

Vegetarian Menu: September

Week one

Triple Cheese Ravioli: 30 minutes or less

Roasted veggie pizza: Ready in under an hour

Double spinach fettucine: Ready in 15 minutes or less!

Loaded guacamole veggie burritos

Enchilada quinoa

Slow cooker minestrone

Slow cooker veggie omelet

Cinnamon chip pumpkin cookies

Menu Planning Central Shopping List

Vegetarian Option

Fresh Produce

- (A, G) Tomatoes, 2 cups + 1
- (A) Mushrooms, ½ cup
- (A, E, G) Onion, ¼ cup + 1 + 1
- (A) Basil, 1 Tbsp.
- (A, B, D, E, G) Garlic, 1 clove + 1 clove + 1 clove + 3 cloves + 1 clove
- (A, B, C) Side salad, enough for family for 3 meals
- (B) Bell pepper, 1
- (B, C) Zucchini, 1 + 2 small
- (B) Small eggplant, 1
- (B) Portobello mushrooms, 8 oz.
- (C) Spinach, 3 cups
- (D) Avocado, 2
- (D) Lime, 2
- (D) Lemon, 2
- (D, G) Red bell pepper, 1 +
- (D) Poblano pepper, 2 small
- (D) Jalapeno, 1 Tbsp.
- (D) Red onion, 1 Tbsp.
- (D) Cilantro, 2 tsp + 1 Tbsp.
- (D) Romaine lettuce, 2 cups
- (F) Carrots, 3
- (F) Asparagus spears, 12
- (G) Broccoli, 1 cup

Bakery / Bread

- (A) French bread, enough for family
- (B) Pizza crust, 1

- (D) Small flour tortillas, 6

General Grocery / Cooking and Baking

- Salt
- Pepper
- (A) Dry red cooking wine, ¼ cup
- (B, C) Olive oil, 1 Tbsp. + 1 tsp.
- (D) Cumin, ½ tsp.
- (E) Vegetable stock, 3 cups
- (G) Garlic powder, 1/8 tsp.
- (G) Chili powder, 1/8 tsp.
- (H) Brown sugar, ¼ cup
- (H) Sugar, 1 cup
- (H) Vanilla, 1 tsp.
- (H) Flour, 1 ½ cup
- (H) Baking powder, ¼ tsp.
- (H) Cinnamon, 2 tsp.
- (H) Pumpkin pie spice, 1 tsp.
- (H) Cinnamon chips

General Grocery / Dry Food and Mixes

- (C) Spinach fettucine, 8 oz.
- (D) Ditalini pasta, 8 oz.
- (E) Quinoa, 1 cup

General Grocery / Canned and Bottled

- (C) Garbanzo beans, (1) 15 oz. can
- (D, E) Black beans, (1) 15 oz. can + (1) 15 oz. can
- (E,) Corn, (1) 15 oz. can

- (E) Diced fire roasted tomatoes and green chili, one 15 Oz can
- (F) Diced tomatoes, (1) 28 oz. can
- (F) Cannellini beans, (2) 15 oz.

General Grocery / Frozen

- (D) Corn kernels, 2/3 cup
- (F) Sweet peas, 1 cup

Dairy / Refrigerated

- (A) Ricotta cheese, ½ cup
- (A) Shredded parmesan cheese, 2 Tbsps.
- (B) Shredded mozzarella, ½ cup

- (E) Cream cheese, 4 oz.
- (E) Shredded Mexican blend cheese, 1 cup
- (G) Eggs, 6
- (G) Milk, ½ cup
- (G) Shredded cheddar cheese
- (H) Unsalted butter, ½ cup

General Grocery / Snacks

- (D, E) Tortilla chips, enough for family x 2

Triple-Cheese Ravioli (A)

30 minutes or less. Makes 4 servings

one 8-ounce package dried cheese-filled ravioli	1/8 tsp. pepper
2 cups chopped tomatoes	1 clove garlic, finely chopped
1/2 cup sliced mushrooms	1/2 cup part-skim ricotta cheese
1/4 cup chopped onions	2 Tbsp. grated Parmesan cheese
1/4 cup dry red wine	Side salad
1 Tbsp. chopped fresh basil leaves	French bread
1/8 tsp salt	

1. Cook ravioli as directed on package; drain.
2. Cook remaining ingredients except cheeses in 10-inch skillet over medium-high heat about 5 minutes, stirring frequently, until tomatoes are soft.
3. Heat oven to 325°. Place ravioli in ungreased square baking dish, 8x8x2 inches. Spread ricotta cheese over ravioli. Pour tomato sauce over top. Sprinkle with Parmesan cheese. Bake uncovered about 20 minutes or until hot.
4. Serve with lots of fresh French bread and salad.

Roasted-Vegetable Pizza (B)

Ready in under an hour. Makes 4 servings

1 medium bell pepper, cut lengthwise into eighths

1 medium zucchini, cut into 1/4-inch slices

1/2 small eggplant, cut into 1/4-inch slices

1 8-ounce package fresh Portobello mushrooms, cut into 1/2-inch pieces

1 Tbsp. olive oil

1/2 tsp. salt

1/4 tsp. pepper

1 ready-to-serve refrigerated pizza crust (12 to 14 inches in diameter)

1/2 cup shredded reduced-fat mozzarella cheese

Side Salad

1. Heat oven to 400°. Spray jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with nonstick cooking spray. Place bell pepper, zucchini, eggplant and mushrooms in single layer in pan. Brush with oil. Sprinkle with salt and pepper. Bake 25 to 30 minutes, turning vegetables once, until edges of vegetables are light brown. Remove from oven.

2. Place bread shell on ungreased cookie sheet. Top with roasted vegetables. Sprinkle with cheese. Bake 8 to 10 minutes or until cheese is melted. Serve with a side salad.

Double Spinach Fettuccine (C)

Ready in 15 minutes or less! Makes 4 servings

8 ounces uncooked spinach fettuccine	½ tsp. salt
1 tsp. olive oil	1 (15-ounce) can garbanzo beans, rinsed and drained
1 clove garlic, crushed	Side salad
3 cups shredded spinach (about 4 ounces)	
1 ¼ cups thinly sliced zucchini (about 2 small)	

1. Cook fettuccine as directed on package; drain.
2. Heat oil in 10-inch skillet over medium-high heat. Cook garlic in oil, stirring occasionally, until golden. Stir in remaining ingredients. Cook about 2 minutes, stirring occasionally, until zucchini is tender. Stir in fettuccine.
3. Serve with side salad.

LOADED GUACAMOLE VEGETARIAN TACOS (D)

Makes 4 servings

2 avocados, pit and skin removed, roughly chopped

1/2 of a lime

1/2 of a lemon

1/4 salt (plus extra as needed)

1/3 cup corn kernels (raw or thawed from frozen)

1/4 cup red bell pepper, diced

2 tablespoons diced poblano pepper

1 tablespoon diced red onion

1 tablespoon diced jalapeño pepper

2 teaspoons minced cilantro

lime and/or lemon wedges

1 clove garlic, minced

1 can black beans (15 ounces)

1/3 cup corn kerns (raw, from 1/2 of a large cob, or thawed from frozen)

1/4 cup red bell pepper, diced

1/4 cup poblano peppers, diced

1/2 teaspoon ground cumin

6 small flour or soft corn tortillas

2 cups chopped romaine lettuce

1 tablespoon minced cilantro

1. Mash the avocado in a medium bowl with a fork until it reaches your desired consistency, chunky or smooth. Add a small squeeze each of lime and lemon juice, along with 1/4 teaspoon salt. Mix well and taste. Add more lime juice, lemon juice, and salt as you like. Stir in red pepper, poblano, red onion, jalapeno, and cilantro. Refrigerate until needed.

2. Add the black beans, corn, red bell pepper, poblano, and cumin to a 2-quart sauce pot and heat over medium-low until hot. Turn off the heat and allow to cool to a very warm, eatable temp.

3. If the tortillas are not soft and pliable (or if you like your tortillas warm), stack them on a microwaveable plate, separated with paper towels, and heat for 20 to 30 seconds.

4. Line half of each tortilla with lettuce. Spoon the black bean mixture over the lettuce (on half of the tortilla). Spoon guacamole on the other half. Top with a few shakes of hot sauce (optional) and a sprinkle of cilantro. Serve with lemon and lime wedges.

SLOW COOKER ENCHILADA QUINOA (E)

Makes 4 servings

one 15-ounce can black beans, drained
and rinsed

one 15-ounce can yellow corn, drained
and rinsed

two 15-ounce cans of mild or medium
red enchilada sauce, divided

one 15-ounce can of diced fire roasted
tomatoes and green chills

1 cup un-cooked quinoa + ½ cup water

4 ounces cream cheese (light or fat free
is okay)

salt and pepper to taste

1 cup shredded Mexican style cheese

Tortilla chips

1. Add beans, corn, 1 can of enchilada sauce, diced tomatoes and chills, quinoa, water, cream cheese, and salt and pepper to the slow cooker. Stir everything together.
2. Pour remaining can of enchilada sauce on top, then sprinkle with shredded cheese. Cover and cook 4-5 hours on high or 5-7 hours on low.
3. Serve hot with tortilla chips.

Slow Cooker Minestrone Soup (F)

Makes 4 servings

1 sweet onion, diced	12 thin asparagus spears, stems removed and cut into thirds
3 garlic cloves, minced	1 cup of frozen sweet peas
3 carrots, peeled and sliced	1 (6 ounce) bag of fresh spinach
1 (28 ounce) can of diced tomatoes	1/3 cup freshly grated Romano cheese + more for topping
2 (15 ounce) cans of cannellini beans, drained and rinsed	salt and pepper to taste
3 cups organic vegetable broth	Bread bowls
3 cups water	
8 ounces of uncooked ditalini or small shell pasta	

1. Add diced onions, garlic, carrots, the whole can of diced tomatoes, cannellini beans, stock and water to your crockpot. Cook on low for 4-6 hours, stirring once or twice if you can.

2. About 10-15 minutes before serving, add in asparagus, spinach, peas and pasta. Cook on low for another 10-15 minutes then stir in grated cheese. Taste and season with salt and pepper as desired. Serve immediately with additional cheese on top.

3. Serve hot in bread bowls.

Slow cooker veggie omelets (G)

Makes 8 servings

6 eggs

1/2-cup milk

1/4 teaspoon salt

fresh ground pepper, to taste

1/8 teaspoon garlic powder, or to taste

1/8 teaspoon chili powder, or to taste

1 cup broccoli florets

1 red bell pepper, thinly sliced

1 small yellow onion, finely chopped

1 garlic clove, minced

GARNISH

shredded cheddar cheese

chopped tomatoes

chopped onions

1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. In a large mixing bowl combine eggs, milk, salt, pepper, garlic powder and chili powder; using egg beaters or a whisk, beat the mixture until mixed and well combined.
3. Add broccoli florets, sliced peppers, onions and garlic to the slow cooker; stir in the egg-mixture. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Omelets is done when eggs are set. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
4. Turn off the slow cooker. Cut the omelet into 8 wedges, transfer to a serving plate. Garnish with chopped tomatoes, chopped onions and fresh parsley. Serve.

Cinnamon Chip Pumpkin Cookies (H)

½ cup unsalted butter	¼ tsp. salt
¼ cup packed light or dark brown sugar	¼ tsp. baking powder
1 cup granulated sugar, divided	¼ tsp. baking soda
1 tsp. vanilla extract	2 tsp. ground cinnamon, divided
6 Tbsp. pumpkin puree	1 tsp. pumpkin pie spice
1½ cups all-purpose flour	2/3 cup cinnamon chip

1. Melt the butter in the microwave. In a medium bowl, whisk the melted butter, brown sugar, and ½ cup granulated sugar together until no brown sugar lumps remain. Whisk in the vanilla and pumpkin until smooth. Set aside.
2. In a large bowl, toss together the flour, salt, baking powder, baking soda, 1 and ½ tsp. cinnamon and pumpkin pie spice.
3. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft. Fold in the cinnamon chips. Cover the dough and chill for 30 minutes, or up to 3 days.
4. Take the dough out of the refrigerator. Preheat the oven to 350°F. Line two large baking sheets with parchment paper.
5. Roll the dough into balls, about 1.5 Tablespoons of dough each. Mix together the remaining ½ cup of granulated sugar and ½ teaspoon of cinnamon. Roll each of the dough balls generously in the cinnamon-sugar mixture and arrange on 2 baking sheets. Slightly flatten the dough balls because the cookies will only slightly spread in the oven.
6. Bake the cookies for 8-10 minutes. The cookies will look very soft and under baked. Remove from the oven and press a few more cinnamon chips onto the tops, if desired.
7. Allow the cookies to cool for at least 10 minutes on the cookie sheets before transferring to a wire rack. The longer the cookies cool, the chewier they will be.