

Marianist Meatless Mondays: E-Cookbook & Resource



Marianist Social Justice Collaborative

A VOICE OF THE MARIANIST FAMILY ON SOCIAL JUSTICE

An Introduction: **Marianist Meatless Mondays** Project

Want to have an impact on climate change? Maybe the easiest way to make an individual difference is to commit to eating less meat. The Marianist Social Justice Collaborative (MSJC) Integral Ecology Team began this initiative, **Marianist Meatless Mondays**, to walk with individuals, families, and communities in the Marianist Family and encourage them to commit to not eating meat at least one day a week.

Food production requires fertilizers, land, machinery, and transportation, but meat demands more of these resources than crops do. Additionally, cows and sheep release methane, a potent greenhouse gas, as they digest their food. Over half of the CO₂ emissions from the average American diet come from meat consumption. If 1,000 Marianists went meatless just one day a week for a year, it could reduce CO₂ by the equivalent of **350,000 miles of driving!**

By launching the ***Laudato Si'* Action Platform** in 2021, Pope Francis renewed the call to care for our common home:

“Let us take care of our mother Earth ... let us overcome the temptation of selfishness that makes us predators of resources, let us cultivate respect for the gifts of the Earth and creation, let us inaugurate a lifestyle and a society that is finally eco-sustainable.”

Marianist Meatless Mondays is our response—connecting our Marianist Catholic faith with sustainable and ethical food practices rooted in the Marianist tradition of **community and care for creation**. MSJC has collected 52 delicious vegetarian and vegan meatless recipes and compiled them into this e-cookbook. We hope members of the Marianist Family continue to commit to food justice through their own weekly meals and that this resource is a tool, among many, to guide the way.

Ready to make a difference—one meal at a time? You can still sign up for a commitment on the form below and receive ongoing support from MSJC’s Integral Ecology Team. Join us in living out our Marianist values through food, faith, and sustainability: [Sign Up Here!](#)

Learn More:

- [Marianist Social Justice Collaborative - Integral Ecology](#)
- [Marianist Encounters Project](#)

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Breads & Breakfast

Pita or Flatbread

Preparation: Time is needed for dough to rest and rise, so allow 2-3 hours.

Yield: 8 pitas (approx. 8" diameter)

Ingredients:

- 2 tsp active dry yeast (or $\frac{3}{4}$ cup of sourdough starter—if so you will need to let your dough rest, then rise for 4-6 hours)
- $\frac{1}{2}$ tsp granulated sugar
- $\frac{1}{4}$ cup whole-wheat flour, preferably freshly milled
- 2 $\frac{1}{2}$ cups unbleached all-purpose flour (divided use)
- 1 tsp kosher salt
- 2 tbsp olive oil

Method:

1. Make sponge: Put 1 cup lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add the whole-wheat flour and $\frac{1}{4}$ cup all-purpose flour and whisk together. Put the bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 mins.
2. Add salt, olive oil and nearly all remaining all-purpose flour (reserve $\frac{1}{2}$ cup). With a wooden spoon or a pair of chopsticks, stir until mixture forms a shaggy mass. Dust with a little reserved flour, then knead in a bowl for 1 minute, incorporating any stray bits of dry dough.
3. Turn dough onto the work surface. Knead lightly for 2 minutes, until smooth. Cover and let rest for 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist. (At this point, dough may be refrigerated in a large zippered plastic bag for several hours or overnight. Bring dough back to room temperature, knead into a ball and proceed with the recipe.)
4. Clean the mixing bowl and put dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put the bowl in a warm (not hot) place. Leave until the dough has doubled in size, about 1 hour.
5. Heat oven to 475 degrees. On the bottom shelf of the oven, place a heavy-duty baking sheet, large cast-iron pan or ceramic baking tile. Punch down dough and divide into 8 pieces of equal size. Form each piece into a little ball. Place dough balls on the work surface, cover with a damp towel and leave for 10 minutes.
6. Remove 1 ball (keeping others covered) and press into a flat disk with a rolling pin. Roll to a 6-inch circle, then to an 8-inch diameter, about $\frac{1}{8}$ inch thick, dusting with flour if necessary. (The dough will shrink a bit while baking.)
7. Carefully lift the dough circle and place quickly on a hot baking sheet. After 2 minutes the dough should be nicely puffed. Turn over with tongs or spatula and bake 1 minute more. The pita should be pale, with only a few brown speckles. Transfer warm pita to a napkin-lined basket and cover so the bread stays soft. Repeat with the rest of the dough balls.



Four Quiches

Quiche may have a reputation for being difficult, but it is easy and adaptable—it just takes time to bake. It makes an elegant light meal—brunch, lunch, or dinner—and can be served with a green salad or fruit, and perhaps white wine. It consists of 3 parts – pie crust, custard, and filling. By changing the filling, you can create a variety of flavorful dishes. You will need a pie pan.

Preparation: 30 minutes hands-on time, 45-60 minutes baking

Yield: 6 servings per quiche

Ingredients and Method:

STEP 1: Make and Bake a Pie Crust. Here are 4 options; the first two are lower fat.

- 1) Couscous crust
 - a) Ingredients: ½ c vegetable broth; ½ c water; ½ c couscous; 1/8 tsp turmeric (color); 1 medium egg white (or 1 tbsp egg substitute)
 - b) Bring the broth and water to a boil, then add the couscous and turmeric. Remove from heat and let stand, covered, for 5 minutes. Cool a little. Stir in the egg white or substitute.
 - c) Press the mixture firmly into the bottom and sides of the pie pan. Bake for 10 minutes at 400 degrees. Remove from oven and allow to cool completely for about 20-30 minutes.
- 2) Rice crust (quinoa works the same way)
 - a) Ingredients: ¼ c uncooked instant rice, prepared according to package directions. You can use broth instead of water to add flavor and also other seasonings. Cool.
 - b) Add 1 beaten egg (or egg substitute or egg white) to the rice.
 - c) Press the rice mixture onto the bottom and sides of a greased pie pan. Bake for 3 minutes at 425 degrees. Remove from the oven and allow to cool.
- 3) Regular pie crust - buy at the store
 - a) Often available frozen in packets of 2, which is nice, since you can make 2 quiches at the same time, either with the same or different fillings.
 - b) Bake the crust according to package directions.
- 4) Regular flour pie crust (enough for 2 pies)
 - a) Ingredients: 2 c all-purpose, sifted flour; ¾ tsp salt; 2/3 cup shortening (can be butter, part butter, margarine, or Crisco shortening) chilled; 4-6 tbsp cold water.
 - b) Method: Stir flour and salt together. Use 2 knives to cut the shortening into the flour. Add water, a little at a time, until the mixture holds together. Divide into two parts, one for each pie pan. It helps if you keep things cold and work quickly, not overworking the dough. (To make ahead of time, tightly wrap and refrigerate the dough and use in a couple of days.)
 - c) Roll out the dough (on wax paper) to 1/8 inch thick and large enough to more than cover the pie pan. Try not to stretch the dough. Press into the bottom of a greased pie pan. Use the overhang to roll up to create an edge. You can use your fingers to

create an attractive edge. Prick the bottom of the dough with a fork. Bake at 425 degrees for 8-10 minutes until lightly browned.

STEP 2: Make the Custard and set aside.

This is always the same. Do you have a 2 c measuring cup? This is super easy if you use it.

- 1) Use 3 eggs or the equivalent of egg substitute and add milk of your choice to the 2 cup mark. Low fat half and half works well or soy-based cream or various kinds of fat free milk. Add a pinch of nutmeg and pepper. Stir. OR
- 2) Break 3 eggs into the measuring cup and stir. Add heavy cream to the 2 cup mark. Add a pinch of nutmeg and pepper. Stir. (That is the Julia Child classic.)

STEP 3: Add the filling and bake. Below are 4 options, but I'm sure you will create your own

1) Spinach Quiche

- a) Ingredients: 1 medium onion, chopped; 10 oz frozen chopped spinach, thawed and squeezed dry; 1 tbsp lemon juice; 2 tbsp grated Parmesan cheese
- b) Add a little canola oil to a small skillet and cook the onion until slightly browned.
- c) Meanwhile, cook the spinach according to package directions, without salt or margarine, but adding lemon juice. Squeeze dry. Stir the onion into the spinach.
- d) Put the spinach mixture into the crust, sprinkle with grated Parmesan cheese, if desired. Pour in the custard mixture. (you can add a little shredded cheddar cheese around the edge to pretty it up)
- e) Bake at 350 degrees for 30 min or until a knife inserted in the center comes out clean.

2) Tomato Quiche

- a) Ingredients: 4 oz button mushrooms, chopped; 6 medium green onions, chopped; 2 cloves garlic, minced; 4 medium or 6 small Italian tomatoes, thickly sliced; 2 tbsp grated Parmesan cheese; 1 tsp dried dill weed
- b) Add a little olive oil to a skillet, and cook the mushrooms, onions, and garlic until tender and starting to brown.
- c) Arrange the tomato slices on the crust, cover with the mushroom mixture, and sprinkle with dill weed, and Parmesan cheese, if using. Pour in the custard mixture.
- d) Bake for 45 minutes at 350 degrees or until a knife inserted in the center comes out clean.

3) Italian Quiche

- a) Ingredients: very small yellow summer squash, chopped; 1 large green onion, sliced; 2 medium cloves garlic, minced; 2 medium Italian tomatoes, halved seeded and chopped and drained; 2 tbsp fresh basil or dill weed, chopped or 1 tsp dried, crumbled; 2 tbsp grated Parmesan cheese
- b) Add a little olive oil to a skillet and heat the squash, onion and garlic over medium heat until tender crisp, about 5 min.

- c) Stir the tomatoes, squash mixture and basil together in a small bowl with the custard and then pour into the crust. Sprinkle with Parmesan cheese.
- d) Bake for 40 minutes at 325 degrees, or until a knife inserted in the center comes out clean.

4) Asparagus and Artichoke Quiche

- a) Ingredients: 8 medium asparagus spears, trimmed and cut into ¼ inch slices; 1 c chopped canned artichoke hearts, drained; 2 medium Italian tomatoes, thinly sliced; ¼ c shredded Parmesan cheese
- b) Arrange the asparagus on the crust. Top with the artichokes and then the tomatoes. Pour the custard over the vegetables. Sprinkle with Parmesan.
- c) Bake at 325 degrees for 45 minutes or until a knife inserted in the center comes out clean.

Note: Are you curious about Quiche Lorraine? You make it exactly the same way, with the filling consisting of about 6-8 slices of fried, chopped drained thick bacon. But it's not meatless! Plain Cheese Quiche is filled with 1 c grated Swiss cheese.

Plant Based, Gluten Free Blueberry Muffin

Preparation: 30 minutes

Yield: 12 mini muffins

Ingredients

- 1/2 cup nut butter (we use sunflower or almond)
- 1/2 cup agave, maple syrup or your favorite sweetener
- 3/4 cup plant based milk
- 1/4 cup oat flour
- 3/4 tbsp baking powder
- Small sprinkle of salt
- 2 tbsp ground flax mixed with 2 tbsp of water (this sit for 15 minutes)
- 1/2 tbsp cinnamon
- 1/2 tsp nutmeg (optional)
- Sprinkle of ground cloves (optional)
- 1 tsp vanilla
- 1/2 cup of frozen blueberries



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Method

1. Mix all ingredients except the blueberries or throw into a high speed blender.
2. Mix in blueberries (do not blend!)
3. Put in muffin tins (grease them so they don't stick). We used Avocado oil.
4. Bake for 20 minutes
5. Top with mini chocolate chips

Strawberry Cheesecake Breakfast Smoothie

You probably have many smoothie recipes of your own. Here is another protein-rich option. You need a blender for this.

Preparation: 10 minutes

Yield: 2 servings

Ingredients:

- 8 oz frozen strawberries (If you have fresh strawberries, cut them in half, put in a resealable container, and freeze for 4 hours or until firm)
- 1 cup ice cubes
- $\frac{3}{4}$ cup coconut yogurt
- $\frac{3}{4}$ cup unsweetened pea milk (or almond milk)
- 4 $\frac{1}{2}$ oz softened cream cheese
- 2 tbsp vegan natural protein powder
- $\frac{1}{4}$ cup hemp protein powder (or flaxseed powder)

Method:

1. Blend ingredients together in a high-speed blender for 1 min or until smooth
2. Pour into 2 serving glasses, garnish with strawberries and serve.

Vegan Goetta

Those who grew up in the Cincinnati, Ohio, area are used to the local treat called Goetta. It is traditionally made with steel cut oats and pork and beef. Many have been successful at creating a non-meat-based Goetta, which can be served as a breakfast food or at dinner, along with a vegetable and toast. Typically, after being cooked and cooled in bread pans, Goetta is then sliced and sautéed in your favorite oil. This takes some time to prepare since it cooks for two hours, has to be cooled overnight, and then fried. It serves a crowd, though!

Preparation: Steps 1-5 take about 2 hours with cooling overnight involved; Steps 6-9 takes about 20 minutes

Yield: 8-10 servings

Ingredients:

- 8 cups water
- 2 cups steel-cut oats
- 2 cups dry quinoa
- 1 small yellow onion
- 4 tbsp chili powder
- 3 tbsp cumin
- 2 ½ tbsp garlic powder
- 2 ½ tbsp fennel
- 2 ½ tbsp sage
- 2 tbsp smoked paprika
- 1 ½ tbsp onion powder
- ½ tbsp black pepper
- ½ tbsp white pepper
- 1 ½ tbsp salt



Method:

Making the Goetta

1. Add 2 cups of water to a blender. Add all ingredients and spices, EXCEPT quinoa. Add 2 more cups of water. Blend thoroughly. (You may have to split this part of the process into two blender loads!) Blend contents thoroughly, 30 seconds to one minute (Continue until oats become finely ground). Mixture should be a creamy consistency rather than chunky).
2. Add this mixture to a crock pot set to high heat. Add 2 even cups of dry quinoa to the crockpot. Add 4 cups of water to this mixture. Stir all ingredients VERY well with a spoon and/or whisk. (You must make sure the quinoa is evenly distributed and mixed in).
3. Cover and simmer. Stir sides and bottom of the crock-pot to avoid crusting every 15-20 minutes. Cook for about 2 hours until there is no (or very little) sitting water. For particularly powerful crock pots, consider using medium heat instead of high. This recipe may take some fine-tuning depending on your equipment!

4. By the end of cooking, the Goetta should be sticky and goopy. The quinoa should be soft. Once Goetta is fully cooked, stir the mixture one final time.

Setting and Cooling

5. Scoop the Goetta from the crock pot and press it into 2 aluminum or non-stick reusable baking trays (approximately 9" long x 4" wide x 2 ½ " deep). Make sure they are evenly packed and spread. If using a reusable tin, you may want to spray it with non-stick vegan grease. Tamp the top of Goetta even and flat for best setting results. Cover with foil and refrigerate overnight.

Frying the Goetta

6. Preparation takes frying the Goetta two times for optimal results. Begin by removing the cooled Goetta from the tin. Turn upside-down onto a cutting board. Then pull the tin away from the edges and lift the aluminum off.
7. Slice the Goetta along the short width, creating small rectangular "sausage patties" to fry.
8. For the first frying, add ample olive oil to a hot flat-top skillet or grill. Place slices of Goetta on the flat top, moving around at first to evenly distribute olive oil. Fry until browned and crisped (usually 8-10 minutes).
9. Flip and repeat the frying process for the other side.

Now it's ready to serve!

Potato Pepper Spinach Frittata

This is a tangy festive choice for breakfast or brunch. It's vegetarian, but not vegan.

Preparation: 40 minutes

Yield: 4 servings

Frittata Ingredients

- 1 pound baby new potatoes
- 8 eggs
- 2/3 c milk
- 1 tbsp olive oil
- 3 oz baby spinach leaves
- 1 cup roasted red peppers, drained and chopped
- 3 oz goat cheese, crumbled
- 1 tbsp shredded lemon zest

Salsa Ingredients

- ¼ cup pitted Kalamata olives, chopped
- ¼ cup pitted green Sicilian olives, chopped
- ¼ cup pitted green olives, chopped
- ½ cup small red onion, finely chopped
- ¼ cup chopped fresh flat leaf parsley
- 1 pinch crushed red pepper flakes
- 1 tbsp olive oil
- 2 tsp lemon juice

Method

1. Place potatoes in a medium saucepan with enough cold water to just cover. Boil over medium heat for 15 minutes or until potatoes are tender. Drain. Cut into 1-inch pieces.
2. Whisk eggs and milk in a medium bowl. Season with salt and black pepper.
3. Meanwhile, make Salsa by combining all the ingredients in a small bowl.
4. Preheat broiler. Heat oil in a skillet over medium-high heat. Add spinach; cook until wilted. Add potatoes and peppers; cook, stirring, for 1 minute. Add egg mixture. Reduce heat to medium; cook for 7 minutes or until the egg is almost set. Top with cheese. Broil for 3 minutes until golden and set.
5. Serve frittata topped with your favorite salsa; sprinkle with lemon zest.

Marianist Reflection

Eating Less Meat: A Pathway to Environmental Responsibility

By Integral Ecology Team Member Laura Koonce

In recent years, there has been growing awareness of the environmental impact associated with meat consumption. While meat is a significant part of many diets worldwide, reducing its consumption—even partially—can yield substantial environmental benefits. This essay explores how moderate adjustments in meat consumption can contribute to environmental sustainability, emphasizing that it's not an all-or-nothing endeavor but a journey towards more responsible choices.

Meat production, particularly from livestock like cattle, contributes significantly to environmental degradation. The process involves extensive land use, water consumption, and greenhouse gas emissions. According to the Food and Agriculture Organization (FAO) of the United Nations, livestock production is responsible for about 14.5% of global greenhouse gas emissions, with beef and dairy cattle being the largest contributors. Moreover, livestock farming requires vast amounts of water and contributes to deforestation, primarily in regions like the Amazon rainforest where land is cleared for cattle grazing.

Reducing meat consumption does not necessitate complete elimination. Small changes, such as participating in Marianist Meatless Mondays or choosing vegetarian options for a meal each day, can collectively make a significant impact. For example, if every American skipped one serving of chicken per week, it would save over 500 million chickens annually. This reduction in demand translates into lower greenhouse gas emissions, less water usage, and reduced pressure on land resources.

Culture plays a crucial role in dietary choices, influencing traditions and celebrations. In the United States, cultural holidays often center around meat-heavy meals, such as Thanksgiving turkey or Fourth of July barbecues. While these traditions hold cultural significance, incorporating more plant-based options or reducing meat portion sizes can align with environmental consciousness without sacrificing cultural heritage. One doesn't have to skip their favorite dish from a loved one to make a great impact. It should not be an all-or-nothing approach. Rather, enjoy the meal with your 'ohana (that's Hawaiian for "family"!) and the other 364 days, be mindful and make a difference.

In contrast, Pacific Island cultures often have strong traditions of fishing and hunting. For these communities, sustainable practices such as ethical hunting and fishing not only preserve cultural traditions but also support local ecosystems. By respecting seasons and quotas, Pacific Islanders maintain a delicate balance between human consumption and ecological health, ensuring resources remain abundant for future generations. Examples of this include modern deer hunting

on Maui and spear fishing in Yap, Micronesia. In Maui, the invasive axis deer have negative effects on the delicate ecosystem including reducing the diversity of plants through the consumption of native vegetation. Deer can also contribute to watershed loss, crop loss, and increase erosion. The deer can legally be hunted and their numbers must be maintained to control populations. In Yap Micronesia, local custom dictates that while spearfishing, individuals must not shoot the smallest fish nor the biggest fish to ensure populations are not depleted. Large areas of the island's waters are legally and culturally recognized as fish nurseries. These examples demonstrate how Pacific Island cultures effectively integrate traditional knowledge with modern practices to promote sustainability. By adhering to ethical hunting and fishing guidelines, they not only protect their cultural heritage but also ensure the long-term health of their ecosystems, benefiting both current and future generations.

Concerns about protein intake often arise when discussing reducing meat consumption. However, plant-based protein sources such as legumes, tofu, and quinoa offer nutrient-dense and environmentally friendly alternatives. These options provide essential nutrients while also reducing the environmental footprint associated with livestock farming. Instead of completely cutting out meat, one can reduce the amount used and substitute a portion with other protein sources like beans, lentils, or tofu. This approach works well in dishes such as soups, stews, and chili.

In conclusion, eating less meat can be a practical and effective way to mitigate environmental impact. By adopting a flexible approach—such as reducing meat consumption rather than eliminating it entirely—individuals can contribute positively to environmental sustainability. Cultural traditions and dietary preferences need not be abandoned; instead, they can evolve to incorporate more sustainable practices. By making informed choices about our diets, we can collectively work towards a healthier planet for current and future generations.

Through small steps and mindful choices, each of us has the power to make a difference—both for our own health and the health of the planet we call home.

Soups & Stews

Lemon Chickpea Orzo Soup

Recipe by The Stingy Vegan. Healthy, quick and easy with a delicate lemon flavor and creamy consistency. Serve with crusty bread and a green salad or a hummus sandwich for lunch.

Preparation: 30 minutes

Yield: 4 servings

Ingredients:

- 2 medium carrots peeled
- 1 large celery rib
- ½ medium onion
- 2 cloves of garlic
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 can chickpeas drained and rinsed
- 4 cups vegetable stock
- ¾ cup (145 grams) orzo
- 2 tbsp almond butter
- Zest of 1 lemon
- 1 tbsp lemon juice or to taste
- ½ tsp salt or to taste



Method:

1. Roughly chop the carrots, celery, onion and garlic. Place them in a food processor and pulse until finely minced. If you don't have a food processor, just try to chop them finely.
2. Heat the oil in a pot over medium-low heat. Add the minced vegetables and thyme. Gently fry, stirring from time to time, until the vegetables are very soft - about 15 minutes. The idea is for the vegetables to flavor the soup and be almost undetectable.
3. Add the chickpeas and vegetable stock and raise heat to bring it to a boil. Add the orzo and reduce the heat to a simmer. Cook until the orzo is al dente, as indicated on the package instructions (usually just a couple of minutes).
4. Meanwhile, place the almond butter in a bowl and add a ladle of the hot soup broth. Stir to dissolve the almond butter.
5. When the pasta is cooked, remove the pot from the heat and add the almond butter, lemon zest, salt and lemon juice. Lemon juice can quickly overpower the soup so start with 1 tbsp and then add more if you want to.

Note: Once cooked, orzo will continue to absorb the soup stock. If you anticipate having leftovers, you can cook the orzo in a separate pot of water and store it separately from the soup base. If you cooked everything together and the soup has turned into pasta, you can loosen it up again with a splash of stock or water before reheating.

Broccolini Parmesan Soup

Thanks to the Washington Post for another quick recipe with a little twist. Grated cheese is essential – use the small holes in a cheese grater or buy grated or shredded at the store. You can pop in the rind of a wedge of parmesan for extra flavor. Control how smooth or chunky you want the soup by how much you blend it. An immersion blender is easiest to use. You can adapt this basic recipe in lots of ways. Instead of cannellini beans, you can use navy or Great Northern beans or peeled diced potatoes or cauliflower florets. You can substitute pecorino Romano cheese or aged white cheddar or Manchego for parmesan rind, if desired.

Preparation: 35 minutes

Yield: 4-6 servings (about 10 cups total)

Ingredients:

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 2 bunches (1 pound) broccolini, chopped (substitution: broccoli or broccoli rabe)
- 2 garlic cloves, minced
- Salt
- Pepper, freshly ground
- 2 15 oz cans no-salt added cannellini beans, rinsed and drained
- 4 cups of low sodium vegetable broth (have you found “better than bouillon” brand?)
- 1 parmesan rind (optional)
- ½ cup heavy cream (optional)
- 1 packed cup (4 oz) grated parmesan, plus more for serving

Method:

1. In a large heavy-bottom pot, heat the oil over medium heat. Add the onion and cook until softened, about 3 minutes stirring occasionally. Add the broccolini and garlic and a pinch each of salt and pepper. Cook, stirring occasionally, until the broccolini turns bright green and the thickest stems are fork tender, about 5 minutes.
2. Stir in the beans, broth and parmesan rind, if using. Increase the heat to high and bring to a boil. Then reduce the heat to maintain a simmer. Cook, uncovered, until the broccolini is tender, 5-10 minutes. (It may lose its brightness and become olive green—that’s OK.)
3. Remove from heat, discard the parmesan rind if you used it, and stir in the cream, if using, a little at a time. While stirring, sprinkle the cheese into the soup. Using an immersion blender, puree the soup until it is as chunky or smooth as you’d like. (Or you can puree the soup in batches in a blender. Fill no more than halfway and remove the center ring from the lid and hold a kitchen towel over the lid as you blend to prevent splashing.)
4. Season with salt and pepper to taste. Divide among individual bowls and serve, with additional parmesan on top, if desired.

Carrot & Ginger Lentil Soup

Preparation: 30 minutes

Yield: 4-6 servings

Ingredients

- 8 medium carrots
- $\frac{2}{3}$ cup red split lentils
- 1 onion
- 3 tsp finely grated ginger
- 1 tsp turmeric
- 6 cups water
- 2 tbsp extra-virgin olive oil
- 4 tbsp coconut milk
- A pinch of sea salt
- A pinch of fresh parsley for garnish
- 1 tbsp sesame seeds - (optional garnish)
- Fresh thyme leaves or microgreens - (optional garnish)

Method:

1. Wash and peel the carrots and cut them into chunks.
2. Rinse the lentils and drain (be sure to check for little dirt and pebble debris that sometimes slips through the cleaning/packaging process).
3. In a large pot, heat the olive oil, add the finely chopped onion and cook until onion starts to soften.
4. Add the carrot chunks and drained lentils to the pot. Stir for a couple of minutes and then add the water, salt, grated ginger, and turmeric.
5. Bring to the boil and let the soup simmer for 20 minutes before removing from the heat.
6. Blend the soup until smooth using a blender.
7. Sprinkle the soup with thyme, a tbsp of coconut milk per serving, some sesame seeds, and serve while it's still hot.

Notes:

- **Blender:** If available, use an immersion blender to cream the soup. Less mess and quite a time-saver!
- **Ginger:** I try to use fresh ginger since its flavor is richer, but you can always use ginger powder; just make sure to add more to taste. Same for turmeric.
- **Leftovers:** This soup can be kept in the fridge for up to 3 days. You can also freeze it after blending it. Once ready to eat it, remove from the freezer and then reheat on the stovetop or microwave, then add the coconut milk and toppings.

Creamy Carrot Lentil Soup

A hand immersion blender makes quick work of smoothing the soup to elegance at the end, but a hand mixer can work to smooth it out to small chunks and it tastes the same. If you do want it smooth, you can use a food processor or regular blender to puree the soup in batches (which can be kinda messy). This is vegan if you use olive oil, vegetable broth and maple syrup, and no optional honey or sour cream. Store leftovers in the fridge for up to 5 days.

Preparation: 15 minutes active, 35 minutes cooking; total 50 minutes

Yield: 8 servings

Ingredients:

- 4 tbsp olive oil (or butter)
- 1 large white onion, diced
- 3 cloves garlic, sliced
- 1 tbsp ginger paste (or fresh ginger) (I love the paste that comes in a tube)
- 1 lb carrots, peeled and diced
- 1.5 lb sweet potatoes, peeled and diced (weigh at the store – it could be just two!)
- 1 c red lentils, rinsed
- 8 c low sodium vegetable broth (or chicken broth)
- Salt to taste
- 1 apple, diced (Fuji or HoneyCrisp work well)
- 2 tbsp maple syrup (or honey)
- Optional garnishes: paprika, cayenne, parsley, honey drizzle, sour cream

Method:

1. In one pot, heat olive oil (or butter) on medium. Add the onions and sauté until translucent – about 4 minutes. Stir in the garlic and ginger for 30 seconds. Add in the carrots, sweet potatoes and toss oil to coat. Add in the lentils, broth, and salt to taste and raise heat to bring to a boil.
2. Once boiling, lower the heat to a simmer and cover the pot for 20-25 minutes, until the potatoes are fork tender. Add in the apple and maple syrup (or honey) and proceed to use a hand immersion blender to purée the soup.
3. Garnish as desired.

Lasagna Soup

Children love lasagna and spaghetti so Laura often has an array of noodles in her cupboard. When leftovers aren't enough for a meal on their own, she makes lasagna soup. This dish is easy and versatile. You can throw in any spare vegetables like zucchini, kale, mushrooms, carrots, etc. to make it more hearty. For this recipe, she used chickpea noodles and leftover lasagna noodles. You can use whatever you have on hand. If you want to stay true to the recipe and make it aesthetically pleasing, stick to lasagna noodles.

Preparation: 50 minutes

Yield: 4 servings

Ingredients:

- 1 tbsp olive oil (you can skip the oil and use water instead)
- ½ yellow onion diced
- 5 garlic cloves minced
- 1 ½ tsp Italian seasoning
- 1 tsp onion powder
- 1 tsp paprika
- 1 ¼ tsp sea salt to taste
- Black pepper to taste
- ½ cup dry red lentils
- 5 cups of vegetable broth
- ½ cup plant-based milk
- ½ cup your favorite tomato sauce
- 1 tbsp tomato paste
- ¼ cup nutritional yeast
- ⅓ cup of nut butter (e.g., sunflower butter or cashew butter)
- 1 tbsp lime or lemon juice
- 8 lasagna noodles broken into inch-sized pieces

Garnishes

- Red pepper flakes
- Plant-based mozzarella (or tofu ricotta)
- Fresh parsley or oregano
- Avocado sliced small



Method:

1. Soak the red lentils for about 20 minutes which makes them easier to digest. Rinse lentils and set aside.
2. Heat a large soup pot on the stove on medium heat. Add oil and onions. Cook onions until transparent and add garlic to cook for an additional 3 minutes, stirring to keep garlic from

burning. Add seasoning, salt and pepper. Stir and cook for another 3 minutes, making sure spices do not burn

3. Add the remaining ingredients, one at a time, stirring vigorously to make sure they are fully incorporated before adding the next ingredient.
4. Once the soup is boiling, you can add the noodles and cook for about 10 minutes or the amount of time on the back of the noodle box, usually about 7 minutes. Garnish with red pepper flakes, mozzarella, herbs and avocado.

Spinach and Tortellini Soup

With a little help from pre-packaged tortellini, this takes only 5 minutes to prepare and 15 minutes to cook.

Preparation: 20 minutes

Yield: 6 servings

Ingredients:

- 1 tsp olive oil
- 2 garlic cloves, minced
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- 3 cans (14-1/2 ounces each) vegetable broth
- 2 tsp Italian seasoning
- 1 package (9 ounces) refrigerated cheese tortellini (not the dried kind; if using frozen, add a couple minutes to the cooking time)
- 4 cups fresh baby spinach
- Shredded Parmesan cheese
- Freshly ground pepper



Method

1. In a large saucepan, heat oil over medium heat. Add garlic; cook and stir for 1 minute. Stir in tomatoes, broth and Italian seasoning; bring to a boil. Add tortellini; bring to a gentle boil. Cook, uncovered, just until tortellini are tender, 7-9 minutes.
2. Stir in spinach. Sprinkle servings with cheese and pepper. Serve with crusty bread or garlic bread sticks or a green salad. The tortellini can get mushy if stored for more than a day or two or if frozen. Eat up!

Variations: Use different kinds of small pasta or different leafy greens, such as a kale or Swiss chard. Stir in ½ cup heavy cream right before serving to make it creamy. You can always add more veggies, such as onion, carrots, or celery --- but cook in olive oil to soften before adding to the soup.

Squash and Apple Soup

This tasty festive soup takes about 90 minutes to prepare but it can be made in large batches well ahead of time and frozen, reheating and adding the cream just before serving. Requires a standard or immersion blender.

Preparation: About 90 minutes

Yield: 8-10 servings

Ingredients:

- 1 small butternut squash (about 1 pound)
- 3 tart green apples peeled, cored and coarsely chopped
- 1 medium onion, coarsely chopped.
- ¼ tsp rosemary
- ¼ tsp marjoram
- 3 cans (about 15 oz) condensed vegetable broth
- 2 cans water
- 2 slices white bread
- Salt and pepper to taste
- ¼ cup heavy cream
- 1 tbsp chopped parsley for garnish

Method:

1. Cut the butternut squash in half. Peel and seed it and cut it into chunks. Combine with the apples, onion, herbs, broth, water, bread, salt and pepper in a large heavy saucepan. Bring to a boil and simmer, uncovered for 45 minutes.
2. Place the soup in a blender, 2 cups at a time, and blend until smooth. Return the soup to the saucepan and bring to a boil and then reduce the heat.
3. Just before serving, add the heavy cream. Serve hot with a sprinkle of parsley on top.

Vegan Chili

Chili is a staple, so we must have a meatless one! This recipe serves 8 or more. It takes about an hour to prepare but can be made ahead of time and reheated quickly.

Preparation: 1 hour

Yield: 8 servings

Ingredients:

- 1 small yellow onion, diced
- 2 green bell peppers, diced
- 3 ribs celery, diced
- 3 cloves garlic, minced
- 3 small carrots, thinly sliced
- 4 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp dried oregano
- ½ tsp cayenne pepper (*optional*)
- 1 tsp sea salt
- 2 15-ounce (425 g) cans red kidney beans, drained
- 2 15-ounce (425 g) cans pinto beans, drained
- 2 28-ounce (793 g) cans crushed tomatoes
- 1 cup (235 ml) low-sodium vegetable broth (or water)
- *Optional toppings:* green onions, nutritional yeast, vegan sour cream, etc.

Method:

1. **Base Flavor:** Warm a large pot or dutch oven over medium-high heat. Add 1/3 cup (80 ml) of water (see notes for oil version) to the pot and add the onion, celery, and green pepper to a large nonstick pot. Cook until all the water evaporates, stirring occasionally. Once the pot is “dry” and the vegetables start to turn golden brown, deglaze the pot with an additional 1/4 cup (60 ml) of water. This process should take around 10 minutes total.
2. **Spices:** Reduce to medium heat and add the garlic, and carrots to the pot along with the chili powder, cumin, oregano, salt and optional cayenne pepper. Sauté for an additional 2-3 minutes, adding a small splash of water if things start to stick.
3. **Simmer:** Finally, add the kidney beans, pinto beans, crushed tomatoes, and the vegetable broth to the pot. Bring everything to a boil over high heat, then reduce the heat to create a simmer. Cover and cook for 10 minutes. Remove the lid from the pot and cook uncovered for 5 to 7 additional minutes, until the carrots are tender and the chili reaches your desired thickness. Stir this mixture occasionally, so nothing sticks to the bottom of the pot.
4. **Serve:** Serve warm, over spaghetti, and top as desired. Leftovers can be stored in the refrigerator in an airtight container for up to 5 days and reheated on the stovetop or in the microwave. You can also store this vegan chili in the freezer for up to one month.

Notes:

- **Beans:** You can swap out the pinto beans or kidney beans for black beans, if you'd like.
- **Oil Version:** Sauté the onion, celery, and green pepper in 1 tbsp of oil, stirring only occasionally so they stick to the bottom of the pan. Deglaze with the 1/4 cup of water as instructed in step one, scraping the bottom of the pan as necessary. Continue with the recipe as written.
- **Make it "Meaty:"** sauté vegan "ground" or chopped sausage along with the garlic and spices in step two.

Hearty Vegetable and Bean Chili

From Laura's Kitchen - Grow Aloha

Preparation: 75 minutes

Yield: 4-6 servings

Ingredients:

Chili

- 1 tbsp olive oil (you can skip the oil and use water instead)
- 1 small yellow onion, diced
- 5 garlic cloves, minced
- 2 bay leaves
- 1/2 tsp cumin
- 1 ½ tsp dried oregano leaves
- 1 tsp onion powder
- ½ tsp paprika (I add paprika to everything)
- 2 tsp of chili pepper (add more, I can't take the heat)
- 1 ¼ tsp sea salt to taste
- Black pepper to taste
- 2 medium sized orange sweet potatoes (some call them yams) chopped fairly small
- 2 medium sized carrots (chopped)
- 2 celery stocks (chopped)
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1 (15 ounce) can kidney beans (rinsed)
- 1 (15 ounce) can black beans (rinsed)
- 1 (15 ounce) can sweet corn (you can use fresh if you prefer)
- ½ cup of vegetable broth
- Choice of protein (I used meatless crumbles; experiment with garbanzo beans, lentils, etc.)
- 1 tsp of nutritional yeast (optional)
- 1 ½ tsp maple syrup (optional)



"Sour Cream"

- 1 cup of cashews (soaked for 1 hour or you can quick boil for 10 minutes)
- 1 tsp chives
- 1 tsp parsley
- 1 tsp salt
- 1 tsp garlic powder
- 1 tbsp apple cider vinegar
- ⅓ cup hot water

Garnishes:

- Fresh parsley or oregano

- Avocado sliced small
- Broccoli to your liking

Method:

1. Heat a large skillet or pot and add oil (or water). Once oil is hot, add chopped onions and cook until translucent.
2. Next, add the minced garlic and stir to avoid it from burning for about 3 minutes (no one likes their garlic burnt). Add your spices and stir rapidly to avoid them from burning for about 1 minute. I do this because it "releases" the flavor.
3. Add the sweet potatoes and cook for about 5 minutes. Add carrots and celery and cook for 10 minutes. Next, add the beans, corn, vegetable broth + protein of choice. Cook until sweet potatoes and carrots are tender. Stir in yeast and syrup.
4. You can blend all your sour cream ingredients in a blender until smooth while the chili finishes cooking.
5. Add garnishes and sour cream and enjoy!

Note: Play with the spices to your liking. My keiki do not like spicy food, so I tend to cook things savory and sweet.

Lentil and Barley Stew

Preparation: Allow about 2 hours for preparation and cooking.

Yield: 8 servings

Ingredients:

- 3 tbsp extra-virgin olive oil, more for drizzling
- 2 leeks, white and light green parts, sliced into half-moons, or 1 cup sliced onion
- 3 carrots, diced
- 1 cup chopped fennel, fronds reserved
- 1 bunch cilantro, leaves and stems mostly separated and chopped (don't worry too much about leaves and stems mingling)
- 3 garlic cloves, minced
- 1½ tsp fine sea or table salt, more to taste
- 2 tbsp tomato paste
- 1 tbsp baharat (you can substitute 1 tsp cumin, 1 tsp paprika, 1 tsp peppercorns)
- ½ tsp ground turmeric
- 1 cinnamon stick
- 2 quarts vegetables broth
- 1 cup pearled barley
- 1 cup red lentils
- 1 to 2 tbsp fresh lemon juice, plus lemon wedges for serving

Method:

1. In a large Dutch oven or soup pot, heat oil over medium-high. Add leeks and cook, stirring often, until tender and beginning to brown, about 10 minutes.
2. Stir in carrots, fennel, cilantro stems, garlic and salt. Cook until the garlic is fragrant, about 2 minutes. Stir in tomato paste, baharat, turmeric and cinnamon stick, and cook until the tomato paste begins to caramelize, about 2 minutes.
3. Add the broth, barley and red lentils, and bring to a boil. Lower heat and simmer for 1 hour to 1 ½ hours, stirring occasionally, until the barley and lentils are tender. (Add some water if the pot starts to look dry; this can be as thick or soupy as you like.)
4. Stir in a tbsp of lemon juice and the chopped cilantro leaves. Taste stew and add salt and lemon juice if needed (you might need a lot more salt if you started with unsalted broth). Serve in bowls drizzled with olive oil and garnished with chopped fennel fronds.

Dreamy, Creamy Vegetable “Cheese” Soup

From *Laura's Kitchen - Grow Aloha*. Laura likes to serve this over rice, even though it's fine as it is. She really likes the flavor of the soup because it's very similar to a broccoli cheddar she grew up eating. You can omit the lentils and curry powder if you'd prefer.

Preparation: 1 hour

Yield: 5-6 servings

Ingredients:

- 1-2 cloves garlic (more if you like)
- ½ yellow or white onion, chopped up
- 2 tsp turmeric
- 1 tsp curry powder
- 1 tsp onion powder
- ⅔ cup coconut aminos (soy sauce or balsamic vinegar can substitute)
- 2 large carrots chopped up into 1 inch pieces
- 2 celery stalks chopped up into 1/2 inch pieces
- 4-6 potatoes chopped up into 1 inch pieces
- 1 small zucchini chopped into 1 inch pieces
- 1 can quality coconut milk (or fresh if you got it!)
- 1 cup water
- ¼ cup tomato puree
- 1 cup small red lentils (I like the split ones because they cook faster)



Method:

1. Sauté garlic and onions with a small amount of water (you can use oil as well).
2. When onions become translucent, add the spices. Stir the spices for about 40 seconds.
3. Stir in the coconut aminos.
4. Add the remaining ingredients.
5. Salt to taste. The turmeric powder should turn the mixture to a pale yellow color. You can add more to achieve the color you wish.
6. Cook for about 30 minutes. Make sure the veggies and lentils are tender.

Note: If the soup base is too thick, add water. If the soup is too thin add a slurry mixture of tapioca (or corn starch) mixed with some of the soup base.

Salads

Warm Broccoli, Chickpea, and Rice Salad

You can vary this recipe in many ways, by using various grains, vegetables, beans, nuts and dried fruit. See notes at bottom. The vinaigrette and steamed rice and broccoli can be refrigerated for 3 days, but needs to be warmed up before tossing with the vinaigrette.

Preparation: 30 minutes

Yield: 4 servings

Ingredients:

- 1 cup short-grain brown rice
- 4 cup water, more if needed
- 1 (15 oz) can no-salt-added chickpeas, drained and rinsed
- 1 broccoli crown (12-16 oz), trimmed and cut into florets
- ¼ cup olive oil
- 3 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 2 tsp agave nectar
- 3 garlic cloves, pressed or minced
- ½ tsp salt, plus more to taste
- ¼ tsp freshly grated ground pepper, plus more to taste
- ½ cup walnut halves, chopped
- ½ cup dried cherries
- ½ cup lightly packed fresh flat leaf parsley, chopped
- ½ pitted green olives, drained and chopped



Method:

1. Cook the rice, according to package directions, until almost done. Probably about 20 minutes. Add the chickpeas. If you have a steamer that fits on that saucepan, use it and add the broccoli to it. Cover and cook for about 3-4 minutes until the broccoli is tender crisp and the rice is done. (If you don't have a steamer, cook the broccoli separately with a little water in a microwave for about 3-4 minutes. The rice/beans can continue to cook, uncovered, during this time until done.)

2. While the rice is cooking, in a bowl large enough for the entire salad, make the vinaigrette. Whisk together well the oil, lemon juice, mustard, agave, garlic, salt and pepper.
3. Transfer the hot cooked broccoli to the vinaigrette and toss gently.
4. Drain the hot rice and chickpeas and transfer them to the bowl with the broccoli and vinaigrette. Gently toss and allow to stand for 5 minutes.
5. Stir in the walnuts, cherries, parsley and olives. Season with more salt and/or pepper if needed. Serve warm.

Notes: There are many substitutions possible: For broccoli, try cauliflower, broccolini, broccoli rabe, zucchini, eggplant. Use apple cider vinegar for lemon juice. For agave, honey or maple syrup.

For chickpeas, white beans, pinto beans, black beans. For brown rice, farro, barley, For walnuts, almonds, cashews, peanuts. For dried cherries, raisins, currants, dried apricots. For green olives, black olives or ¼ cup capers.

Strawberry and Kale Salad with Blackberry Dressing

Preparation: 35 minutes

Yield: 8 Servings (about 10 cups)

Ingredients:

For the dressing

- ⅓ cup seedless blackberry jam
- ¼ cup balsamic vinegar, plus more as needed
- 1 tbsp honey, plus more as needed
- 1 tsp Dijon mustard
- ½ tsp salt
- ½ tsp freshly ground black pepper
- ¾ cup mild olive oil

For the salad

- 6 cups (5 oz) baby kale (more tender and less bitter than mature kale)
- 1 cup (4 oz) fresh strawberries, hulled and halved lengthwise
- 1 cup (5 oz) fresh blueberries
- 1 small handful fresh mint leaves



Method:

1. In a glass jar or measuring cup (this is going to make about 1 ½ cups), whisk together the blackberry jam, vinegar, honey, mustard, salt and pepper until fully combined.
2. Drizzle in the olive oil, whisking as you pour. Adjust to taste with a little honey or vinegar. Cover and refrigerate for at least 30 minutes.
3. In a large salad bowl, arrange the kale and top with strawberries and blackberries. Scatter mint leaves over all.
4. Drizzle about half the salad dressing over the top of the salad, with the remainder offered for serving.

Note: To make it vegan, replace the honey with agave or maple syrup.

Passion Fruit Mint Salad

A refreshing and beautiful taste from Hawaii!

Preparation: 10 minutes

Yield: 5 servings

Ingredients:

For the dressing

- 2 tbsp lime juice
- 1 tbsp sweetener like maple syrup (optional)
- 5-10 mint leaves, chopped
- 1 tsp chia seeds

For the salad

- 1 cup strawberries, chopped
- 1 cup fresh blueberries
- 1 medium sized papaya, skinned and chopped
- 3 medium kiwi, skinned and chopped
- 2 bananas coined (they form the base)
- 2-3 ripe passion fruit (scoop out the juice and seeds)

Method: Soak the chia seeds for 15 minutes with the dressing ingredients, set aside. Chop the fruit and toss with dressings. Allow to chill covered in the fridge for 15 minutes before serving.

Mediterranean Pasta Salad

A little cooking, but worth it. You can use prepared pesto or homemade sauce that you have on hand.

Preparation: 35 minutes

Yield: 4 servings

Ingredients:

For the dressing

- ½ cup pesto
- 1 tsp honey
- 1 tsp balsamic vinegar
- Splash of pasta water

For the salad

- 1 cup dried orzo
- 1 (15 oz) can chickpeas (drained and rinsed)
- 2 tbsp olive oil, enough to coat chickpeas
- Smoked paprika, to taste
- Garlic salt, to taste
- ¼ - ⅓ cup pine nuts
- 3-4 oz sun-dried tomatoes
- 1 cup cherry tomatoes, halved
- Handful of arugula

Method:

1. Preheat the oven to 350 degrees.
2. Toss drained and rinsed chickpeas with olive oil, smoked paprika and garlic salt.
3. Roast chickpeas on a baking sheet for 20 minutes. At the last five minutes, throw in pine nuts.
4. Meanwhile, cook orzo, according to package directions.
5. Also, whisk together dressing ingredients – pesto, honey, and vinegar.
6. Drain and rinse orzo in cold water, saving a bit of pasta cooking water to mix into the dressing.
7. Mix the cooked orzo, chickpeas mix, sun-dried tomatoes, cherry tomatoes, and arugula together. Toss with the dressing and serve.

Waldorf Salad

Have you tried to make this, and it just didn't seem right? Well, try this version and see if it does the trick. Cover and refrigerate any leftovers.

Preparation: 10 minutes

Yield: 6 servings

Ingredients:

- $\frac{3}{4}$ cup mayonnaise or salad dressing (use reduced fat or fat free to reduce calories)
- 1 tbsp plus 2 tsp lemon juice
- 1 tbsp plus 2 tsp milk
- 3 medium unpeeled red eating apples, coarsely chopped (3 cups)
- 3 medium celery stalks, chopped (1 $\frac{1}{2}$ cups)
- $\frac{1}{2}$ cup coarsely chopped nuts (e.g., walnuts, pecans)
- Salad greens, if desired

Method:

1. Mix mayo, lemon juice, and milk in a medium bowl.
2. Stir in apples, celery, and nuts. Serve on salad greens.

Mock “Tuna” Salad

Preparation: 15 minutes

Yield: 5-6 servings

Ingredients:

- 1 can chickpeas (reserve the water to make meringue for an upcoming recipe!)
- ½ cup diced red onion
- 1-2 stalks diced celery
- ¼ cup mayonnaise (I used a sunflower based to avoid animal products)
- 1 tsp chopped fresh parsley
- 10 finely chopped capers
- ½ sheet nori, finely sliced (this gives a fishy flavor - in a good way!)
- 1 tbsp sweet horseradish (optional)
- ½ tbsp quality mustard
- 1 tbsp soy sauce or coco aminos
- 1 tbsp vinegar (I used red vinegar)
- 1 dash paprika powder (optional)
- 1 tsp garlic powder
- Salt and pepper to taste

Method:

1. Smash your chickpeas to a chunky mixture. I went in with my hands and smooshed any peas I missed.
2. Add all your ingredients and stir to fully incorporate.
3. You can use this to fill a sandwich or add on top of a green salad.
4. Next time, I want to add a little avocado!

Quinoa, Zucchini, and Feta Salad

Great for summer, with heirloom tomatoes and fresh basil. Instead of simple oil and vinegar dressing used here, you could substitute your favorite dressing, for example, Italian or Greek.

Preparation: 25 minutes active, 35 minutes total

Yield: 4 servings

Ingredients:

- $\frac{3}{4}$ cup white quinoa
- $\frac{1}{2}$ cup hazelnuts
- 2 medium zucchinis, cut into long thin strips
- 8 oz heirloom tomato large chunks, or cherry tomatoes halved
- $\frac{1}{2}$ small red onion, thinly sliced
- 3 oz feta, crumbled (omit or serve separately for dairy free)
- 1 cup loosely packed fresh basil leaves
- 2 tbsp olive oil
- 1 tbsp red wine vinegar



Method:

1. Rinse quinoa under cold water, drain well. Place in a medium saucepan with 1.5 cups water; bring to a boil. Reduce heat; simmer, covered, for 15 minutes or until water is absorbed and quinoa is tender. Transfer to a large serving bowl to cool.
2. (If hazelnuts have skin), toast hazelnuts in a medium skillet over medium heat for 4 minutes or until golden. Rub hot hazelnuts in a clean kitchen towel to remove most of the skin, discard skin.
3. Coarsely chop skinless hazelnuts.
4. Add hazelnuts to quinoa in a bowl with zucchini, tomatoes, onion, half the feta and half the basil.
5. Drizzle with combined oil and vinegar; toss gently to combine. Season to taste.
6. Serve topped with remaining feta and basil, sprinkled freely with ground black pepper.

Marianist Reflection

Eat Like Jesus, Mary, & Joseph and Help Save the World

By Integral Ecology Team Member Tony Garascia

As part of our Meatless Mondays effort, it is sometimes good to ask ourselves how people in first century Palestine ate. We know that they did not eat a Western diet full of a lot of red meat. So here is a quick look at the foods available to Jesus and his family.

Bread was the main staple, with wheat and barley being the principal grains. Most people ate two meals a day, a mid-day meal and meal at the end of the day. The mid-day meal might consist of bread dipped in olive oil, roasted grains, figs, pomegranates (if on hand) or other fruit. Bread had to be made by first hand-grinding the wheat or barley, a task that could take as much as three hours. Households would have the equivalent of a crock full of fermented dough that they would then use to form the bread loaves in the morning, with any additional grain being stored or added to the fermented sourdough to make the new loaves.

The evening meal usually consisted of bread with a stew of legumes, lentils, and vegetables, with bread dipped in oil. Goat milk provided protein and the cheese from goat milk was also part of the diet. Dates, figs, pomegranates, and other fruits in season were eaten. Honey from the hive was also used in the diet and for medicine as an antiseptic. Grapes were often available, with wine and forms of beer made from fermented barley. Water was also consumed.

While herbs were plentiful at the time, salt was the main seasoning for meals. Living close to the sea of Galilee meant that fish was often consumed as part of the diet. But we need to realize that, unlike the Western diet, fish and meat were not consumed on a daily basis.

Goat meat was eaten for special occasions and festive feasts. Even though sheep are often mentioned in our Gospels, lamb was seldom consumed except for religious holy days. This was due to the economic value of sheep, which yielded a valuable crop in the form of wool.

We can also consider that the average first century Palestinian Jewish person would probably walk between 20 to 25 miles a day. They really got their steps in! Consider that in those times when one took a journey, they most probably would equip themselves with both bread for the journey and some form of drink. Today, we have the liturgical custom of giving people “viaticum” at the time of death. The word “viaticum” literally translates to “food for the journey”, meaning that the Eucharist is meant to be the final food we consume before our death.

Now, think of Mary’s trip to see Elizabeth when she found out her cousin was pregnant. She most likely went on foot, and most likely took some food for her journey. Not only did she probably take bread with her for her journey, she also was bearing the physical Christ within her womb, whom we celebrate when we consume the Eucharist, the food for our journey. Happy Eating!

Entrees: Meatless Staples

Vegan Walnut Tofu

Crispy tofu, veggies and walnuts tossed in a yummy sticky sweet and salty Asian sauce!

Preparation: 45 minutes

Yield: 4 servings

Ingredients:

- 1 block extra firm tofu
- 2 tbsp cornstarch
- 1 tsp salt
- 1 tbsp sesame oil
- 3 cloves garlic, chopped
- ½ cup broccoli florets
- ⅓ cup carrots, chopped
- ⅓ cup bamboo shoots
- ½ cup walnuts, chopped

Sauce

- 3 tbsp Hoisin sauce
- 3 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 2 tbsp water
- 1 tsp agave nectar



Method:

1. Press the tofu first. Drain the tofu, sprinkle with the salt, and place on some paper towels. Top with more paper towels, and place something heavy on top. Press for at least 20 minutes, but the longer the better.
2. Once you are ready, cut the tofu into cubes. Place in a bowl, and toss with the corn starch, making sure all the tofu is coated in corn starch.
3. Heat the sesame oil on medium high in a wok or nonstick skillet. Add the garlic and the tofu. Sauté the tofu. Cook on one side until it is nice and brown and crispy, about 2-4 minutes, reducing heat as needed. Then flip the tofu and cook on another side. Repeat until all sides are brown and crispy.
4. While the tofu is cooking, add all the sauce ingredients to a small mixing bowl, and whisk to combine. Set aside.
5. Once the tofu is done, add the broccoli, carrots and bamboo shoots to the pan with the tofu. Toss and cook for another 2-3 minutes until the veggies are cooked but still crisp.
6. Add the walnuts and combine. Add the sauce. Stir to coat everything in the sauce. Cook for another minute, then remove from heat. Serve immediately with rice or noodles or just by itself!

Vegetable Pizza Crust

This substantial golden crust has a slight crunch. The crust can be made several days in advance. Toppings are your own favorites for pizza.

Preparation: 1 hour and 15 minutes

Yield: 4-6 servings (about 10 cups total)

Food processor helpful for grating zucchini and cheeses

Ingredients:

- Olive oil and flour for the pan
- 3 cups (packed) grated zucchini (about 2 seven-inch zucchinis)
- 2 eggs, beaten (can delete one or both yolks)
- ¼ cup flour
- ½ cup grated mozzarella
- ½ cup grated parmesan
- Optional: pinches of basil and marjoram
- 2 tbsp olive oil (divided use)

Topping Suggestions:

- Extra olive oil
- Large tomato, sliced
- Extra mozzarella, sliced or grated
- 2-3 large cloves garlic, thinly sliced
- Sautéed mushrooms
- Bell pepper, thinly sliced
- Olives, sliced

Method:

1. Preheat oven to 400 degrees. Generously oil a 10-inch pie pan and coat lightly with flour.
2. Combine zucchini, eggs, flour, mozzarella, parmesan, herbs, and 1 tbsp olive oil in a bowl and mix well.
3. Spread it into the prepared pan and bake for 35-40 minutes or until golden brown.
Optional: about halfway through baking, brush with the remaining tbsp of olive oil.
4. Remove from the oven and cool for about 10 minutes. Use a spatula to loosen the crust from the pan so it won't break later.
5. Top with your favorite pizza toppings and bake at 400 degrees until heated through. (Time depends on how much the crust has cooled, especially if it was prepared in advance. Added cheese will be golden brown, probably in less than 15 minutes.)

Summer Pesto Three Ways

A perfect sauce for summer - quick to prepare and no cooking required. The method is the same for all 3 variations. Get out your food processor and it's a snap. It can be tossed with any pasta or stirred into minestrone or other soup. Serve with a salad or vegetable and you have it! Pesto can be made up to a week in advance, covered with a thin film of olive oil and refrigerated in an airtight container. It can be frozen for a month --- again covered with a thin film of olive oil, although you may want to hold the garlic and stir it in when you are ready to use it. Pine nuts are traditional in pesto but are expensive; you can store them in the refrigerator or freezer and use in small quantities.

Traditional Basil Pesto *Makes 1 cup (about enough for 8 servings with your pasta); 10 minute prep.*

- 2 cups loosely packed basil leaves
- ½ cup olive oil
- 2 tbsp pine nuts (toasted if you wish)
- 4 large cloves garlic, minced
- 1 tsp coarse (sea) salt (use only ½ tsp for regular salt)
- ½ cup grated Parmesan cheese (of course freshly grated is better!)
- 2 tbsp grated Pecorino Romano cheese
- 3 tbsp unsalted butter, softened (or can omit this and add a little more olive oil)

Method: Put the first five ingredients in a food processor and blend until smooth. Transfer to a bowl and stir in the Parmesan, Pecorino Romano, and butter (if using). Stir into hot, cooked and drained pasta.

Kale and Walnut Pesto *Serves 4. 20 minutes prep time.*

- 2 cups chopped kale
- 1 cup finely grated Parmesan cheese
- 1 cup extra virgin olive oil
- ½ cup fresh flat leaf parsley
- ¼ cup lemon juice
- 2 tbsp walnuts (toasted, if you wish)
- Reserve ¼ cup of the water from cooking the pasta
- 12 ½ oz whole wheat spaghetti, cooked in boiling salted water
- Crushed red pepper flakes, to taste

Method: Process the first six ingredients until nearly smooth. Cook the spaghetti according to package directions, drain, reserving ¼ cup of the cooking liquid. Return the pasta to the pan and turn off the heat. Add the pesto and the cooking liquid to the pasta. Toss until combined. Serve with red pepper flakes.

Spinach Pesto *Serves 6; 10 minute prep*

- 2 cups tightly packed spinach (3-4 oz)
- ½ cup tightly packed fresh basil

- ½ cup tightly packed fresh parsley
- ¼ cup fat-free vegetable broth (Have you found “Better than Bouillon”?)
- ¼ cup grated Parmesan cheese (or mixture of Parmesan and Romano)
- 2 tbsp pine nuts (dry roasted or toasted is better, but I often just use them as is)
- 1 tbsp virgin olive oil
- 2 medium garlic cloves
- Pepper to taste
- 1-2 tbsp water, as needed

Method: Process all the ingredients except the water until almost smooth. Add the water if the mixture is too thick. Serve over whole grain thin spaghetti (12 oz), prepared according to package directions, drained, placed in a large bowl, and tossed with the pesto.

Note: As you can see, there are 5 basic ingredients that you can mix and match your taste. You can use a variety of leafy greens, various kinds of nuts, along with olive oil, Parmesan cheese, and (usually) garlic.

Macadamia Nut Pesto Pizza

Preparation: 40 minutes

Yield: 2 – 3 servings

Ingredients for the dough

- 1 cup filtered warm water
- 0.25 ounces of dry yeast (or one single-serve packet)
- 1 ½ tbsp white sugar (or 2 tbsp maple syrup)
- 2 ½ cups bread flour
- 2 tbsp olive oil
- 1 pinch salt

Ingredients for the pesto

- 2 cups basil leaves (packed tightly in your measuring cup)
- ¼ cup nutritional yeast (this is to add a cheesy flavor)
- ½ cup olive oil (you can go lighter if you'd like)
- 1 tbsp lemon juice
- 1 pinch of salt
- ⅓ cup roasted macadamia nuts (we buy these from a farm in North Shore and keep them frozen to stay fresh)
- 3 garlic cloves (use your preference on this one)

Method

1. Preheat oven to 450 degrees F
2. Prepare the pesto by blending all the ingredients in a food processor. Blend until the nuts become smooth and all the ingredients are incorporated. Add water if needed to thin out the mixture.
3. Start your dough by mixing the yeast, warm water and sugar. Stir to incorporate the yeast.
4. Cover the mixture with a dish cloth and leave for 10 minutes.
5. Mix the rest of your ingredients and knead until the dough becomes smooth.
6. Roll out into a circle to your preferred thickness.
7. Top dough with the pesto and your favorite ingredients. I used spinach and tomato in this recipe. This is a quick bake, so you may need to pre-cook thicker veggies.
8. Place dough on a pizza stone or a baking sheet with parchment paper.
9. Bake for about 20 minutes and ENJOY!



Entrees: Lighter Fare

Cauliflower Tacos

Preparation: 45 minutes

Yield: 5 servings

Ingredients:

Tacos

- 1 large head of cauliflower, cut into small florets
- 3 tbsp olive oil
- 2 tbsp taco seasoning
- 2 tbsp freshly squeezed lime juice
- 10 (6-inch) tortillas
- 3 cups shredded cabbage
- ½ cup roughly chopped cilantro



Avocado Crema

- 1 avocado
- 1 garlic clove, minced
- ½ cup sour cream
- ½ tsp sea salt
- ¼ cup freshly squeezed lime juice
- ¼ cup cilantro leaves

Method:

1. Preheat the oven to 400°F with a rack in the center position.
2. In a large bowl, toss the cauliflower with 2 tbsp of the olive oil, taco seasoning, and lime juice then spread out on a large, rimmed baking sheet.
3. Roast in the oven for 30 minutes or until cauliflower is tender with crispy edges.
4. Meanwhile, prepare the avocado crema. To a food processor or small blender, add the avocado, garlic, sour cream, salt, lime juice and cilantro, blend until smooth.
5. Heat ½ teaspoon of the remaining oil in a large cast-iron or nonstick skillet over medium heat. Once the oil glistens, add one tortilla and cook until toasty and warmed, about 30 seconds per side. Repeat with the remaining tortillas, adding additional oil to the skillet for each, as needed. Stack tortillas and wrap them in a kitchen towel to keep warm.
6. Divide the roasted cauliflower between the tortillas.

Note: Feel free to add other items to this dish as well to your taste—rice, beans, avocado/guacamole, and/or jalapenos all could be great additions to these tacos.

Roasted Bell Pepper Boats with Orzo and Basil Vinaigrette

Recipe from *The Mediterranean Dish* (Karadsheh)

Preparation: 60 minutes

Yield: 5 servings

Ingredients

For peppers:

- Extra-virgin olive oil
- 5 large bell peppers, any colors, halved lengthwise, cored, and seeded
- 2 tsp dried oregano
- Kosher salt and ground black pepper, to taste
- 3/4 cup orzo pasta
- 1 cup cooked or canned chickpeas, drained
- 1 cup cherry tomatoes, halved
- 1 large shallot, minced
- 1/4 cup pitted kalamata olives
- 1/4 cup toasted pine nuts (optional)
- 1/3 cup Basil Vinaigrette (directions below), plus more to taste
- 1/3 cup crumbled creamy feta cheese (from feta block if possible)

For Basil Vinaigrette

- 2 cups (packed) fresh basil leaves
- 1 medium shallot, roughly chopped
- 1 large garlic clove
- Juice of 1 lime (about 2 tbsp)
- 2 tbsp white wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 tsp red pepper flakes
- Kosher salt

Methods

Make Basil Vinaigrette:

1. Fill a medium bowl with ice cubes and water and set it next to the stove.
2. Fill a small sauce pan about three-fourths full of water. Bring the water to a boil over medium-high heat. Add the basil and cook for 10 seconds. Using a slotted spoon, immediately transfer the basil to the bowl of ice water and let cool for 5 minutes. Using the slotted spoon, remove the basil from the ice water, wrap the wilted basil in a paper towel, and squeeze to ring out as much water as possible.



3. Place the blanched basil, shallot, garlic, lime juice, vinegar, olive oil, and red pepper flakes in the bowl of a small food processor fitted with the multipurpose blade. Blend until well combined and smooth. Season to taste with salt and refrigerate in a tightly closed mason jar for up to 4 days.

Make Stuffed Bell Peppers:

1. Position a rack in the center of the oven and preheat the oven to 400 degrees F. Brush a large baking dish with about 1 tbsp of olive oil.
2. Brush the peppers generously on all sides with some olive oil and arrange them in a single layer, cut side up, in the baking dish. Season with the oregano and a big pinch of both salt and black pepper (about ½ teaspoon each). Roast the peppers until they are tender, 30 to 35 minutes.
3. Meanwhile, bring a large pot of salted water to a boil and cook the orzo according to package instructions or until al dente, about 8 minutes. Drain well.
4. In a medium bowl, combine the orzo, chickpeas, tomatoes, shallot, olives and pine nuts (if using). Drizzle with the vinaigrette, then toss to combine. Taste and add more of the vinaigrette to your liking.
5. Spoon the orzo mixture into the pepper halves, sprinkle with a little feta on top and serve.

Feta and Tomato Stuffed Portobellos

Super easy and delicious!

Preparation: 30 minutes

Yield: 4 servings

Ingredients:

- 4 whole portobello mushrooms
- 2 whole Roma tomatoes
- 4 oz. feta cheese
- Mediterranean Spice Blend:
 - 3 tbsp dried rosemary
 - 2 tbsp ground cumin
 - 2 tbsp ground coriander
 - 1 tbsp dried oregano
 - 2 tsp ground cinnamon
 - ½ tsp salt



Method:

1. Wipe Portobello mushrooms clean with damp toweling. Remove stems if preferred. Scrape out mushroom gills with a spoon.
2. Place mushrooms, hollow sides up, on a lightly oiled, parchment- or foil-lined baking sheet. Drizzle with cooking oil. Lightly dust with Mediterranean spice blend and a pinch of salt and pepper.
3. Roast 10-15 minutes (or until just tender) in a 425 degrees F oven.
4. Medium dice Roma tomatoes into ½-inch cubes.
5. Combine diced tomatoes and feta cheese. Mix well.
6. After initial roasting is complete, carefully remove Portobellos from the oven then evenly fill with feta-tomato mixture.
7. Return to the oven and roast for 5-6 minutes, or until the feta is slightly melted and the filling is warmed through.
8. There are all kinds of meatless sides you can serve with these. I typically serve stuffed Portobellos alongside roasted rosemary potatoes and a kale/cabbage/carrot salad with vinaigrette dressing.

Garlic Parmesan White Beans

This is a 15 minute recipe if you use canned beans. It is very versatile. You can use different kinds of white beans, substitute fresh basil for parsley, red pepper flakes for Aleppo pepper, and cut up regular tomatoes if you don't have cherry tomatoes.

Preparation: 15 minutes

Yield: 4-6 servings

Ingredients:

- Garlic - 3-4 cloves, minced
- Extra virgin olive oil – for sauteing and to drizzle
- 2 cans cannellini beans – drained and rinsed.
- Substitute: butter beans or great northern beans
- 1 cup cherry tomatoes – halved
- 1 tsp - Aleppo pepper or to taste
- ½ tsp cumin
- ¼ cup fresh parsley, chopped
- ½ cup grated cheese – combination of parmesan cheese and Pecorino Romano or just one or the other
- Juice of ½ lemon, squeezed



Method:

1. Sauté the garlic and beans. In a large pan, sauté 3 to 4 minced garlic cloves in heated olive oil over medium heat. Once the garlic is golden, add 2 15-ounce cans of cannellini beans that have been drained, and about ½ cup of water. Season with kosher salt, black pepper, 1 teaspoon Aleppo pepper, and ½ teaspoon cumin.
2. Add the tomatoes, fresh parsley, and cheese. Add 1 cup of halved cherry tomatoes, and cook for about 10 minutes, until the beans and tomatoes are warmed through and the tomatoes have softened a bit. Stir in the chopped fresh parsley, ¼ to ⅓ cup shaved parmesan, ¼ cup grated Pecorino Romano, and the juice of half a lemon.
3. Serve! Drizzle extra virgin olive oil generously to finish the white beans dish and serve immediately with crusty bread and a green salad. Leftovers will keep in an airtight container in the fridge for about 4 days. To reheat, add the beans to a pan on the stovetop on medium heat. If the beans have dried out a bit in the fridge, add a small amount of water (no more than ¼ cup).

A note on white beans:

- Navy Beans: Are smaller and have a mild flavor—great for mashed preparations.
- Great Northern Beans: These beans are medium-sized and firm with a slight nutty taste.
- Cannellini Beans: Also called white kidney beans, are larger and heartier, but they have a nice creamy texture when cooked.
- Baby Lima Beans: Also called butterbeans, are small and creamy with a buttery texture.

Moroccan Lentil Meatballs, Roasted Red Pepper Sauce, Couscous

Recipe by *Dishing Out Health*

Preparation: 30 minutes

Yield: 4 servings

Equipment: Food processor

Ingredients:

Lentil Meatballs

- 1 can (14.5 oz) lentils, rinsed and drained
- $\frac{3}{4}$ cup plain unseasoned breadcrumbs
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{4}$ cup fresh parsley leaves
- 1 egg (substitute flax egg for vegan)
- 2 tbsp tomato paste
- 1 tsp soy sauce (optional)
- 1 $\frac{1}{2}$ tsp minced garlic
- 1 tsp dried oregano
- 1 tsp paprika
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ tsp black pepper
- 2 tbsp olive oil, for cooking



Roasted Red Pepper Sauce

- 1 (12 oz) jar roasted red peppers, drained
- $\frac{1}{4}$ cup olive oil
- 2 tbsp harissa (substitute 1 tbsp chili powder, 1 tbsp paprika)
- $\frac{1}{2}$ tbsp minced garlic
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ tsp black pepper

Couscous (optional side dish)

- Follow package directions: typically, 1 cup couscous with 1 cup water or vegetable broth. Bring liquid to a boil, add couscous, remove from heat and ready to fluff in 5 minutes. You can add parsley, pine nuts or a little lemon, if desired.

Method

1. Prepare the meatballs by putting all the ingredients (except the olive oil) in the bowl of the food processor. Pulse, mixing until combined but not pureed, leaving a little texture. It should be like dough. Transfer to a bowl and wipe the food processor bowl clean.
2. Prepare the sauce by adding all the ingredients to the empty food processor bowl. Blend until smooth and set aside.

3. Scoop out tbsp-sized amounts of the lentil mixture and roll into 18 meatballs. In a large skillet, heat 2 tbsp olive oil. When hot, add the meatballs and cook for 5-7 minutes, until golden brown and slightly crisp. Roll the balls around to cook evenly on all sides.
4. Pour the roasted pepper sauce into the skillet with the cooked meatballs to warm. Garnish with chopped parsley and serve with couscous, or side of your choice.

Note: Leftovers can be stored in the refrigerator for up to 4 days and served warm, chilled or room temperature. Unshaped meatball mixture can be prepared 1 day in advance. Shaped meatballs can be stored for 1 or 2 days ahead. Cooked or uncooked meatballs can be frozen for up to a month but should be stored separately from the sauce so as not to get soggy. The red pepper sauce is so easy and flavorful; it can be used to liven up other dishes.

Stuffed Peppers

From the **New American Heart Association Cookbook**. Only 166 calories, 1.0 g saturated fat, and 7 g fiber per serving. Crunchy combination of vegetables. You can reduce the amount of cheese, if watching dairy.

Preparation: 60 minutes

Yield: 4 servings

Ingredients

- 4 large bell peppers (any color or combination) halved lengthwise, seeds and ribs discarded
- ½ cup uncooked instant brown rice
- 1 tsp olive oil
- 2 medium tomatoes, chopped
- 1 medium yellow summer squash, diced
- 1 medium zucchini, diced
- 1 medium onion, diced
- 2 medium garlic cloves, minced
- ½ cup grated low-fat Cheddar cheese
- ¼ cup sliced water chestnuts, drained and roughly chopped
- 1 cup no-salt-added tomato juice (you can buy in little cans if you don't want a jug)

Method

1. Preheat oven to 400 degrees (or 375 if you are not going to roast the peppers in the next step).
2. Spray the pepper halves all over with cooking spray. Place in a 13x9x2 baking dish with the cut sides down. Roast for 10-15 minutes, until just tender. Let cool a little and reduce oven temperature to 375 degrees. (Roasting adds deeper texture and flavor, but I have replaced this step with just heating the pepper halves in a skillet for a few minutes to soften. Then put the peppers into the baking dish, cut side up.)
3. Meanwhile, prepare the rice according to package directions and set aside.
4. In a large skillet, heat the oil on medium heat, and cook the tomatoes, squash, zucchini, onion and garlic for about 4 minutes until tender crisp. Don't overcook.
5. In a bowl, stir together the rice, Cheddar, and water chestnuts. Stir into the tomato mixture. Turn the bell pepper halves cut side up and spoon the rice mixture into each one. (You can leave the cheese out of part of the rice/water chestnut mixture and add to part of the tomato mixture to create a cheeseless stuffed pepper.)
6. Pour the tomato juice around (not over) the bell peppers.
7. Bake, covered for 15-20 minutes. Uncover and bake for 5 minutes.

Entrees: Grain Dishes

Moma G's Polenta with Mushroom Ragu

From Tony Garascia's Kitchen

I grew up Italian American in the 1950's and 60's in Cincinnati, Ohio. My dad taught Chemistry at Xavier University, and with seven children, five boys and two girls, my mother learned to make meals stretch (profs at a Catholic university in those days had low salaries).

One of the most common dishes that my mom put on the table was polenta, what some refer to today as Italian cornmeal. She would make a large quantity of polenta, put them into large rectangular pans, cover them with homemade tomato sauce, cover the sauce with American cheese and bake for 50 minutes or so. Served with bread and a salad, we dug in and ate, talked, argued and were grateful for a warm meal.



Today, polenta is often served as a gourmet side dish at restaurants. Back when I grew up it was considered to be stock food. Polenta nourished many Italian households through the years. The fact that polenta has made it to gourmet tables speaks to the growing affluence of many ethnic populations in the US over the past forty years. The Catholic population seems to have grown up with the change in polenta, becoming much more affluent these past 60 years.

Yet today, despite the growth of affluence in the global north, we are beset with many tough social issues. And it seems that all these issues are clamoring to be solved in an integrated way.

Many of the issues facing us today — the quest for racial, environmental and economic justice have been with us for over a century. Yet these issues have coalesced into what Pope Francis, in **Laudato Si**, has termed “the cry of the earth and the cry of the poor”. We are facing the need for personal and systemic change that seeks to address racial and economic injustice as well as environmental degradation.

You might feel that your own personal efforts won't achieve much. Yet if all of us commit to *Marianist Meatless Mondays* this action does help our world reduce its carbon footprint.

So...if you make the polenta recipe pause to remember that our roots as a Marianist Family call us to live more in balance with our world as we strive for economic, racial and environmental justice *Buon appetito*.

Preparation: 90 minutes (including preparation for both mushroom ragu and polenta)

Yield: 4 servings

Ingredients:

Mushroom Ragu

- 1 ½ pounds fresh mushrooms, sliced
- 3 tbsp olive oil
- 2 medium onions, minced
- 3 cloves garlic, minced
- 6 ounce can tomato paste
- 1 tbsp minced fresh rosemary
- 1 tbsp minced fresh thyme
- 2 tsp dried oregano
- Salt to taste
- 2 cups red wine
- 1 quart vegetable stock
- ½ cup pepper jelly
- 1 tbsp vinaigrette
- Freshly ground black pepper

Polenta

- 2 cups polenta
- Salt to taste
- 6 tbsp butter
- ½ cup grated pecorino cheese

Method:

Mushroom Ragu

1. Heat the olive oil in a large pot over medium-high heat. When it's hot, add the onion and cook until it's turning a little brown on the edges. Add the mushrooms and garlic and cook until onions have a nice glaze to them, 10 minutes or so.
2. Mix in the tomato paste and herbs and let this cook, stirring often, for a couple minutes. You will have to work the tomato paste into the mushroom mixture.
3. Pour in the wine, turn the heat to high, let it come to a boil and let it boil a minute or two. Add the soaking water and stock. Mix well, add a little salt and let this simmer down,

uncovered, for at least 1 hour. It will be very soupy at first. You want it to all cook down over time.

4. Once the sauce has reduced to a consistency you like, add salt if you need to, also add the vinaigrette and $\frac{1}{4}$ pepper jelly; grind fresh pepper over it. Serve over a helping of polenta.

Polenta

1. Polenta takes about 30 to 40 minutes to make, so you'll want to start before the mushroom ragu is totally done. Start by bringing 7 cups of water to a boil. Add salt, then stir in the polenta slowly in a steady stream, stirring constantly to avoid lumps. If you get lumps, use a whisk to break them up.
2. Turn the heat down to a simmer, and cover the pot. Stir the polenta frequently to prevent it from sticking. Depending on how coarse the polenta is, you will need 20 minutes to 40 minutes for it to become smooth and soft, not gritty.
3. When it's getting close — and if it's too thick you can add a little water as you go, just not a lot at one time — stir in the butter a tbs at a time, letting each one melt before adding the next. When you are ready to serve, mix in the grated cheese.

Red Beans and Rice

A New Orleans favorite that is quick and easy and as spicy as you like it.

Preparation:

Yield: 4 servings

Ingredients:

- 1 tsp olive oil
- ½ medium green bell pepper, chopped
- 1 medium rib celery, chopped
- ½ medium onion, chopped
- 2 garlic cloves, chopped
- 1 15 oz can red kidney beans, rinsed and drained (no-salt added if you are watching)
- ¼ cup catsup
- 2 tsp Creole seasoning
- Hot sauce (a couple dashes) or red pepper flakes (to taste)
- 1 tsp Worcestershire sauce
- Pinch thyme
- Water

Note: Creole seasoning: You can make your own with equal parts (½ tsp) chili powder, ground cumin, onion powder, garlic powder, paprika, pepper and ⅛ tsp cayenne

Method:

1. Prepare rice, according to package directions. Usually about 1 cup of uncooked rice for 4 people and about 25 minutes to cook, so it can be cooking while the beans are prepared. Set aside when done.
2. In a medium skillet, heat the oil to medium high and cook the bell pepper, celery, onion, and garlic for 3-4 minutes, until tender, stirring frequently. Stir in the beans and remaining ingredients. Bring to a simmer and cook for about 10 minutes to blend the flavors, adding water, as needed, to create a sauce of medium-thick consistency.
3. Serve the bean mixture over the rice. While a meal in itself, a side salad or sliced tomatoes goes well.

Vegetarian Cauliflower Rice Skillet Meal

There's so much goodness in this easy Vegetarian Cauliflower Rice Skillet Meal! One-pot dinners are lifesavers on busy weeknights and this one is no exception. Prepare (or buy) the marinara sauce and prepare the cauliflower rice in advance so it goes fast.

Preparation: 25 minutes

Yield: 4 servings

Skillet Ingredients:

- 2 tsp olive oil
- 1 medium yellow onion chopped
- 8 ounces cremini mushrooms sliced
- 3 garlic cloves minced
- $\frac{3}{4}$ tsp dried oregano
- $\frac{1}{4}$ tsp red pepper flakes (optional)
- $\frac{1}{8}$ tsp kosher salt
- 3 cups cauliflower rice, uncooked (that is, only through Step 1 in recipe below)
- 1 cup thinly sliced half-circles zucchini
- 2 cups favorite marinara sauce (homemade or store-bought)
- 1 14-ounce can of chickpeas, drained & rinsed
- $\frac{1}{4}$ c minced flat-leaf parsley
- $\frac{1}{4}$ cup finely grated Parmesan cheese



Cauliflower Rice

This recipe is for a stand-alone side dish or substitution for rice in stir-fry and other recipes.

2 – 4 servings. Time: 15 minutes

Cauliflower Rice Ingredients:

- 1 large head cauliflower, leaves removed
- 2 tsp olive oil
- Sea salt

Method

Cauliflower Rice

1. Coarsely chop the cauliflower florets and stems and place in food processor. Pulse until the cauliflower pieces are about the size of grains of rice. This is very quick.
2. In a medium saucepan with a lid, heat the olive oil over medium heat. Add the cauliflower rice and salt to taste and mix well.
3. Cover, reduce the heat to low and steam for 4 – 6 minutes or until tender-crisp.

Skillet

1. Preheat the broiler. (You can skip Steps 1 and 5, but cheese won't be melty and pretty.)
2. Heat the olive oil over medium-high heat in a large oven-proof nonstick or cast iron skillet. Add the onion and mushrooms. Cook, stirring occasionally, until the vegetables are tender and starting to brown, 5 to 6 minutes. Add the garlic, oregano, red pepper flakes and salt. Cook for 1 minute.
3. Stir in the cauliflower rice, zucchini and marinara sauce. Cook, stirring occasionally, until the cauliflower rice and zucchini are tender, about 5 minutes. Stir in the chickpeas and parsley.
4. Spread the cauliflower rice mixture into an even layer in the skillet. Top with the Parmesan cheese.
5. Place the skillet under the broiler until the cheese is melted, about 1 minute. Enjoy!

Meatless Tamale Pie

Thanks to **The Good Food Book** by **Jane Broady** for one of John Holden and Mary Beaudoin's favorite meatless recipes.

Preparation: 45-50 minutes, using beans that have been previously cooked

Yield: 4-6 servings

[Omit egg and cheese for a vegan option.]

Ingredients:

Filling

- 1 small onion, chopped ($\frac{1}{3}$ cup)
- 2 cloves garlic, minced
- 1 cup finely chopped green pepper
- 1 tbsp oil
- 2 tbsp tomato paste
- 1 heaping tsp chili powder
- $\frac{1}{2}$ cup water
- 3 cups cooked, mashed beans (kidney, pinto, or pink)
- $\frac{1}{4}$ cup sliced green olives
- 3 tbsp minced fresh parsley
- Freshly ground black pepper to taste

Crust

- 1 cup yellow corn meal, preferable stone-ground
- 1 tbsp flour
- $\frac{1}{4}$ tsp salt, if desired
- $1\frac{1}{2}$ tsp baking powder
- [1 egg, lightly beaten]
- $\frac{1}{2}$ cup skim or low-fat milk or milk substitute
- 2 tbsp oil
- 2 tbsp chopped green chilies, or more, to taste

Optional Topping:

- [$\frac{1}{2}$ cup grated sharp Cheddar]

Method:

1. Sauté the onions, garlic, and green pepper in the oil in a large skillet until the veggies are softened (you may cover the skillet for a few minutes).
2. Stir in the tomato paste and chili powder, then add the water, beans, olives, parsley, and pepper. Simmer the mixture, stirring it, until it is heated through.
3. Grease an 8-inch baking dish or shallow casserole and spread the bean mixture in it evenly.
4. In a medium bowl, combine the corn meal, flour, salt, and baking powder. Add the [egg,] milk, oil, and green chilies, and stir the mixture just to combine the ingredients.
5. Spread the batter over the bean mixture, [top with the cheese,] and bake the pie, uncovered, at 400 degrees for 20 minutes or until the dough rises and is golden brown.

Entrees: Pasta

Creamy Eggplant and Feta Rigatoni

Recipe by Peter Som. This one pot pasta meal can be on the table in a few minutes with little fuss and still be a hit for warm weather entertaining. Great with lots of lemony breadcrumbs alongside.

Preparation: 25 minutes

Yield: 4 servings

Ingredients:

- 1 globe eggplant, trimmed and cut into ½" cubes
- 7 oz block of feta, cut into cubes
- 1 tbsp capers, drained and rinsed
- ½ cup olive oil, plus 1 tbsp
- ½ tsp red pepper flakes
- 12 oz rigatoni or other short dry pasta
- 4 cups water or vegetable stock (or a combination)
- ½ cup panko bread crumbs
- Zest of 1 lemon
- 1 tbsp lemon juice
- ⅓ cup finely parsley, plus more for garnish
- Kosher salt and black pepper



Method:

1. In a Dutch oven over medium high heat, add olive oil, garlic and red pepper flakes followed by capers and eggplant. Season with salt and pepper. Sauté until eggplant is browned and tender, approximately 4-5 minutes.
2. Raise heat to high and add pasta, feta and water along with salt and pepper. Bring to a boil, then lower heat to medium low and cover. Cook for 12-15 minutes, stirring occasionally (some bits on the bottom will stick, so use a wooden spoon to scrape as much as possible but don't go crazy, it'll all still be good), until pasta is al dente, most of the stock is absorbed and has become a creamy sauce.
3. To make the herby panko, in a pan over medium low heat, add 1 tbsp olive oil and panko and sauté until golden brown, approximately 3-4 minutes. Transfer to a small bowl and let cool, then stir in lemon zest and parsley.
4. When pasta is done, pour it into a serving platter, finish with a dose of olive oil, lemon juice and sprinkle all over with panko mixture. Serve immediately.

Lentil Lasagna

Preparation: 1 hour and 30 minutes including baking

Yield: 8 Servings

Ingredients:

- 2 tbsp olive oil, plus more for greasing
- 1 large white or yellow onion, chopped
- 2 large bell peppers, cored and chopped
- 2 celery stalks, chopped
- 1 large carrot, scrubbed and chopped
- One (28-ounce) can no-salt-added crushed tomatoes
- 1 cup water
- 2 tsp Aleppo-style chile flakes
- 1 tsp garam masala
- ½ tsp ground turmeric
- ½ tsp freshly ground black pepper
- 1 tsp fine salt, plus more to taste
- 3 cups cooked black lentils (from two 15-ounce cans), drained and rinsed (see NOTE)
- 1 ½ cups (6 ounces) shredded part-skim mozzarella cheese
- 1 ½ cups (5 ounces) finely grated parmesan cheese
- 1 pound no-boil lasagna sheets



Method:

1. Position a rack in the middle of the oven and preheat to 350 degrees. Brush a 9-by-13-inch baking dish, at least 3 inches deep, generously with olive oil.
2. In a large skillet over medium heat, heat the 2 tbsp of oil until it shimmers. Add the onion and saute until translucent, 4 to 5 minutes. Add the bell peppers, celery and carrot and saute until the carrots and peppers start to soften, 3 to 4 minutes. Stir in the tomatoes, water, chili flakes, garam masala, turmeric, black pepper and salt. Increase the heat to high and bring the mixture to a boil. Remove from the heat, taste, and season with more salt, as needed.
3. Use an immersion blender to pulse for a few seconds to get a chunky sauce, or longer to get it smooth, if you'd like. (Alternatively, you can transfer the mixture to a blender or food processor, pulse or puree, and return the sauce to the pot.) Stir in the lentils.
4. In a small bowl, mix the mozzarella and parmesan cheeses until combined.
5. Line the base of the greased baking pan with enough sheets of pasta to cover in a single layer. Cover the pasta with 1 ½ cups of the sauce and spread evenly. Sprinkle about ¾ cup of the cheese mixture on top, and add another layer of pasta. Repeat the sequence three more times, layering sauce and cheese on the pasta. The final layer should be covered with the sauce and cheese.

6. Cover the dish tightly with foil, and set the baking pan on a large sheet pan to catch any drips.
7. Bake for 35 to 45 minutes, or until the cheese is melted, the sauce is bubbling, and the pasta layers are all cooked. Carefully remove the foil, turn on the broiler, and broil for 2 to 3 minutes, or until the cheese begins to bubble and lightly brown. Watch carefully so the cheese does not burn.
8. Remove from the oven and let cool for at least 10 minutes before slicing and serving warm.

Substitutions

- No black lentils? → Use French green (du Puy) lentils.
- Aleppo-style chile flakes → Urfa, Morash, crushed red pepper flakes, or a combination of mostly sweet paprika with a pinch of cayenne.
- Crushed tomatoes → Diced tomatoes or tomato puree.
- Garam masala → Curry powder.
- Mozzarella → Vegan mozzarella-style shreds, such as Daiya brand.
- Parmesan → Vegan parmesan cheese, such as Violife brand, or nutritional yeast.

Note: If you can't find canned black lentils, simmer 1 cup dried black lentils in 4 cups water until tender but not mushy, 25 to 30 minutes, then drain.

Mushroom Stroganoff

Have someone who says they still feel hungry after eating a meatless meal? The creamy sauce in this recipe will solve that. It's a bit of a project, but worth it for this festive dish.

Preparation: About 50 minutes

Yield: 4 servings

Ingredients:

- 4 oz dried whole-grain egg noodles
- 1 tbsp olive oil
- 4 cups sliced mushrooms (e.g., button, brown, oyster, etc., or any combination-you can add more than 4 cups if you are a mushroom fan)
- 1 medium onion, sliced
- 1 ¼ cup fat-free, low sodium, vegetable broth (divided use)
- 2 medium garlic cloves, minced
- 2 tbsp all-purpose flour
- ½ cup dry white wine (regular or non-alcoholic)
- 1 tbsp Worcestershire sauce (low sodium preferred)
- 1 tbsp soy sauce (low sodium preferred)
- 1 ½ tsp fresh thyme or ½ tsp dried thyme
- 1 tsp dry marjoram
- 12 oz light soft tofu, drained and patted dried, pureed until smooth
- 2 medium plum (Roma) tomatoes, peeled and chopped
- ½ cup fat-free sour cream

Method:

1. Prepare the noodles using package directions. Drain and set aside.
2. In a large non-stick skillet, heat the oil over medium high heat. Cook the mushrooms, onion and ¼ cup broth for 8-10 minutes or until the vegetables are soft, stirring frequently.
3. Stir in the garlic. Cook for 1 minute. Stir in the flour and cook for a minute, until the flour is absorbed, stirring constantly.
4. Stir in the wine, Worcestershire sauce, soy sauce, thyme, marjoram, and the remaining 1 cup broth. Gently stir in the tofu and tomatoes. Cook, covered, for 3-4 minutes or until the sauce has thickened, stirring occasionally.
5. Stir in the noodles and sour cream. Reduce the heat to medium and cook for 1-2 minutes, or until the stroganoff is heated through.

Pecan-Topped Pasta with Vegetables

This dish has a nutty flavor and a nutty crunch. It is vegan.

Preparation: 30 minutes

Yield: 4 servings

Ingredients:

- 8 oz dried whole grain rotini or fusilli
- 1 ½ cup finely chopped onion
- 1 medium red bell pepper, thinly sliced
- 1 cup matchstick-size carrot strips
- 6 oz button mushrooms, thinly sliced
- ½ tsp ground cumin
- ¼ tsp salt
- 1 ½ oz finely chopped pecans, dry roasted (this can be done ahead of time)



Method:

1. To dry roast pecans, spread them over a baking sheet and bake at 350 degrees until they begin to brown, about 7 – 10 minutes. Toss halfway through.
2. Meanwhile, prepare the pasta using the package directions, omitting the salt. Drain well in a colander.
3. Put the onion, bell pepper, carrots, and mushrooms in a large nonstick skillet. Cook over medium-high heat for 10-12 minutes, or until the onions are deeply browned, stirring frequently. (You may add a little olive oil to the pan if the vegetables start to stick.)
4. Stir in the cumin and salt. Cook for 30 seconds. Serve the vegetable mixture over the pasta.
5. Sprinkle with the pecans.

Note: If the dish is not spicy enough for you or seems a little dry, drizzle with your favorite salad dressing. Sesame ginger is tasty or some soy sauce.

Penne and Ricotta Casserole

A healthy version of baked ziti--lower on sodium and saturated fat. But it still has dairy in case you prefer to avoid it. Serve with a leafy green salad and a crusty roll. Quick to prepare, but bakes for an hour.

Preparation: 20 minutes hands-on, 60 minutes baking

Yield: 5 servings

Ingredients:

- Olive oil cooking spray
- 1 15 oz can tomato puree
- 1 cup vegetable broth or water
- 1 ½ tsp dried Italian seasoning
- ½ tsp garlic powder and ½ tsp garlic powder, divided use, or minced garlic
- ¼ tsp crushed red pepper flakes
- 15 oz low-fat ricotta cheese
- ½ tsp onion powder
- 8 oz dried whole-grain penne (uncooked)
- 2 oz low-fat mozzarella cheese, shredded

Method:

1. Preheat oven to 350 degrees. Spray 8-inch square glass casserole dish with cooking spray.
2. In a small bowl, stir together the tomato puree, broth, Italian seasoning, ½ tsp garlic powder and the red pepper flakes.
3. In another small bowl, stir together the ricotta cheese, onion powder, and remaining garlic powder. (You can add some additional mozzarella cheese if you would like a richer dish.)
4. Layer in the casserole dish as follows: 1 cup tomato puree mixture, spread over the bottom, half the pasta, all the ricotta mixture, dolloped and spread as well as possible; 1 cup tomato puree mixture; remaining pasta; remaining tomato puree mixture.
5. Cover and bake for 1 hour. You can cook it longer if you prefer softer pasta. Take out from the oven, top with mozzarella cheese. Bake, uncovered, for 5 minutes to melt the cheese.

Vegan Lasagna

Preparation: ½ to 2 hours (and worth it!)

Yield: 8 servings

Ingredients:

For the Marinara Sauce

- 1 tbsp olive oil
- 1 small white or yellow onion, chopped (about 1 cup)
- 2 garlic cloves, finely chopped
- 2 tbsp tomato paste
- 1 tsp Italian seasoning (or 1 tsp dried oregano)
- ¼ tsp red-pepper flakes
- 1 (14-ounce) can diced tomatoes with their juices
- 1 (14-ounce) can crushed tomatoes
- 1 tbsp vegan sugar (optional)
- Kosher salt, to taste

For the Vegan Ricotta

- 2 cups raw cashews
- 1 small garlic clove
- 3 tbsp fresh lemon juice
- 1 (15-ounce) block extra-firm tofu, lightly pressed between paper towels to remove excess moisture
- 2 tbsp nutritional yeast
- Kosher salt and black pepper

For Assembly:

- Olive oil, for greasing
- Kosher salt
- 9 to 12 uncooked lasagna noodles
- Fresh basil, for garnish (optional)

Method:

1. Make the marinara sauce: Heat the olive oil in a pot over medium-high. Add the onion and cook, stirring often, until the onion is soft and translucent, 4 to 5 minutes. Add the garlic and cook, stirring constantly, for another minute. Stir in the tomato paste, Italian seasoning and red-pepper flakes, then stir in the diced and crushed tomatoes and sugar, if using. Allow the sauce to come to a simmer, then reduce the heat to low and cook for 5 minutes, uncovered. Add salt to taste. You can leave the sauce textured or purée it with an immersion blender, depending on your preference. Remove from heat.
2. Make the ricotta: Add the cashews and garlic to a food processor and process until the cashews form a coarse meal, about 1 minute. Stop and scrape down the sides of the processor, then turn the processor back on. While it's running, drizzle in ½ cup water and

the lemon juice. Process until completely smooth and the texture resembles hummus, another 2 minutes.

3. Crumble the block of tofu into the processor, add the nutritional yeast, and season with salt and pepper. Continue processing until the mixture is smooth and resembles ricotta, stopping to scrape the sides of the processor as needed, about 1 minute. Taste and adjust salt and pepper.
4. Assemble the lasagna: Heat the oven to 350 degrees and lightly oil a 9-by-13-inch casserole dish. Bring a large, salted pot of water to boil. Cook the lasagna noodles according to package instructions, until they're al dente. (Skip this step if you're using no-boil noodles.)
5. Layer 1 scant cup marinara sauce at the bottom of your lasagna dish. Cover it with a layer of 3 to 4 lasagna noodles. Cover the noodles with half the vegan ricotta. Cover the ricotta with another layer of noodles, followed by another cup of marinara and the remaining ricotta. Add a final layer of noodles and the remaining marinara sauce. Bake the lasagna for 40 to 45 minutes, or until the marinara on top is dark and the lasagna is bubbling. Top with torn basil leaves, if desired, and serve.

Marinara Sauce

This basic sauce can be used on all kinds of pasta and in many other Italian dishes, such as manicotti or shells or lasagna. It is easy to make and can be stored, tightly covered and refrigerated, for a few days or frozen for up to 3 months.

Preparation: 60-90 minutes

Yield: 7 cups

Ingredients:

- 2 28 oz cans Italian plum tomatoes with basil -- San Marzano much preferred
- ¼ cup olive oil
- 3 tbsp minced onion
- 2 garlic cloves, minced
- 6 leaves fresh basil, optional
- Pinch dried oregano
- Salt and pepper to taste (if desired)

Method:

1. Remove tomatoes from the can and crush, using your hands, and remove any hard core from the stem. Set aside. Reserve the juice from the can.
2. Put the oil in a saucepan. On medium low heat, sauté the onion until translucent and beginning to brown. Stir in the garlic and sauté for 30 seconds until just softened (don't overheat). Add tomatoes, reserved juice and salt. Bring to a boil, then reduce to very low simmer for about an hour.
3. Stir in the basil, oregano, and pepper. Heat for just a minute, remove from heat, and serve. That's it for the basic sauce!
4. Serve over spaghetti, penne, or other kinds of pasta that is cooked separately, using package directions.
5. Sprinkle it with parmesan cheese. Have a green salad and garlic bread on the side.

Note: You can add sliced carrots and/or sliced mushrooms to the sauce during the last 30 minutes or so to cook until tender.



Entrees: Asian Inspired

Coconut Curry Chickpeas with Pumpkin and Lime

Canned pumpkin purée and coconut milk, heavily seasoned with curry spices and lots of fresh lime juice, make a sweet-sharp sauce for chickpeas. It's a rich, creamy curry that you can eat on its own or serve over rice or couscous. If you want to incorporate more vegetables, stir in some spinach, baby kale or sliced green beans during the last few minutes of cooking, letting them soften in the sauce. If you like it spicy, double the spices! Or for less, cut back on the jalapenos.

Preparation: 45 minutes

Yield: 4-6 servings

Skillet Ingredients:

- 3 tbsp neutral oil, such as sunflower or canola
- 1 large onion, chopped
- 2 jalapeños, seeded or not, thinly sliced
- 1 bay leaf
- 1 knob ginger (about 1 inch), minced
- 4 garlic cloves, minced
- 1 ½ tsp garam masala
- 1 tsp ground cumin
- ½ tsp ground turmeric
- 2 (15-ounce) cans chickpeas, rinsed
- 1 (13.5-ounce) can coconut milk (prefer not light coconut milk, although it's fine)
- 1 (13.5-ounce) can pumpkin purée
- 1 ½ tsp fine sea salt, more as needed
- ¾ cup chopped cilantro, more for serving
- 2 to 3 tbsp fresh lime juice, plus wedges for serving
- Cooked rice or couscous, for serving (optional)



Method

1. Heat oil in a large skillet over medium-high heat. Stir in onion, jalapeño (if using) and bay leaf. Cook, stirring occasionally, until onion is golden on the edges, about 8 minutes.
2. Add ginger and garlic and cook until fragrant, about 2 minutes, stirring frequently. Stir in garam masala, cumin and turmeric; cook for an additional 30 seconds.
3. Stir in chickpeas, coconut milk, pumpkin, ½ cup water and 1 ½ teaspoons salt. Bring to a simmer and continue to simmer for 10 minutes, stirring occasionally, to let the flavors meld. (Add more water if it starts to look too thick.) Stir in cilantro and lime juice to taste. Taste and add more salt if necessary.
4. Step 4: Serve over rice or couscous, top with more cilantro, and add side lime wedges.

Farmer's Market Bao

A special treat from Laura in Hawaii. These buns are steamed and not baked. I use a traditional bamboo steam basket lined with parchment paper circles. You can use a steaming machine or instant pot, but if you can afford to pick up the traditional steaming basket – I recommend it as you can use it for other dishes as well. A key garnish is the sweet peanut powder/crushed peanuts. I decided not to go full tilt by making it myself. Instead, I bought Planters Honey Roasted Peanuts. Choose any protein or alter the filling to your preference.

Preparation: 3.5 hours (includes 2 hour proofing)

Yield: About 15 bao

Ingredients:

Dough

- ⅓ cup of hot water
- ½ cup of soy milk (or any milk)
- 1 tbsp of active dry yeast
- 4 tbsp of sugar split in half
- 2 tbsp of oil (we use olive or avocado oil)
- Oil Spray (we use avocado oil spray)
- 2 ⅓ cups of bread flour (all purpose is also fine)
- ½ tbsp of baking powder
- Sprinkle of salt (we use pink Himalaya)

Filling & Garnish

- ½ large yellow or white onion chopped
- 2 minced garlic cloves
- 4 tbsp of olive oil
- Protein of choice (we used one 16 ounce package of firm tofu)
- 3 tbsp of Worcestershire sauce (we used a vegan one from Whole Foods)
- 3 tbsp of tamari or soy sauce
- 2 tbsp of coconut aminos
- 2 tbsp of sugar or maple syrup
- Black pepper
- Tiniest drop of vegan fish oil
- Optional: red chili flakes or hot peppers diced
- 1 ½ cups of chopped mushrooms
- 1 small can of diced chestnuts
- Julienned or sliced thinly about ½ cup of green cabbage
- Julienned carrot
- Julienned cucumber (maybe ¼ of the cucumber)
- A few sprigs of cilantro
- A few green onion leaves diced



- Honey roasted peanut crumble (using a rolling pin or a food processor grind down the peanuts to a small pebble consistency)

Method:

It's up to you which component of this recipe you'd like to begin. For me it makes the most sense to make the filling so it will be cool when I load it into the bao bun.

1. Coat a large hot frying pan with olive oil and cook diced onion until translucent.
2. Lower heat to medium low and add diced garlic and cook for a minute.
3. Add your protein. If using tofu, crumble until about pea sized. Cook until golden.
4. Add all the sauces as well as maple syrup.
5. Once incorporated, add black pepper, fish oil, mushrooms and cabbage, green onion and a little bit of carrot.
6. Once vegetables are cooked, add chestnuts and turn off the stove to cool.

For the dough:

1. Combine milk and water to make a warm milk-water bath. Add sugar and dry yeast. Stir and allow to sit for 10 minutes.
2. Combine oil, flour, salt, sugar and baking powder. Mix and knead for about 10 minutes until the dough is smooth and elastic.
3. Cover and proof for about 2 hours (should double or triple in size). Near the end of the two hours, start a boiling pot of water or ready your steaming machine.
4. Roll out dough on a lightly flour dusted surface, roll out until dough is 1/4 thick.
5. Using a 3 to 3 ½ ring or glass, press out circles in the dough. Set the circles aside, remix dough and repeat.
6. Lightly spray each top of the dough circles with oil.
7. Fold circles and press down at the fold so they will stay folded in the steamer.
8. Before placing dough in your bamboo steamer, make sure you have it lined with parchment paper (with holes to allow steam) or a coffee filter to prevent dough from sticking to the bamboo basket.
9. Allow the dough to rest for 20 minutes.
10. Steam in your basket for 12 minutes. Be careful when lifting the basket lid as the steam will escape fast and could burn you. Allow buns to cool.
11. Fill each of the bao buns with filling, pressing filling down. Add cucumber, carrot and cilantro and sprinkle the crumbled peanuts on top.

Stir-Fry Noodles

Preparation: 20 minutes

Yield: 4 servings

Ingredients:

Sauce

- 4 tbsp low sodium soy sauce
- 2 tbsp water
- The juice of 1 lime - (or the juice of 1/2 lemon)
- 1 tbsp freshly grated ginger - (or 1 tsp ginger powder)

Stir Fry

- 5 oz. udon noodles - (or any other type of Asian noodles - opt for rice noodles to make it gluten-free)
- 5 oz. firm tofu OR 1 cup edamame
- 1 tbsp oil - (sesame oil or any other vegetable oil)
- 2 garlic cloves - minced
- 3 cups bok choy - (or any other veggies, see notes)
- 2 medium carrots - (or any other veggies, see notes)
- 1 red bell pepper - (or any other veggies, see notes)
- ½ tsp chopped fresh chili - (or 1/4 tsp dry chili flakes)

Toppings

- 2 tsp sesame seeds - (optional)
- Finely sliced green onions - (optional)

Method:

1. Mix all the sauce ingredients in a small bowl or a jar.
2. Wash and chop the veggies into strips and chop the tofu into small cubes.
3. Soak the noodles in hot water, following the packet directions, then drain.
4. Mix the tofu with half of the sauce. In a large pan or wok, heat 1 tbsp of sesame oil over high heat. Cook the tofu on all sides until golden brown and crisp for 3-4 minutes. Remove from the pan.
5. In the same pan or wok, add the minced garlic cloves and chili and cook for 30 seconds. Then add carrots and bell peppers and cook for 2-3 minutes. Then add any other veggies and green leaves and cook for another 2 minutes.
6. Add the cooked noodles and the remaining sauce. Toss well for a couple of minutes. If you like your noodles darker or more seasoned, add extra soy sauce.
7. Sprinkle the noodles with sesame seeds and green onions and serve.



Notes:

- Noodles: This recipe calls for udon noodles, but you can use any Asian noodles you have like rice noodles, vermicelli noodles, or glass noodles. (You can even use spaghetti if it's what you have!) For a low-carb version, we've used zucchini noodles or any other spiralized veggie.
- Veggies: Anything you find in your fridge or freezer like broccoli, spinach, cabbage, kale, mushrooms, or other Asian greens is also perfect for this recipe.
- Tofu: You'll want firm tofu that has been pre-pressed. Otherwise, make sure to squeeze it to remove the excess water. You can use 1 cup of edamame beans instead.
- Leftovers: Store leftovers in the fridge for 2-3 days in an airtight container. When it's time to reheat them, put them in a microwave or back into a pan, adding some water or vegetable broth to warm and loosen the noodles.

Yellow Split Pea Dal

A basic plant-based dish. It is warm and hearty, blended with a flavorful tomato and onion sauce made from scratch and seasoned with a perfect blend of spices. This Indian dish is usually served as a main course. This recipe is vegan and gluten-free. A serving provides about 26 g protein.

Preparation: 1 hour

Yield: 4-6 servings

Ingredients:

Yellow Split Peas Dal

- 2 cups yellow split peas, rinsed and drained
- 6 cups cold water - 5 cups for cooking dal, one spare to adjust consistency
- ½ tsp turmeric powder
- 1 tsp salt, to taste
- ½ tsp garam masala
- 1 handful fresh coriander, hard stalks discarded and roughly chopped

Tomato and Onion Sauce

- 1 medium brown onion, finely diced
- 1 tsp cumin seeds
- ¾ tsp fenugreek seeds (substitute: celery seeds or fennel seeds or mustard seeds)
- 2-3 medium tomatoes, chopped small
- 2½ centimeters piece fresh ginger, finely chopped
- 4-5 cloves garlic, crushed
- 4-8 tbsp water - use the amount needed for sweating onions if not using oil of your choice, otherwise use 1-2 tbsp of oil
- 1 handful cilantro, roughly chopped.
- 1 small red chili chopped - optional

Method:

Cooking Yellow Split Peas

- Add the yellow split peas, cold water and salt in a large pot and bring to a boil on high heat. Turn heat down to medium-low and simmer for 45 minutes without a lid. You will need to skim off the froth a couple of times. Around the 40 minutes mark, stir in turmeric powder, garam masala and half of the chopped cilantro. You can add more water if you feel you need to.

Making the Sauce

1. Meanwhile, in a frying pan over medium-high heat, add optional 1-2 tbsp olive oil (leave this out if not using oil), and cumin and fenugreek seeds. Heat up until the smoky aroma is released, by stirring. This will create the best flavor.
2. If you are using oil, add the diced onion and sweat until they are translucent. "Sweating" is a cooking technique that involves gently heating vegetables in butter or oil to soften them

and release their flavors. If you're not using oil, add 4 tbsp of water with onion and sweat until they are translucent and start to change color.

3. Stir in the garlic, ginger and optional chili, then add the diced tomatoes and cook them down for about 15-20 minutes on medium heat. You may need to add a splash of water to loosen the sauce.

Creating the Dal Curry

- Once the dal is completely cooked, it should be goopy. Add the tomato and onion mixture to the yellow split pea dal and stir through thoroughly. Taste to see if you'd like to adjust the salt. Serve warm. If you need to reheat it later, you may need to add a little more water.

Dessert

Berry-Banana Oatmeal Cake

A way to make breakfast special and healthy. This baked dish warms up the kitchen, while providing fiber and antioxidants. Requires a high-speed blender. Store leftovers in a sealed bag in the refrigerator.

Preparation: 30 minutes

Yield: 4 servings

Ingredients:

- 1 cup rolled oats
- 1 tbsp ground flaxseed (substitutes: wheat germ or almond meal)
- 2 medium ripe bananas
- 1 egg
- 1 tbsp brown sugar
- 1 tsp baking powder
- ¼ tsp salt
- 1 cup fresh blueberries and raspberries
- 1 tbsp powdered sugar (optional)

Method:

1. Preheat oven to 350 F. Lightly grease an 8x8 inch baking dish (or line with parchment paper).
2. Place the oats in a high-speed blender on high until the oats are ground into a coarse flour consistency, about 30 seconds.
3. Whisk the flaxseed and 3 tbsp water together until well combined. Add the flaxseed mixture, bananas, egg, brown sugar, baking powder, and salt to the blender. Blend on medium-high until the batter is smooth, scraping down the sides as needed.
4. Pour the batter into the prepared baking dish. Sprinkle ½ cup of the berries evenly over the top. Bake for 25 minutes or until cooked through and golden on top. Serve topped with powdered sugar, if using, and the remaining fresh berries.



Pumpkin Bread

Filled with classic pumpkin spice flavor, this sweet quick bread is perfect for breakfast, snacks or any time you need a slice of autumn. Vegetarian, not vegan.

Preparation: 15 minutes active; 65 minutes baking + cooling

Yield: 1 loaf

Ingredients:

- 1 $\frac{2}{3}$ cups all-purpose flour
- 1 $\frac{1}{2}$ cups sugar
- 1 tsp baking soda
- 1 tsp ground cinnamon
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground cloves
- 2 large eggs, room temperature
- 1 cup canned pumpkin
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup raisins, optional



Method:

1. Preheat oven to 350°. Combine first 8 ingredients. Whisk together eggs, pumpkin, oil and water; stir into dry ingredients just until moistened. Fold in walnuts and, if desired, raisins.
2. Pour into a greased 9x5-in. loaf pan. Bake until a toothpick inserted in center comes out clean, 65-70 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely.

Vegan Brownies

Preparation: 20 minutes active; 30 minutes baking

Yield: 12 servings

Ingredients:

- 6 tbsp brewed coffee, chilled
- 2 tbsp ground flaxseed
- 2 cups vegan chocolate chips
- 1 tsp vanilla extract
- 1 tsp almond extract
- 1 cup sugar
- 6 tbsp avocado oil
- $\frac{3}{4}$ cup plus 2 tbsp all-purpose flour
- $\frac{1}{4}$ cup cocoa powder
- 1 tsp baking powder
- 1 tsp salt

Method:

1. Preheat the oven to 350 degrees. Line a 9-inch square pan with parchment paper.
2. Prepare a “flax egg” by combining the brewed and chilled coffee and ground flaxseed in a small mixing bowl. Let stand for 10 minutes to form a gel-like consistency.
3. Place the chocolate chips, vanilla extract and almond extract in a large bowl; set aside.
4. Heat the sugar and avocado oil in a small saucepan over low heat until the mixture starts to bubble. Remove from heat; pour the warm oil mixture over the chocolate chip mixture. Stir to combine, then add the flax egg and stir to incorporate.
5. In a separate bowl, sift together the flour, cocoa powder, baking powder, and salt. Stir to combine. Gently fold in the chocolate chip mixture.
6. Pour batter into the prepared pan. Bake for 27-30 minutes until a toothpick inserted near the center comes out clean. Remove brownies from the pan and let cool on a wire rack before slicing.

With love from the Marianist Family

When we get together with our friends and family we usually eat together, and when we're traveling and learning to embrace new cultures, that culture's food is typically where we start. It's just the way that humans bond with one another. "Food is love." - Mike Schulz, Mission of Mary Cooperative, Dayton, Ohio