



“I like simple and I like using the Barbie.”

- Cory Bytof, Sustainability & Volunteer Program Coordinator

Grilled Veggies with Balsamic Vinegar

Ingredients:

3 medium sized zucchinis
3 medium sized summer squash
2 large red peppers
A bunch of larger-sized asparagus
Portobello mushrooms
Olive oil
Balsamic vinegar
Salt and pepper

Directions:

1. Slice vegetables into large pieces, about ¼” thick (so they don’t slip through the grates very easily).
 - Break off ends of asparagus, but leave whole
2. Place in a large container or plate and coat with olive oil and salt and pepper
3. Grill over medium heat until you get solid grill marks on either side and the veggies are getting tender
4. Put in a serving dish
5. Drizzle with balsamic vinegar
6. Serve with good bread to soak up the extra oil and vinegar



“As a vegetarian, people often think that I eat like a rabbit. They assume a plate of lettuce for dinner is somehow satisfying. But just like everyone else, I enjoy a warm, hearty meal. Which is why I LOVE casseroles! Here is one of my faves.”

- Courtney Scott, Fire Dept

“More Casserole”

Ingredients:

1 box elbow macaroni
1 tbsp butter
1 medium onion – chopped
1 tbsp minced garlic
2, 14.5 oz cans stewed tomatoes
1, 6 oz can tomato paste
1, 14.75 oz can cream style corn
1, 14.5 oz can green beans – drained
1, 6 oz can sliced black olives – drained
1 cup Mexican blend shredded cheese
1 tsp salt
¼ tsp pepper

Directions:

Cook macaroni in boiling water. Drain. Sauté onion in butter until soft, then combine onions and all other ingredients with the noodles. Turn into a baking dish.

Cover and cook for 30 minutes at 350 degrees. Uncover and cook for 20 minutes then top with even more cheese if you're feeling saucy.



“Instead of veggie broth, I use
1 tsp of Better than Bouillon
per cup of water.
Makes it delicious!”

- Courtney Scott, Fire Dept

Chard, Lentil & Potato Slow Cooker Soup

-adapted from ohmyveggies.com and [Fresh from the Vegetarian Slow Cooker](#), by Robin Robertson

Prep Time: 20 minutes; Cook Time: 8 hours; Yields: 6

Ingredients:

1 tbsp. olive oil
1 large yellow onion, chopped
1 celery stalk, sliced
1 large carrot, sliced
2 garlic cloves, minced
1 large bunch Swiss chard, leaves torn into bite-sized pieces and stems sliced
1 c. dried brown lentils, picked over and rinsed
4 medium Yukon Gold potatoes, cut into 1-inch pieces
6 c. vegetable broth (or 6 tsp. Better than Bouillon plus 6 cups of water)
1 tbsp. soy sauce or tamari
salt and pepper to taste

Directions:

1. Heat oil in a large skillet over medium heat. Add onion, celery, carrot, garlic, and stems from Swiss chard. Cover and cook until softened, about 8-10 minutes, stir occasionally.
2. Add cooked vegetable mixture, lentils, potatoes, broth, and soy sauce in a 4- to 6-quart slow cooker. Stir to combine, cover, and cook on low heat for 8 hours.
3. Just before soup is finished cooking, bring a large pot of water to a boil. Place reserved chard leaves in boiling water and cook until tender, about 5 minutes. Drain well and stir into soup. Season with salt and pepper to taste.



“We almost always have all the ingredients in our pantry, so this is a great go-to meal. You can mix it up by adding spinach or other leafy greens to the lentils, or skipping the onions if you’re in a hurry.”

- Diane de Lara, Library

Indian Spiced Red Lentils (Dal) with Roasted Cauliflower

Prep & cook time: 40-50 minutes, much of it unattended; Serves 3-4

Dal ingredients:

½ Tbsp ghee (or butter)
1/4 of a medium onion, thinly sliced
1 cup red lentils, rinsed
1/2 tsp turmeric powder
2 medium tomatoes, chopped
4 cups water
salt to taste (added near end)

Tempering addition:

1 Tbsp ghee (or butter)
1 tsp whole cumin seeds
2 tsp black mustard seeds
1 tsp ground coriander (optional)
1/4 tsp paprika or chili powder (optional)

Optional garnish: chopped fresh cilantro

Directions:

Over medium-low heat, melt ghee/butter and saute onion a few minutes, until soft. Add water, lentils, turmeric and tomatoes and bring to a boil. Turn down to a simmer, loosely cover and cook for 20-30 minutes, skimming off any foam. If using canned tomatoes, smash the tomatoes with the back of a spoon to help them disintegrate. Stir occasionally to make sure it's not sticking to the bottom of the pan. When nearly done, add salt, and make the tempering addition.

Melt ghee in small pan over medium-high heat. Add cumin and mustard seeds and cook until fragrant, 30-60 seconds. Add ground spices, if using. After a few more seconds, pour the mixture into the lentils and stir. Serve over basmati rice, with roasted cauliflower, and top with cilantro.

Roasted Cauliflower:

one small head of cauliflower
olive oil
1 tsp or so curry powder (see note)
salt and pepper to taste

Preheat oven to 400°. Chop cauliflower into florets. Place in single layer in baking pan. Drizzle with olive oil and spices and toss. Bake 20-25 minutes or until nicely browned.

Note: Curry powders vary widely in flavor and intensity, so the amount can vary. No curry? Use a mix of turmeric, ground cumin, and ground coriander, with any or all of the following in smaller quantities: ground ginger, cinnamon, nutmeg, ground clove, ground cardamom, cayenne, paprika.



“My boyfriend and I double-team this; he preps the veggies while I make the sauce. He's a meat eater but doesn't miss the meat! Other variations include adding chili or red pepper flakes for heat, coconut milk for richness, and cilantro for freshness.”

- Diane de Lara, Library

Steamed Vegetables with Peanut Sauce

Prep and Cooking time: 30-40 minutes; Serves 3-4, depending on how many vegetables

Ingredients:

cauliflower, cored and cut into florets
broccoli, cut into florets; stalks, if using,
peeled and roughly chopped
carrot, peeled and sliced
red bell pepper, seeded and chopped

(or other vegetables you like, such as cabbage
or bok choy, green beans, fresh spinach;
or even some bean sprouts or cubes of tofu)

Peanut Sauce:

1 Tbsp oil
½ cup onion, finely chopped
1 Tbsp ginger, finely chopped or grated
2 cloves garlic, finely chopped or crushed
1 cup water
½ cup natural peanut butter
2 Tbsp soy sauce
½ Tbsp brown sugar, or honey
About ¼ cup rice or cider vinegar, or even
lemon or lime juice (to taste)

Directions:

Make Sauce: -Heat oil in saucepan over medium-low heat. Sauté onions for a few minutes, until soft. Add garlic and ginger, cook until fragrant, around a minute.

-Add water, and when it's warm again, add peanut butter, soy sauce, and sugar. Stir to combine.

-Simmer briefly, then remove from heat and add vinegar or lime juice. Add more water or vinegar to adjust consistency and tartness of the sauce. (We like it thick, if you want it thinner, be sure to add more spices so the flavor's not diluted.)

Prepare vegetables: If using a steamer, then begin steaming cauliflower first, then after a few minutes add carrots and bell peppers, and after a minute add the broccoli, and steam until done.

You can also steam using a microwave. Put chopped cauliflower between two plates and cook on high for two minutes, or more if it's a large amount. Put into large bowl and cover. Put carrots and peppers between plates and cook for one-and-a-half to two minutes. Add to bowl. Lastly cook broccoli in same manner, for two minutes. Add to bowl and stir to mix.

Serve vegetables over a bed of rice or noodles, and top with peanut sauce. Enjoy!



“With a salad and some crusty bread this creamy soup makes a hearty meal. Searing the broccoli may seem like a troublesome step, but it's not hard and it adds such great flavor!”

- Diane de Lara, Library

Seared Broccoli and Potato Soup

-adapted to be vegan from a New York Times recipe by Melissa Clark

Prep & cooking time: 45 min.; Serves 4

Ingredients:

½ cup olive oil, plus more as needed
2 bunches broccoli (about 2 pounds, cut into florets, stems peeled and diced)
2 tsp salt, more to taste
1 large onion, chopped
5 cloves garlic, chopped
½ tsp black pepper, more to taste
¼ tsp red pepper flakes
1 large potato (about ¾ lb.), peeled and thinly sliced
5 cups water
¼ tsp finely grated lemon zest
1 Tbsp fresh lemon juice, more to taste

Directions:

In large pot, heat 2 Tbsp of oil over high heat. Add enough broccoli to cover the bottom of the pan in one layer without crowding. Do not stir, let broccoli cook untouched for 3-4 minutes (set a timer!), until dark brown on one side (leave the other side bright green). Transfer to a big bowl and repeat with a touch more oil and remaining broccoli. Sprinkle with ½ tsp salt and set aside.

Reduce heat to medium-low. Add 2 Tbsp of oil, and then onions, garlic, both peppers, and ½ tsp salt. Cook until soft, about 4 minutes. Add potato, 5 cups water, and remaining 1 tsp salt. Bring to simmer, cover pot, and cook until potatoes are tender, about 10 minutes. Add broccoli (liquid may not fully cover veggies, that's okay), cover again and cook another 5 minutes.

Remove from heat. Add lemon zest and roughly puree soup with an immersion blender or regular blender, leaving some small chunks for texture. Stir in lemon juice. Taste, and adjust with more salt or lemon juice. If desired, finish with Parmesan cheese, a drizzle of olive oil, a dash of black pepper or sea salt.