set aside. Saute onion carrot, and celery in oil until soft; add salt and pepper to taste. Fold rice and croutons into skillet with vegetables. Lay cabbage leaf on your open palm, vein end at wrist. Place spoonful of stuffing in center of leaf, fold over one side of leaf, then fold over vein side (if vein is too thick, trim it). Roll to end of leaf, tuck in other side to lock stuffing in. Place in 2-quart casserole dish. Continue procedure until stuffing is used. Pour tomato sauce over cabbage. Cover and bake about 1 hour at 350.

Tofu with Garlic & Broccoli

Serves: 4

2 tablespoons oil, divided

10 $\frac{1}{2}$ oz firm tofu, drained & cubed

3 tablespoons low-sodium soy sauce

1 teaspoon sugar

1 teaspoon hoisin sauce

4 sliced peeled gingerroot (1/4" thick)

1 $\frac{1}{4}$ cups water, divided
4 cloves garlic, minced
 $\frac{1}{4}$ teaspoon salt

1 tablespoon cornstarch
12 cups broccoli florets
4 cloves garlic, minced

Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat until very hot. Add tofu and cook 6 minutes or until browned. Remove from skillet; set aside. Combine soy sauce and next 3 ingredients; stir well and set aside. Combine $\frac{1}{4}$ cup water and cornstarch; stir well and set aside. Add 1 teaspoon oil to skillet and place over medium-high heat until hot. Add 4 cloves garlic and saute 30 seconds. Add soy sauce mixture and remaining cup of water, cook 2 minutes. Add cornstarch mixture, bring to a boil and cook 1 minute, stirring constantly. Return tofu to skillet and cook for 1 minute or until thoroughly heated, stirring gently. Discard gingerroot. Spoon tofu mixture into a bowl; set aside and keep warm. Wipe skillet dry with a paper towel. Steam broccoli, covered, for 3 minutes or until crisp-tender. Remove from heat; set aside. Heat remaining 2 teaspoons oil in skillet over medium-high heat. Add salt and remaining 4 garlic cloves; saute 1 minute. Add broccoli and saute 2 minutes. To serve, spoon tofu mixture over broccoli.

Tomatoes Stuffed with Rice

Recipe by: Angela Skinner

Serves: 4

10 medium tomatoes
2 tablespoons chopped parsley
2 tablespoons chopped dill
1 cup rice
salt & pepper, to taste
 $\frac{1}{2}$ cup white wine
oil

2 onions, finely chopped
1 clove garlic, chopped
1 teaspoon oregano
 $\frac{1}{2}$ cup pine nuts
2 tablespoons tomato paste
sugar

Cut tops off tomatoes and set aside; scoop pulp out of tomatoes, chop, and reserve. Saute onions in $\frac{1}{2}$ cup oil until golden; add tomato pulp, parsley, garlic, dill oregano, rice, pine nuts, salt, and pepper; stir to blend ingredients thoroughly; add tomato paste and wine; cover and simmer 20 minutes. Arrange tomato shells in a casserole or baking pan; sprinkle lightly with salt, pepper, and a dash of sugar. Stuff tomatoes with rice mixture and over with tomato tops. Pour 1 cup oil over tomatoes and pour $\frac{1}{2}$ cup water into the pan. Sprinkle lightly with more oregano and an extra dash of wine. Bake at 350 for 35 minutes, basting frequently. Serve hot or cold.

Vegetable Burritos

Serves: 6

16 ounces canned light red kidney beans, drained
 $\frac{1}{2}$ teaspoon garlic powder
6 flour tortillas (7")
 $\frac{1}{2}$ cup thinly sliced red bell pepper
 $\frac{1}{2}$ cup thinly sliced green bell pepper
14 $\frac{1}{2}$ oz whole tomatoes, drained and chopped

1 tablespoon chili powder
 $\frac{1}{2}$ cup frozen corn, thawed
cooking spray
1 cup thinly sliced onion
1 $\frac{1}{2}$ tablespoons lemon juice
 $\frac{1}{3}$ cup mild salsa

Drain beans, reserving $\frac{1}{4}$ cup liquid. Position knife blade in food processor bowl; add beans, reserved bean liquid, chili powder, and garlic powder. Process until smooth. Spoon into a bowl; stir in corn; set aside. Stack tortillas, wrap in damp paper towels and microwave at high for 20 seconds. Spread $\frac{1}{4}$ cup bean mixture down center of each tortilla; roll up. Place, seam side down, in an 8" square baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes or until heated. Set aside; keep warm. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add onion, peppers, and lemon juice; saute 5 minutes or until crisp-tender. Add salsa and tomatoes; simmer 1 minute. Serve over burritos.

Vegetable Chili

Serves: 6

1 teaspoon vegetable oil
2 large cloves garlic, minced
1 teaspoon ground cumin
3 cups chopped tomato
2 cups chopped zucchini
 $\frac{1}{4}$ teaspoon salt
19 ounces cannellini beans or other white beans, drained

1 cup sliced green onion
1 tablespoon chili powder
 $\frac{1}{2}$ teaspoon cinnamon
2 cups chopped yellow squash
1 cup canned vegetable broth
 $\frac{1}{4}$ teaspoon pepper

Heat oil in a large saucepan over medium heat. Add green onions and garlic; saute 2 minutes. Add chili powder, cumin, and cinnamon; saute 30 seconds. Add tomato and next 5 ingredients; bring to a boil reduce heat and simmer, uncovered, 20 minutes. Stir in beans; cook 10 minutes or until thoroughly heated.

Vegetarian Chili

Recipe by: Maria Linderman

Serves: 6

3 tablespoons vegetable oil
1 small onion, chopped

1 medium yam, peeled & cubed	1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips	29-ounce can diced tomatoes
16-ounce can kidney beans	16-ounce can chickpeas
1 tablespoon oregano	1 tablespoon chili powder
1 teaspoon garlic powder	1 teaspoon cumin

Saute onions, yams, and peppers in heated oil 5-6 minutes. Add kidney beans and chickpeas with their liquid, tomatoes, and spices. Bring to a boil; reduce heat and simmer, uncovered, about 25 minutes, stirring occasionally until vegetables are tender.

MISCELLANEOUS

Baba Ghannooj

Recipe by: Maria Linderman

1 large eggplant

$\frac{1}{4}$ cup lemon juice`

4 tablespoons tahini

2 cloves garlic

1 $\frac{1}{2}$ teaspoons salt

Remove green leaves, but leave stem on eggplant and bake whole in oven at 350 until soft, about 30 minutes. Let cool. Remove skin while holding stem. Add to blender alternatively with lemon juice and tahini, and puree. Crush garlic with salt and mix into paste. Add to blender and puree all. Adjust salt. Can be chilled. Serve with pita bread. Excellent with sliced tomatoes or tabouleh!

Hummus Bi Tahina

Serves: 12

30 ounces garbanzo beans, drained

3 small cloves garlic

5 tablespoons tahini

$\frac{1}{4}$ cup fresh lemon juice

3 tablespoons water

Drain beans, reserving $\frac{1}{4}$ cup liquid and set aside. Position knife blade in food processor bowl. Drop garlic through food chute with processor running and process 3 seconds or until minced. Add beans, reserved liquid, and remaining ingredients; process 3 minutes or until smooth. Yield: 3 cups. Serve with pita bread and/or raw vegetables.

Guacamole

Serves: 4

1 $\frac{1}{2}$ cups diced peeled avocado $\frac{1}{2}$ cup diced seeded tomato
 $\frac{1}{4}$ cup finely chopped fresh cilantro $\frac{1}{4}$ cup finely chopped onion
2 tablespoons fresh lime juice

Combine all ingredients in a bowl; stir gently. Serve immediately.

Lemony Couscous

Serves: 8

2 $\frac{1}{4}$ cups water 1 $\frac{1}{2}$ cups + 2 tablespoons couscous uncooked
1 large seeded chopped tomato 1 cup cucumber, peeled & coarsely chopped
1 cup thinly sliced green onion $\frac{1}{2}$ cup finely chopped fresh parsley
 $\frac{1}{4}$ cup finely chopped fresh mint $\frac{1}{2}$ cup fresh lemon juice
2 tablespoons water 2 tablespoons olive oil
1 teaspoon salt 1 teaspoon pepper

Bring water to boil in a medium saucepan; gradually stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Combine couscous, tomato, and next 4 ingredients in a large bowl and toss well. Combine lemon juice and next 4 ingredients; stir well with a wire whisk. Pour over couscous mixture; toss well.

Pico De Gallo

Serves: 4

1 $\frac{1}{2}$ cups chopped seeded tomato $\frac{1}{4}$ cup chopped onion
2 tablespoons chopped fresh cilantro 1 tablespoon finely chopped serrano pepper

Combine all ingredients in a bowl; stir well. Yield: 1 $\frac{1}{2}$ cups

Pierogy Dough

Recipe by: Cindy Klinar

2 cups flour $\frac{1}{2}$ teaspoon salt
8 tablespoons cold water $\frac{1}{4}$ cup oil

Mix all ingredients and knead well. Dough will be stiff.

Potato Gnocchi

1 pound unpeeled red potatoes

1 clove garlic, minced

$\frac{1}{2}$ teaspoon salt

1 teaspoon olive oil

$\frac{3}{4}$ cup all-purpose flour

vegetable cooking spray

Place potatoes in a saucepan; add water to cover. Bring to a boil; partially cover. Cook 40 minutes or until tender. Drain and let cool. Peel potatoes and place in a bowl; mash. Set aside. Heat oil in a small nonstick skillet over medium-high heat. Add garlic, and saute 30 seconds. Add to mashed potato; stir well. Add flour and salt, stirring to form a soft dough. Turn dough out onto a well-floured surface. Divide dough into 4 portions and shape each into a 16-inch-long rope. Cut each rope into 16 pieces; roll each piece into a ball. Drag the tines of a fork through half of each ball, forming a concave shape. Place gnocchi on a baking sheet coated with cooking spray and set aside. Bring 14 cups of water to a boil in a large Dutch oven. Add half of the gnocchi and cook for 1 $\frac{1}{2}$ minutes (do not overcook or they will fall apart). Remove the gnocchi with a slotted spoon and place in a colander to drain; repeat. Serve immediately.

Notes; Basil variation: add $\frac{1}{3}$ cup finely chopped fresh basil to mashed potato with flour and salt. Spinach variation: add 1 $\frac{1}{2}$ cups finely chopped fresh spinach to mashed potato with flour and salt.

Roasted Red Pepper Hummus

2 red peppers, cored and seeded

2 cups cooked chickpeas

1 tablespoon garlic, minced

2 tablespoons oil

1 $\frac{1}{2}$ tablespoons tahini

Place oil and red peppers in casserole dish. Cook at 400 for 15 minutes on one side then flip to other side for another 15 minutes. Meanwhile, mash chickpeas into paste, adding tahini to achieve the consistency you desire. Add garlic to chickpea mixture. Remove peppers from oven. Remove skin if desired. Chop into very small pieces or use a food processor. Add peppers to chickpea mixture. Blend well. Chill.