

Shopping List: 5 Vegetarian Dinners

Fresh Produce

2 medium onions
2 green bell peppers
4 large poblano peppers
1 pound of Russet potatoes
1 large tomato
1 bunch of green onions
1 clove garlic
1 medium sweet potato
1 lemon
½ pint cherry tomatoes
1 cucumber
1 bunch scallions
2 cups of veggies of your choice for
pizza toppings
2 cups seasonal vegetables

Bread

4 whole wheat pita breads

Dry Goods

2 cups dry quinoa
1 (16 oz.) can beans
1 (14 oz.) can of fire-roasted diced
tomatoes
1 jar low-sodium tomato or pizza sauce
1 jar of salsa verde
1 can of chipotle peppers in adobe
sauce

Dairy

8 oz. (1 cup) mozzarella cheese
Asadero shredded cheese (or similar
cheese)
1/3 cup feta *optional*

Meat or Substitutes

8 oz. firm tofu

Pantry Staples

Add items to list if you don't already have them

Chili Powder
Ground Cumin
Unsweetened Cocoa Powder
Salt and Pepper
Olive Oil
Vegetable Oil
Soy Sauce

Slow Cooker Veggie Chili

Try this Veggie Chili tonight with your family. It's high in fiber and vitamin C, plus the spices give it an extra kick!

Makes 7 servings. 1 cup per serving.

Ready in 8 hours 15 minutes.

Ingredients

½ medium onion, chopped
½ green bell pepper, chopped
2 garlic cloves, chopped
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon unsweetened cocoa powder
¼ teaspoon salt
¼ teaspoon pepper
1 (14-oz) can fire-roasted diced tomatoes
2 cups cooked beans
½ medium sweet potato, peeled and chopped
½ cup water

Directions

1. Combine all ingredients in the slow cooker and cook on LOW for 7-8 hours, or HIGH for 4 hours, or until the chili has thickened and the vegetables are cooked.

Nutrition information per serving: Calories 92, Total Fat 2.9g, Saturated Fat 0.4g, Sodium 136mg

Recipe Source: Leah's Pantry

Quinoa Veggie Salad

This quinoa salad is sure to be a favorite! Toss in some chicken or salmon for added protein.

Makes 11 servings. 1 cup per serving.
Ready in 30 minutes.

Ingredients

2 cups quinoa
3 cups water, vegetable broth, or chicken broth
2 Tablespoons olive oil
1 teaspoon lemon rind, grated
2 teaspoons lemon juice
½ teaspoon salt
1 cup cherry tomatoes, quartered
1 green bell pepper, chopped
½ cucumber, chopped
1/3 cup feta cheese, crumbled (*optional*)
2 scallions, finely sliced

Directions

1. Rinse quinoa. Bring water or broth to a boil in large saucepan; stir in quinoa. Cover and simmer 15 minutes, or until absorbed.
2. Whisk together olive oil, grated lemon rind, lemon juice and salt for dressing, in a small bowl.
3. Add dressing and remaining ingredients to quinoa in a large bowl; toss well and serve.

Nutrition information per serving: Calories 161, Total Fat 5.3g, Saturated Fat 1.2g, Carbohydrate 23.5g, Dietary Fiber 3.2g, Protein 5.5g, Sodium 165mg

Recipe Source: Leah's Pantry

Pita Pizzas

A kid favorite! Let kids add their favorite toppings to this fun meal

Makes 4 servings. 1 pita pizza with sauce and toppings per serving.
Ready in 18 minutes.

Ingredients

4 whole wheat pita breads
1 cup mozzarella cheese
1 cup low-sodium tomato or pizza sauce
2 cups toppings: bell peppers (green, red, yellow, orange), broccoli, mushrooms, olives, apple, pear, pineapple, onions, tomatoes, asparagus, etc.

Directions

1. Preheat oven or toaster oven to 425°F. Chop or slice the toppings into small pieces.
2. Place the pitas on a cookie sheet for assembly. Spread the tomato sauce on the pita leaving room for crust.
3. Sprinkle with cheese and add the toppings.
4. Cook pizzas in the oven for 5-8 minutes, or until cheese is melted.
5. Serve immediately with a simple green salad.

Nutrition information per serving: Calories 315, Total Fat 13.1g, Saturated Fat 6.8g, Dietary Fiber 5.6g, Sodium 779mg

Recipe Source: Leah's Pantry

Tofu and Vegetable Stir-Fry

This stir-fry is colorful, flavorful and loaded with nutrients. Tofu is a great alternative protein that is a great source of calcium and vitamin E.

Makes 6 servings. 1 cup per serving.

Ready in 20 minutes.

Ingredients

1 tablespoon vegetable oil	1 carrot, peeled and sliced
½ medium onion, sliced	1 green bell pepper, seeded and cut into strips
2 cloves garlic, finely chopped	1 cup baby corn, drained and cut into pieces
1 tablespoon fresh ginger root, finely chopped	1 small head bok choy, chopped
1 (16 ounce) package tofu, drained and cut into cubes	2 cups fresh mushrooms, chopped
½ cup water	1¼ cups bean sprouts
4 tablespoons rice wine vinegar	1 cup bamboo shoots, drained and chopped
2 tablespoons honey	½ teaspoon crushed red pepper
2 tablespoons soy sauce	2 medium green onions, thinly sliced diagonally
2 teaspoons cornstarch dissolved in	
2 tablespoons water	

Directions

1. In a large skillet, heat oil over medium-high heat. Stir in onions and cook for one minute. Stir in garlic and ginger, and cook for 30 seconds. Stir in tofu, and cook until golden brown.
2. Stir in carrots, bell pepper and baby corn, cooking for 2 minutes. Stir in bok choy, mushrooms, bean sprouts, bamboo shoots, and crushed red pepper, and heat through. Remove from heat.
3. In a small saucepan, combine water, rice wine vinegar, honey, and soy sauce, and bring to a simmer. Cook for two minutes, then stir in cornstarch and water mixture. Simmer until sauce thickens. Pour sauce over vegetables and tofu. Garnish with scallions.

Nutrition information per serving: Calories 174, Total Fat 6g, Saturated Fat 0.9g, Carbohydrate 25g, Dietary Fiber 6g, Protein 9.1g, Sodium 352mg

Recipe Source: Jewish Family Service

Chipotle Potato Stuffed Poblanos

This recipe is great for a festive breakfast, dinner, or a family gathering.

Makes 4 servings. 1 stuffed poblano pepper per serving.
Ready in 35 minutes.

Ingredients

4 large poblano peppers
1 pound russet potatoes (about 2 large potatoes), cut into small cubes
 $\frac{3}{4}$ cup diced tomato
 $\frac{1}{3}$ cup sliced green onion
 $\frac{1}{2}$ cup prepared salsa verde
1 tablespoon chopped canned chipotle peppers in adobo sauce
1 teaspoon adobo sauce from can
4 tablespoons shredded Asadero or Oaxaca cheese

Directions

1. Put poblano peppers in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
2. Rub off skins and very carefully cut open and remove seeds, leaving stems attached. Place on a small baking sheet and set aside.
3. Place potatoes in a medium bowl. Cover and microwave on high for about 7 or 8 minutes or until potatoes are soft. Mash well.
4. Stir tomato, green onion, salsa, chipotle pepper, and adobo sauce into mashed potatoes.
5. Spoon about $\frac{2}{3}$ cup potato mixture into each broiled pepper and sprinkle each with a tablespoon of cheese.
6. Broil stuffed poblanos for 1 or 2 minutes or until cheese is melted.
7. Serve immediately.

Nutrition information per serving: Calories 140, Total Fat 2g, Saturated Fat 1g, Carbohydrate 27g, Dietary Fiber 5g, Protein 5g, Sodium 160mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)