



# vegetarian recipes for beginners

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## Abdulrahman Ali

# Extra Vegetable Fried Rice



## INGREDIENTS

1 ½ teaspoons + 2 tablespoons avocado oil or safflower oil,  
divided

2 eggs, whisked together

1 small white onion, finely chopped (about 1 cup) 2  
medium carrots, finely chopped (about ½ cup)

2 cups additional veggies, cut into very small pieces for quick  
cooking (see photos for size reference; options include snow peas,  
asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen  
peas—no need to thaw first)

¼ teaspoon salt, more to taste

1 tablespoon grated or finely minced fresh ginger 2  
large cloves garlic, pressed or minced  
Pinch of red pepper flakes

2 cups cooked brown rice (\*see notes!)

1 cup greens (optional), such as spinach, baby kale or tatsoi 3 green  
onions, chopped

1 tablespoon reduced-sodium tamari or soy sauce\*\* 1  
teaspoon toasted sesame oil

Chili-garlic sauce or sriracha, for serving (optional)

## INSTRUCTIONS

This recipe comes together quickly. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies. I'm suggesting that you start over medium-high heat, but if at any point you catch a whiff of oil or food burning, reduce the heat to medium.

Warm a large cast iron or stainless steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Immediately add 1 ½ teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.

Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions

are translucent and the carrots are tender, about 3 to 5 minutes.

Add the remaining veggies and salt. Continue cooking, stirring occasionally (don't stir too often, or the veggies won't have a chance to turn golden on the edges), until the veggies are cooked through and turning golden, about 3 to 5 more minutes. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.

Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges, about 3 to 5 minutes.

Add the greens (if using) and green onions, and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the tamari and sesame oil. Taste, and add a little more tamari if you'd like more soy flavor (don't overdo it or it will drown out the other flavors) or salt, if the dish needs an extra boost of overall flavor.

Divide into bowls and serve immediately. I usually serve mine with chili-garlic sauce or sriracha on the side. Leftovers store well in the refrigerator, covered, for 3 to 4 days (if you used purple cabbage, it might stain your scrambled eggs a funny blue color, but it's fine to eat).

## NOTES

**\*RICE NOTES:** You'll need to cook about 1 cup dry rice to yield enough for this recipe; be sure not to over-cook it or it will stick to the pan. I prefer short-grain brown rice since it's a little chewy, but medium-grain or jasmine rice will work, too. Here's how I cook brown rice. You can use freshly cooked rice if you spread it onto a large tray and let it cool for 5 to 10 minutes first (this gives it a chance to dry out a bit so it doesn't steam itself in the pan). Day-old leftover, refrigerator rice is great, too. Just break up any clumps of rice before you add it to the pan. Credit goes to Serious Eats for the rice tips!

**\*\*MAKE IT GLUTEN FREE:** Be sure to use gluten-free tamari, not regular soy sauce.

**MAKE IT VEGAN:** Omit the eggs and the 1 ½ teaspoons oil that goes with them. For extra protein, you could mix in 1 cup edamame (thawed if necessary) or a batch of my crispy baked tofu with the cooked veggies at the end.

# Best Lentil Soup





## How to Make the Best Lentil Soup

Five reasons to love this recipe:

The recipe calls for seasonal vegetables and affordable pantry ingredients, but tastes gourmet.

This lentil soup has an amazing hearty texture that's lightly creamy (yet there is no cream). The trick is to blend up a portion of the soup once the lentils are tender, and then pour it back into the pot. It's like magic.

This nutritious, well-balanced soup counts as a meal if you enjoy a generous portion. Lentils are rich in protein, fiber, iron and folate.

Lentil soup packs well for lunch in a leak-proof container, and it tastes even better the next day.

This soup freezes and defrosts well. Make soup now and enjoy it later!

## INGREDIENTS

¼ cup extra virgin olive oil

1 medium yellow or white onion, chopped 2

carrots, peeled and chopped

4 garlic cloves, pressed or minced 2

teaspoons ground cumin

1 teaspoon curry powder

½ teaspoon dried thyme

1 large can (28 ounces) diced tomatoes, lightly drained 1 cup

brown or green lentils, picked over and rinsed

4 cups vegetable broth 2

cups water

1 teaspoon salt, more to taste

Pinch of red pepper flakes

Freshly ground black pepper, to taste

1 cup chopped fresh collard greens or kale, tough ribs removed

1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

## INSTRUCTIONS

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the

puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)

Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.

Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

# Crispy Falafel



Six reasons to love this healthy falafel recipe :

These falafels are golden brown and crispy on the outside. The insides are tender, delicious, and full of fresh herbs.

They're baked instead of fried, so they contain significantly less fat than fried falafel. And your house won't smell like fried food for days. Winning!

Once your chickpeas are sufficiently soaked, the falafel mixture comes together in no time. If you have someone to help shape the patties, they'll come together even faster.

These falafels are gluten free and vegan, so they're a great party appetizer.

These falafels freeze well, so they're a fantastic protein-rich option to keep on hand for future salads and pita sandwiches.

On that note, this recipe is easily doubled! See recipe notes.



## How to Make the Best Homemade Falafel

Bake it, don't fry it. I say this because frying requires a lot of sizzling hot oil, and that scares me. I also don't have a good vent over my oven to take the fried food smell far, far away. Plus, you can use a reasonably amount of heart-healthy olive oil in the baked version.

Coat your rimmed baking sheet with olive oil. That way, you get a fried effect in the oven, and you don't have to brush the little falafels individually with olive oil. Winning!

Use dried chickpeas, not canned. Canned chickpeas do not work for falafel. They're far too wet. If you try to use canned chickpeas instead of dried and soaked chickpeas, you'll end up with sad falafel pancakes. Some recipes try to counteract the wetness by adding flour, which significantly dulls the flavor and makes the texture more doughy.

Soak the dried chickpeas for at least four hours. If your chickpeas aren't sufficiently softened, you'll have unpalatably tough pieces of chickpea in your falafel. There's just no workaround here.

Choose your dried chickpeas wisely. Try to buy your dried chickpeas from a store with high turnover, because old chickpeas need longer to soften. If you have options, pick the chickpeas that are the smallest, since they'll soften faster.

## Falafel Serving Suggestions

Serve falafel as an appetizer, wrap it into a pita sandwich, or add it to salad for a protein-rich topping. Falafel goes great with any of the following ingredients:

Pita bread, warmed or toasted (tear it up for pita “croutons”)

Fresh greens (such as spring greens or chopped romaine)

Tomatoes, sliced

Bell peppers, cut into strips

Cucumber, thinly sliced

Kalamata olives, pitted and sliced

Raw red onion, thinly sliced, or quick-pickled onions Feta cheese, crumbled

Sauce: Something creamy like tzatziki, hummus, or tahini sauce, and maybe a spicy sauce like zhoug or shatta, too

Here’s a tahini dressing recipe that goes great with this falafel, too:

1/4 cup tahini

Zest and juice of 1 small lemon 1

tablespoon white miso

2 garlic cloves, pressed

2 tablespoons fresh dill, chopped

1 tablespoon fresh parsley, chopped

Pinch of cayenne

1/3 cup water

In a small food processor, combine all of the ingredients and blend well. You can also whisk the ingredients together by hand in a small bowl, just note that you'll need to chop the fresh herbs and zest more finely than you would if you were using a food processor.

# Epic Vegetarian Tacos



## INGREDIENTS

### Essential components

Quick-pickled onions

Creamy avocado dip

Easy refried beans

8 corn tortillas

### Recommended garnishes

Salsa verde

Shredded green cabbage (for extra crunch)

Crumbled Cotija or feta cheese

Chopped fresh cilantro

Lime wedges

## INSTRUCTIONS

Prepare the onions, avocado dip, and beans as directed, in that order.

Once they're ready, warm the tortillas in a large skillet over medium heat in batches, flipping to warm each side.

Alternatively, you can warm them directly over a low flame on a gas range. Stack the warmed tortillas on a plate and cover with a tea towel to keep warm.

To assemble the tacos, spread refried beans down the center of each tortilla. Top with avocado dip and onions (for reference, I used all of the beans and about half of the avocado dip and onions). Finish the tacos with garnishes of your choice, and serve immediately.

Leftover components are best served separately; reheat the tortillas and beans before serving. Leftover pickled onions and avocado dip are great on quesadillas, nachos or tortilla chips, sandwiches, etc.



## NOTES

**MAKE IT GLUTEN FREE:** Be sure to buy 100% corn/certified gluten-free tortillas.

**MAKE IT VEGAN:** Skip the cheese.

**MAKE IT QUICK:** You could, theoretically, substitute store-bought refried beans and guacamole for the avocado sauce. Or make the pickled onions and avocado dip in advance, so the tacos come together more quickly.

Pin PEPPER to Posole



## INGREDIENTS

2 to 4 guajillo chili peppers\*

2 tablespoons extra-virgin olive oil 1

large white onion, finely chopped 4

cloves garlic, pressed or minced 1

tablespoon ground cumin

½ cup (4 ounces) tomato paste 1

bay leaf

3 cans (15 ounces each) pinto beans, rinsed and drained 1 can

(15 ounces) hominy, rinsed and drained

32 ounces (4 cups) vegetable broth

2 cups water

½ teaspoon fine sea salt, to taste

¼ cup chopped cilantro, divided 1

lime, halved

Recommended garnishes: sliced avocado, shredded green  
cabbage, chopped radish, onion and/or jalapeño

## INSTRUCTIONS

Cut off the stem ends of the chilis and shake/flick the chilis to remove as many seeds as possible (it's ok if some remain). Rinse them and pat them dry.

Heat an empty Dutch oven or soup pot over medium heat until a few drops of water evaporate quickly from the pan. Toast the chilis in the dry pan, pressing them flat with a spatula for a few seconds until fragrant, then flip them over and press them again for a few seconds. Remove the toasted chilis and set them aside for now.

In the same pot (still over medium heat), warm the olive oil until shimmering. Add the onion and a pinch of salt. Cook, stirring often, until the onions are tender and translucent, about 5 minutes.

Add the garlic and cumin and cook until fragrant while stirring, about 1 minute. Add the tomato paste and cook, while stirring, for 1 minute.

Add the toasted chili peppers, bay leaf, hominy, beans, vegetable broth and water to the pot. Stir in ½ teaspoon salt and raise the heat to medium-high. Bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer, stirring occasionally, and cook for 25 minutes.

Remove the chili peppers and bay leaf from the soup and discard them. Stir the cilantro and juice of  $\frac{1}{2}$  lime into the soup. Taste, and add more salt (I usually add at least  $\frac{1}{4}$  teaspoon more) and/or lime juice if necessary. For extra richness, add a little splash of olive oil and stir it in.

Cut the remaining lime into small wedges. Divide the soup into bowls and garnish with lime wedges and other garnishes of your choice.

# Vegetable Paella





## INGREDIENTS

3 tablespoons extra-virgin olive oil, divided 1  
medium yellow onion, chopped fine  
1 ½ teaspoons fine sea salt, divided 6  
garlic cloves, pressed or minced 2  
teaspoons smoked paprika  
1 can (15 ounces) diced tomatoes (preferably the fire-roasted variety), drained  
2 cups short-grain brown rice\*  
1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas  
3 cups vegetable broth  
⅓ cup dry white wine\*\* or vegetable broth  
½ teaspoon saffron threads, crumbled (optional)  
1 can (14 ounces) quartered artichokes or 1 jar (12 ounces) marinated artichoke, drained  
2 red bell peppers, stemmed, seeded and sliced into long, ½"-wide strips  
½ cup Kalamata olives, pitted and halved

Freshly ground black pepper

¼ cup chopped fresh parsley, plus about 1 tablespoon more for garnish

2 tablespoons lemon juice, plus additional lemon wedges for garnish

½ cup frozen peas

## INSTRUCTIONS

Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your Dutch oven. You're going to need a large Dutch oven (preferably 6 quarts/11-to-12" in diameter or bigger, although I got by with my 5.5-quart Le Creuset) or a large skillet with a snug-fitting lid (both must be oven-safe!).

Preheat the oven to 350 degrees Fahrenheit. Heat 2 tablespoons of the oil in your Dutch oven or skillet over medium heat until shimmering. Add the onion and a pinch of salt. Cook until the onions are tender and translucent, about 5 minutes.

Stir in the garlic and paprika and cook until fragrant, about 30 seconds. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes. Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, broth, wine, saffron (if using) and 1 teaspoon salt.

Increase the heat to medium-high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed and the rice is tender, 50 to 55 minutes.

Meanwhile, line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil,  $\frac{1}{2}$  teaspoon of the salt, and about 10 twists of freshly ground black pepper. Toss to combine, then spread the contents evenly across the pan.

Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40 to 45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add  $\frac{1}{4}$  cup parsley to the pan and the lemon juice, and toss to combine. Season with salt and pepper, to taste. Set aside.

For optional socarrat (crispy bottom—beware that you might have to scrub burnt bits from your pot later if you do this): Uncover the pot of baked rice, transfer it to the stovetop and cook over medium-high heat for about 5 minutes, rotating the pot as needed, until the bottom layer of rice is well browned and crisp.

Socarrat or not, sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 minutes. Garnish with a sprinkle of chopped parsley (about 1 tablespoon) and serve in individual bowls, with lemon wedges on the side.

# Best Vegetable Lasagna



## The Best Vegetable Lasagna

Five reasons to love this recipe:

You can easily adjust the vegetables to suit the seasons or your pantry (see recipe notes).

The sauce is made from scratch with basic ingredients. It only takes a few minutes to make.

Use no-boil noodles and you don't have to bother cooking them. Just layer them up!

I recommend cottage cheese instead of ricotta, which has more protein and flavor (trust me).

You can even make this recipe gluten free and/or vegan. See the recipe notes for details.

The end result is a super flavorful, nutrient-dense, veggie- packed lasagna. This lasagna might not be the quickest weeknight option around, but it is a reasonably simple recipe that will absolutely satisfy your comfort food cravings.

## INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit.

To prepare the veggies: In a large skillet over medium heat, warm the olive oil. Once shimmering, add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 8 to 12 minutes.

Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook until all of the spinach has wilted, about 3 minutes. Remove the skillet from the heat and set aside.

Meanwhile, to prepare the tomato sauce: Pour the tomatoes into a mesh sieve or fine colander and drain off the excess juice for a minute. Then, transfer the drained tomatoes to the bowl of a food processor. Add the basil, olive oil, garlic, salt, and red pepper flakes.

Pulse the mixture about 10 times, until the tomatoes have broken down to an easily spreadable consistency. Pour the mixture into a bowl for later (you should have a little over 2 cups sauce). Rinse out the food processor and return it to the machine.



Pour half of the cottage cheese (1 cup) into the processor and blend it until smooth, about 1 minute. Transfer the mixture to large mixing bowl. No need to rinse out the bowl of the food processor this time; just put it back onto the machine because you'll need it later.

Transfer the cooked veggies and spinach mixture to the bowl of the food processor. Pulse until they are more finely chopped (but not puréed!), about 5 to 7 times, stopping to scrape down the sides as necessary. Transfer the mixture to the bowl of whipped cottage cheese. Top with the remaining cottage cheese, then add  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon salt (to taste) and lots of freshly ground black pepper. Stir to combine. Now it's lasagna assembly time!

Spread  $\frac{1}{2}$  cup tomato sauce evenly over the bottom of a 9" by 9" baking dish. Layer 3 lasagna noodles on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread half of the cottage cheese mixture evenly over the noodles. Top with  $\frac{3}{4}$  cup tomato sauce, then sprinkle  $\frac{1}{2}$  cup shredded cheese on top.

Top with 3 more noodles, followed by the remaining cottage cheese mixture (we're skipping the tomato sauce in this layer.) Sprinkle  $\frac{1}{2}$  cup shredded cheese on top.

Top with 3 more noodles, then spread  $\frac{3}{4}$  cup tomato sauce over the top (you may have a little sauce leftover) to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.

Wrap a sheet of parchment paper or foil around the top of the lasagna (don't let it come into contact with the cheese). Bake, covered, for 18 minutes, then remove the cover, rotate the pan by 180° and continue cooking for about 10 to 12 more minutes, until the top is turning spotty brown.

Remove from oven and let the lasagna cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature. Sprinkle additional basil over the top, then slice and serve.

## INGREDIENTS

Veggies and spinach

2 tablespoons extra-virgin olive oil

3 large carrots, chopped (about 1 cup) 1

red bell pepper, chopped

1 medium zucchini, chopped

1 medium yellow onion, chopped

¼ teaspoon salt

5 to 6 ounces baby spinach

Tomato sauce (or substitute 2 cups prepared marinara sauce)

1 large can (28 ounces) diced tomatoes

¼ cup roughly chopped fresh basil + additional for garnish 2

tablespoons extra-virgin olive oil

2 cloves garlic, pressed or minced

½ teaspoon salt

¼ teaspoon red pepper flakes

## Remaining ingredients

2 cups (16 ounces) low-fat cottage cheese, divided

¼ teaspoon salt, to taste

Freshly ground black pepper, to taste 9

no-boil lasagna noodles\*

8 ounces (2 cups) freshly grated low-moisture, part-skim  
mozzarella cheese

# Roasted Cauliflower and Lentil Tacos with Creamy Chipotle Sauce



## INSTRUCTIONS

To roast the cauliflower: Preheat oven to 425 degrees Fahrenheit. Toss cauliflower florets with enough olive oil to cover them in a light, even layer of oil. Season with salt and pepper and arrange the florets in a single layer on a large, rimmed baking sheet. Roast for 30 to 35 minutes, tossing halfway, until the florets are deeply golden on the edges.

Warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for about 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the lentils and the vegetable broth or water. Raise heat and bring the mixture to a gentle simmer. Cook, uncovered, for 20 minutes to 45 minutes, until the lentils are tender and cooked through. Reduce heat as necessary to maintain a gentle simmer, and add more broth or water if the liquid evaporates before the lentils are done. Once the lentils are done cooking, drain off any excess liquid, then cover and set aside.

To prepare the chipotle sauce, just whisk together the ingredients and set aside (if you have no choice but to use whole chipotle peppers from the can, use a blender to purée it all).

Warm tortillas individually in a pan over medium heat. Stack the warm tortillas and cover them with a tea towel if you won't be serving the tacos immediately.

Once all of your components are ready, you can assemble your tacos! Top each tortilla with the lentil mixture, cauliflower, a drizzle of chipotle sauce and a generous sprinkle of chopped cilantro.



## INGREDIENTS

### Cauliflower

1 large head of cauliflower, sliced into bite-sized florets 2 to 3  
tablespoons olive oil

Salt and freshly ground black pepper

### Seasoned lentils

1 tablespoon olive oil

1 cup chopped yellow or white onion

2 large garlic cloves, pressed or minced 2  
tablespoons tomato paste

½ teaspoon ground cumin

½ teaspoon chili powder

¾ cup brown lentils, picked over for debris and rinsed 2  
cups vegetable broth or water

### Chipotle sauce

⅓ cup mayonnaise

2 tablespoons lime juice

2 to 3 tablespoons adobo sauce (from a can of chipotle peppers) or  
chipotle hot sauce to taste

Salt and freshly ground black pepper, to taste

Everything else

8 small, round corn tortillas

½ cup packed fresh cilantro leaves\*

# Classic Minestrone Soup



## INSTRUCTIONS

Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.

Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.

Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.

Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.

Cook for 15 minutes, then remove the lid and add the pasta, beans and greens. Continue simmering, uncovered, for 20 minutes or until the the pasta is cooked al dente and the greens are tender.

Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil.

Taste and season with more salt (I usually add about  $\frac{1}{4}$  teaspoon more) and pepper until the flavors really sing. Garnish bowls of soup with grated Parmesan, if you'd like.

## INGREDIENTS

4 tablespoons extra-virgin olive oil, divided 1

medium yellow onion, chopped

2 medium carrots, peeled and chopped 2

medium ribs celery, chopped

¼ cup tomato paste

2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans or peas all work)

4 cloves garlic, pressed or minced

½ teaspoon dried oregano

½ teaspoon dried thyme

1 large can (28 ounces) diced tomatoes, with their liquid (or 2 small 15-ounce cans)

4 cups (32 ounces) vegetable broth

2 cups water

1 teaspoon fine sea salt 2

bay leaves

Pinch of red pepper flakes

Freshly ground black pepper

1 cup whole grain orecchiette, elbow or small shell pasta

1 can (15 ounces) Great Northern beans or cannellini beans, rinsed and drained, or 1 ½ cups cooked beans

2 cups baby spinach, chopped kale or chopped collard greens

2 teaspoons lemon juice

Freshly grated Parmesan cheese, for garnishing (optional)



# Black Bean Sweet Potato Enchiladas



## INSTRUCTIONS

Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper for easy cleanup.

Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake until they're tender and cooked through, about 30 to 35 minutes. Leave the oven on, since we'll bake the assembled enchiladas soon (no temperature adjustments necessary).

Meanwhile, pour enough salsa verde into a 9 by 13-inch baking dish to lightly cover the bottom (about  $\frac{1}{2}$  cup). In a medium mixing bowl, combine all of the remaining filling ingredients.

Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins, and lightly mash the sweet potatoes with a fork or the back of a spoon.

Stir the mashed sweet potato into the bowl of filling, and season to taste with additional salt (I added  $\frac{1}{4}$  teaspoon) and pepper.

Warm up your tortillas, one by one in a skillet, or all at once in a microwave so they don't break when you bend them.

Wrap them in a clean tea towel so they stay warm.

Working with one tortilla at a time, spread about ½ cup filling down the center each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.

Top with the remaining salsa verde and cheese. Bake for 25 to 35 minutes, until sauce is bubbling and the cheese is lightly golden.

Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top them with cilantro and red onion. Serve.

## INGREDIENTS

### Filling

1 ¼ pounds sweet potatoes (2 small-to-medium)

1 can (15 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans

4 ounces (1 cup) grated Monterey Jack cheese

2 ounces (½ cup) crumbled feta cheese

2 small cans (4 ounces each) diced green chiles  
1 medium jalapeño, seeded and minced

2 cloves garlic, pressed or minced

2 tablespoons lime juice

½ teaspoon ground cumin

½ teaspoon chili powder

¼ teaspoon cayenne pepper (optional)

¼ teaspoon salt, more to taste

Freshly ground black pepper

### Remaining Ingredients

2 cups (16 ounces) mild salsa verde, either homemade or store-bought

10 corn tortillas

4 ounces (1 cup) grated Monterey Jack cheese 2  
tablespoons sour cream  
1 tablespoon water  
¼ cup chopped red onion  
¼ cup chopped fresh cilantro

for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.

To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.

Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.

Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.

Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added  $\frac{1}{4}$  teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add

½ teaspoon more tamari, or for more acidity, add ½ teaspoon more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.



# Hot Pepper and Onion Pizza



## INGREDIENTS

Flour, for surface

1 lb. pizza dough, at room temperature

Cornmeal, for baking sheet

1/2 oz. extra-sharp Cheddar, coarsely grated 1

small onion, thinly sliced

1 small red pepper, sliced

1 small yellow pepper, sliced

1 poblano pepper, halved and thinly sliced 1

small jalapeño, halved and thinly sliced 1 tbsp.

olive oil

Kosher salt and pepper

## DIRECTIONS

Heat oven to 500°F (if you can't heat the oven this high without broiling, heat to 475°F).

On a lightly floured surface, shape the pizza dough into a 14-in. oval. Place on a cornmeal-dusted or parchment-lined baking sheet. Sprinkle Cheddar over top.

In a large bowl, toss onion and peppers with olive oil and 1/4 tsp each salt and pepper. Scatter over dough and bake until the crust is golden brown, 10 to 12 minutes.

# Spinach and Artichoke Pizza



## INGREDIENTS

Flour, for surface

1 lb. pizza dough, at room temperature

Cornmeal, for baking sheet

1/2 c. small curd 1% cottage cheese

2 tbsp. grated Pecorino Romano cheese 2

tsp. finely grated lemon zest

Kosher salt and pepper 3

c. baby spinach

1 14-oz can artichoke hearts, drained, patted very dry and chopped

2 cloves garlic, thinly sliced 1

tbsp. olive oil

1/2 oz. Parmesan cheese



## DIRECTIONS

Heat oven to 500°F (if you can't heat the oven this high without broiling, heat to 475°F).

On a lightly floured surface, shape the pizza dough into a 14-in. oval. Place on a cornmeal-dusted or parchment-lined baking sheet.

In a mini food processor, puree cottage cheese, pecorino, lemon zest, and 1/4 tsp each salt and pepper. In a bowl, toss spinach, artichoke hearts, garlic, oil, and 1/4 tsp each salt and pepper.

Scatter spinach-artichoke mixture onto dough first, then dollop with cheese mixture and grate Parmesan cheese on top. Bake until crust is golden brown, 10 to 12 minutes.



# Quick Chickpea and Kale Stew



## INGREDIENTS

1 tbsp. olive oil

6 cloves garlic, pressed 1

tbsp. lemon zest

1/2 tsp. fennel seeds, crushed 1/4

tsp. red pepper flakes

1 tbsp. tomato paste

Kosher salt

1 bunch kale, stems and tough ribs removed, leaves  
coarsely chopped (about 12 cups)

2 pt. grape or cherry tomatoes

1 15-oz can low-sodium chickpeas, rinsed Lemon  
wedges and grated pecorino, for serving

## DIRECTIONS

Heat oil in a large Dutch oven on medium. Add garlic and lemon zest and cook, stirring, 1 minute.

Add fennel and red pepper and cook, stirring, 2 minutes more. Stir in tomato paste and cook 1 minute.

Add 4 cups water and 1 teaspoon salt; cover and bring to a boil. Add kale, tomatoes, and chickpeas and simmer 4 minutes.

Uncover and cook, stirring, until kale is just tender and tomatoes have begun to break down, 2 to 3 minutes more. Serve with lemon wedges and pecorino if desired.

# Whole-Wheat Spaghetti with Grilled Asparagus and Scallions



## INGREDIENTS

12 oz. whole-wheat spaghetti 10

oz. mushrooms, trimmed 8 oz.

asparagus, trimmed

1 bunch scallions, trimmed 1

1/2 tbsp. olive oil

1/2 tsp. red pepper flakes

Kosher salt

1 large clove garlic 2

lemons

Grated Parmesan, for serving

## DIRECTIONS

Heat grill to medium-high. Cook pasta per pkg. directions.

Meanwhile, in a large bowl, toss mushrooms, asparagus, and scallions with oil, pepper flakes, and 1/2 tsp. salt.

Grill vegetables until just tender, 3 to 5 minutes. Cut asparagus and scallions into 2-in. pieces; place back in the bowl.

Using a garlic press, squeeze garlic into the bowl and finely grate zest from lemons on top. Halve lemons and grill, cut sides down, until charred.

Add spaghetti to bowl of vegetables, squeezing in juice of lemons and tossing to combine. Serve with grated Parmesan if desired.



# Mâche, Beet, and Orange Salad



## INGREDIENTS

2 tsp. grated lemon zest plus 3 tablespoons juice 1/3 c.  
olive oil

Kosher salt and pepper

1/4 c. fresh mint leaves, chopped, divided 1/4

c. fresh dill, chopped, divided

8 oz. cooked small beets, thinly sliced

2 small navel oranges, rind removed, sliced into rounds 4 c.

mâche, mixed greens, or baby spinach

1/3 c. shelled pistachios, toasted and roughly chopped

## DIRECTIONS

Whisk together lemon zest and juice, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper; stir in half of mint and dill.

In a bowl, gently toss beets with 2 tablespoons vinaigrette. Arrange oranges and beets on a platter. Top with mâche, drizzle with remaining vinaigrette, and sprinkle with pistachios and remaining herbs.