



## **Vegetarian Summertime Menu Plan**

Week 2

**Grilled Veggie Quesadillas**

**Super Easy Guacamole**

**Bean Burgers with Avocado Cream**

**Garlic Parmesan Fries with Spicy Aioli**

**All-in-One Caprese Pasta**

**Skinny Taco Salad**

**Curried Garbanzo Beans and Quinoa**

**Tomato, Cucumber, & Avocado Salad**

**Easy Thai Kale & Coconut Stir Fry**

**Sweet Corn & Cilantro Soup**

**Tomato Phyllo Pie**

**Blueberry Baked Oatmeal**

**Fruit Salsa with Sweet Cinnamon Chips**

## Vegetarian Summertime Shopping List – Week 2

### FRESH PRODUCE:

6 zucchini  
6 yellow squash  
5 large Portobello mushrooms  
5 red bell peppers  
4 small red onions  
3 medium white onions  
8 medium avocados  
1 small yellow onion  
9 tomatoes  
3 packages grape tomatoes  
1 head romaine lettuce  
1 cup snow peas  
1 large carrot  
1 poblano pepper  
2 cucumbers  
1 medium bunch of kale  
1 package rainbow slaw  
20 garlic cloves  
2 lemons  
6 limes  
2 large oranges (for fresh juice)  
5 kiwis  
½ lb. raspberries  
1 lb. strawberries  
2 Granny Smith apples

### FRESH HERBS:

5 c. cilantro  
1 large bunch basil  
¾ c. parsley

### DRIED HERBS & SEASONINGS:

1 T. cumin  
1½ t. chili powder  
½ t. smoked paprika  
½ t. onion powder  
2 t. garlic powder  
¼ t. cayenne pepper

½ t. garlic salt  
¼ t. crushed red pepper flakes  
1 t. yellow curry powder  
2½ T. ground cinnamon

### PANTRY ITEMS:

Extra virgin olive oil  
2 t. Dijon mustard  
2 T. balsamic vinegar  
2 T. red wine vinegar  
3 T. red curry paste  
¼ c. sugar-free strawberry preserves  
2 t. Sriracha sauce  
2 t. reduced-sodium soy sauce  
2 t. real vanilla extract  
2 t. baking powder  
½ c. real maple syrup  
2/3 c. honey  
1/3 c. white sugar  
¼ c. coconut oil  
28-oz. coconut milk  
¾ c. unsweetened coconut flakes

### NON-PERISHABLE ITEMS:

½ c. panko bread crumbs  
3 c. whole-wheat penne pasta  
3 c. quinoa, cooked  
2 c. brown rice, cooked  
3 c. old-fashioned oats

### CANNED/BOTTLED ITEMS:

½ c. prepared pesto  
1 15-oz. can black olives  
2 15-oz. can black beans  
1 15-oz. can white beans  
4 c. organic vegetable broth  
1 15-oz. chickpeas/garbanzo beans

### REFRIGERATED ITEMS:

1½ c. buttermilk

4 c. mozzarella cheese, shredded  
2 c. fresh mozzarella  
6 eggs  
1 c. plain Greek yogurt  
½ c. Parmesan cheese, freshly grated  
1 c. sharp cheddar cheese, shredded  
10 oz. Feta cheese  
1 c. unsalted butter  
2 c. unsweetened almond milk

**FROZEN ITEMS:**

6 c. frozen corn kernels  
2 phyllo sheets  
1½ c. blueberries  
1 pint vanilla bean ice cream

**BAKERY/BREAD:**

6 large whole-grain tortillas  
9 10-inch flour tortillas  
1 c. tortilla strips  
6 whole grain buns

# Grilled Vegetable Quesadillas

Makes 6 servings

3 large zucchinis, cut into ¼ inch slices	6 large whole-grain tortillas
3 yellow squash, cut into ¼ inch slices	½ c. prepared pesto
5 large Portobello mushrooms, sliced	3 c. mozzarella cheese, shredded
1½ large red onion, peeled and sliced	
Salt and black pepper, to taste	
5 whole red bell peppers	

**This recipe can be done outside on a grill or with a grill pan indoors.**

1. Pre-heat grill to 300-350°
2. Season the zucchini, squash, mushrooms, and red onion with salt and pepper, to taste.
3. Grill the vegetables, including the red peppers, over direct heat on both sides until grill marks form and peppers are charred. Remove from grill and place red peppers in a plastic bag and seal. Set aside.
4. Let the peppers cool, then carefully remove the skin and seeds while rinsing under cool water.
5. Take a large tortilla and spread 2 T. pesto on it. Arrange grilled vegetables on half of the tortillas and top with ½ cup of mozzarella cheese. Fold over the other half of the tortilla to form half a circle and press down.
6. Spray the bottom of a skillet with cooking spray and heat over medium-high heat. Place the quesadilla in the pan and grill both sides until golden brown, about 3 minutes per side.
7. Repeat with remaining tortillas and grilled vegetables. Cut each quesadilla in 4 sections and serve with **Super Easy Guacamole**.

# Super Easy Guacamole

Makes 6 servings

4 medium avocados  
2 firm tomato, seeded and finely diced  
1 medium white onion  
1½ c. chopped cilantro  
3 T. fresh lime juice  
Salt and freshly ground black pepper, to taste

## Directions:

1. Cut the avocados in half lengthwise and remove the pit before scooping out the flesh. (Carefully strike the pit with a chef's knife and twist to easily remove it).
2. Mash the avocado flesh with a fork and combine with tomato, onion, cilantro, and fresh lime juice. Season with salt and freshly ground black pepper, to taste.
3. Serve immediately or store in the refrigerator for later use. Squeeze extra lime juice over the top before covering tightly with plastic wrap to prevent browning.

# Bean Burgers with Avocado Cream

Makes 6 servings

15-oz. can black beans, drained, rinsed  
15-oz. can white beans, drained, rinsed  
3 T. fresh cilantro, chopped  
4 garlic cloves, minced  
½ t. smoked paprika  
½ t. onion powder  
1 t. salt  
2 t. freshly ground black pepper  
1 large egg + 1 large egg white  
2 T. extra virgin olive oil

½ c. panko bread crumbs  
6 whole grain buns

## **Avocado Cream:**

1 avocado, chopped  
10 basil leaves, chopped  
2/3 c. plain Greek yogurt  
Salt and freshly ground black pepper, to taste

## **Bean Burger Directions:**

1. In a large bowl, mash white and black beans with potato masher. Add cilantro, garlic, paprika, onion powder, salt, and pepper and stir to combine.
2. In a smaller bowl, lightly beat the eggs with a fork. Add olive oil and panko bread crumbs to bowl and stir to combine.
3. Add the egg mixture to the beans and stir thoroughly to combine. Separate the beans into 6 equal sections and form into patties.
4. Heat a large skillet over medium-high heat and add 1 tbsp. olive oil. Add burgers and cook on each side until golden brown, approximately 4-5 minutes per side.
5. Top with **Avocado cream** and serve with **Garlic Parmesan Fries**.

## **Avocado Cream Directions:**

1. Add basil and avocado to food processor and pulse to combine. Once smooth, add Greek yogurt, salt, and pepper and blend until thoroughly combined.

# Garlic Parmesan Fries with Spicy Aioli

Makes 6 servings

4 medium russet potatoes, peeled and cut into ¼" strips  
¼ c. extra virgin olive oil  
3 cloves garlic, minced  
2 t. garlic powder  
2 t. Kosher salt  
½ c. grated Parmesan cheese  
¼ c. fresh parsley, chopped

## Spicy Aioli:

⅓ cup plain Greek yogurt  
1 clove of garlic, minced  
1½ t. fresh lemon juice  
2 t. Dijon mustard  
¼ t. cayenne pepper

## Spicy Aioli Directions:

1. In a small glass bowl, thoroughly combine all ingredients. Chill for at least 30 minutes before serving.

## Garlic-Parmesan Fries Directions:

1. Preheat oven to 425° and line a rimmed baking sheet with aluminum foil or parchment paper. Set aside
2. Combine sliced potatoes, olive oil, garlic, garlic powder and salt in a gallon-sized plastic bag. Seal the bag and shake vigorously to evenly coat the potatoes.
3. Place potatoes in a single layer on the foil-lined baking sheet. Reserve plastic bag for later.
4. Bake potatoes for 30 minutes, flipping halfway through. Remove from oven and carefully return hot potatoes to the plastic bag. Add Parmesan cheese and 2 tablespoons fresh parsley to bag, seal and shake vigorously to coat.
5. Return coated potatoes to the foil-lined baking sheet in a single layer and bake for an additional 10 minutes or until Parmesan cheese starts to turn golden.
6. Remove from oven and top with additional Parmesan cheese and remaining fresh parsley, if desired. Serve warm with **Spicy Aioli** for dipping.

# All-in-One Caprese Pasta

Makes 6 Servings

1 T. extra virgin olive oil	½ t. freshly cracked black pepper
½ c. white onion, diced	2 c. fresh Mozzarella, diced
3 c. dry whole-wheat penne pasta	8 fresh basil leaves, julienned
1 package of grape tomatoes, halved	2 T. balsamic vinegar
2 cloves fresh garlic, minced	
4 c. organic vegetable broth	<b>Optional Garnish:</b>
½ t. kosher salt	Fresh basil leaves, chopped

## Directions:

1. Heat olive oil in a large, 12-inch skillet over medium heat. Add onion and cook until soft, about 5 minutes, stirring occasionally.
2. Add penne pasta, tomatoes, garlic, vegetable broth, salt and pepper. Stir to combine.
3. Bring pasta mixture to a boil over high heat. Once it boils, reduce heat to medium to simmer. Continue cooking until pasta is cooked and the liquid is mostly absorbed, about 10-12 minutes. Stir frequently while cooking.
4. Add mozzarella cubes and fresh basil leaves to pan and cover for a couple minutes. Remove lid and sprinkle with balsamic vinegar. Garnish with additional chopped basil, if desired and serve immediately.

# Skinny Taco Salad

Makes 6 servings

1 head Romaine lettuce  
1 avocado, peeled, pitted, and diced  
2 c. grape tomatoes, halved  
2 c. fresh cilantro leaves, loosely packed  
1 c. shredded sharp cheddar cheese  
1 c. tortilla strips  
1 15-oz. can black beans, rinsed and drained  
2 c. frozen corn, thawed  
1 15-oz. black olives, drained  
1/2 small red onion, thinly sliced

## **Skinny Cilantro-Lime Vinaigrette:**

1 c. fresh cilantro, loosely packed  
1/4 c. fresh orange juice  
3 T. fresh lime juice  
1 T. honey  
1 t. ground cumin  
Salt and freshly ground black pepper, to taste  
2 T. extra virgin olive oil

## **Salad Directions:**

Remove tough end of Romaine lettuce, then rinse and pat dry. Tear into bite-sized pieces and toss into a large glass bowl. Add remaining salad ingredients and drizzle with **Skinny Cilantro-Lime Vinaigrette** (recipe below). Toss to combine and serve immediately.

## **Dressing Directions:**

Add cilantro, orange juice, lime juice, honey, cumin, salt, and pepper to a food processor or blender and pulse to combine. Gradually drizzle in the olive oil while pulsing until mixture is thoroughly combined.

# Curried Garbanzo Beans and Quinoa

Makes 6 servings

1 c. snow peas, sliced crosswise	2 T. fresh lime juice
½ medium white onion, diced	1 t. yellow curry powder
1 large carrot, peeled and sliced	1 15-oz. can chickpeas/garbanzo beans
½ red bell pepper, thinly sliced	½ t. garlic salt
2 t. extra virgin olive oil	1 t. salt
2 cloves fresh garlic, minced	¼ c. fresh cilantro, chopped
28 oz. coconut milk	3 c. quinoa, cooked according to package directions
3 T. red curry paste	

## Directions:

1. Add snow peas, onion, carrots, red peppers and olive oil to large non-stick skillet and sauté over medium-high heat for 5-6 minutes, or until vegetables are tender. Add garlic and cook another 1-2 minutes, or until garlic is fragrant.
2. Add coconut milk, red curry paste, fresh lime juice, yellow curry powder, chickpeas, garlic, and salt. Stir to combine and continue cooking until chickpeas are heated through, about 5 minutes. Stir in cilantro and serve over cooked quinoa.

# Tomato, Cucumber, & Avocado Salad

Makes 6 servings

2 T. fresh lemon juice	6 oz. Feta cheese crumbles
2 large avocado, seeded and chopped	2 T. red wine vinegar
2 c. grape tomatoes, halved	4 T. extra virgin olive oil
2 cucumbers, peeled and chopped	Salt and freshly ground pepper, to taste
1/2 c. red onion, chopped	1/2 c. fresh parsley, chopped

## Directions:

1. Drizzle lemon juice over chopped avocado. Place avocado, tomatoes, cucumbers, red onion, and feta cheese in a large glass bowl.
2. In a separate bowl, whisk together red wine vinegar, and olive oil. Season with salt and pepper, to taste. Pour liquid ingredients over avocado mixture. Add fresh parsley and toss gently to combine. Serve immediately or chilled.

# Easy Thai Kale and Coconut Stir Fry

Makes 6 servings

2 T. extra virgin olive oil, divided	2 c. cooked and chilled brown rice
2 eggs, beaten with a dash of salt	2 t. reduced-sodium soy sauce
3 cloves fresh garlic, minced	2 t. Sriracha sauce
1 packaged rainbow slaw	1 lime, halved
1 medium bunch kale, ribs removed and leaves finely shredded	
½ t. salt	
¾ c. unsweetened coconut flakes* (not shredded coconut)	

## Optional Garnish:

Fresh cilantro, chopped

## Directions:

1. Heat a 12-inch (or wider) wok, cast iron skillet or heavy non-stick frying pan over high heat. When pan is hot, add a drop of water. If it sizzles on contact, add 1 teaspoon olive oil and beaten eggs. Cook eggs while stirring occasionally, until the eggs are scrambled and lightly set. Transfer eggs to a large empty bowl and set aside.
2. Carefully wipe out hot pan with a paper towel and return to high heat. Add one tablespoon of olive oil to the pan, then add garlic, onion, and rainbow slaw. Stir continually for about 1 minute or until the vegetables are crisp tender.
3. Add the kale and ½ teaspoon salt. Stir frequently while cooking until the kale is wilted and tender, approximately 2 minutes. Transfer vegetable mixture to bowl with cooked eggs. Set aside.
4. Add the remaining two teaspoons of oil to the pan. Add the coconut flakes and cook, stirring frequently, until the flakes are lightly golden. Add the cooked rice to the pan and stirring occasionally until the rice is heated through, about 3 minutes.
5. Pour the vegetable egg mixture back into the pan. Add soy and Sriracha sauce and stir to combine. Transfer to serving plates and squeeze fresh lime juice over each serving. Garnish with chopped fresh cilantro, if desired, and serve.

# Skillet Zucchini and Yellow Squash

Makes 6 servings

½ T. unsalted butter	3 summer squash, diced
½ T. extra virgin olive oil	2 large tomatoes, seeded and diced
3 zucchini, peeled and diced	Salt and freshly ground pepper, to taste

## Directions:

1. In a 12-inch nonstick skillet, heat the butter and olive oil over medium-high heat until hot.
2. Add the zucchini and yellow squash in as even a layer as possible (it should sizzle as it hits the skillet) and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Stir well and add more salt and pepper, if needed. Continue cooking without stirring until the squash is starting to brown and tender, about 5-7 minutes.
3. Season with salt and pepper, if desired, and serve immediately.

# Sweet Corn & Cilantro Soup

Makes 6 servings

2 T. extra virgin olive oil	2 c. unsweetened almond milk, divided
1 t. chili powder	½ t. salt
¼ t. crushed red pepper flakes	3 T. fresh lime juice
1 t. ground cumin	Freshly ground black pepper, to taste
1 small yellow onion, chopped	1 t. honey
3 cloves fresh garlic, minced	½ c. water
4 c. frozen corn, unthawed	1 c. fresh cilantro leaves, chopped and loosely packed
1 Poblano pepper, seeded and chopped	
2 medium tomatoes, chopped	

## Directions:

1. Heat the olive oil on low in a large stockpot. Add the chili powder, red pepper flakes, and cumin and heat to release flavors, about 5 minutes.
2. Increase heat to medium and add onion. Cook, stirring frequently, about 5 minutes. Add garlic and sauté 2-3 minutes. Lower heat if the garlic starts to turn too brown.
3. Add unthawed corn and sauté 5 minutes. Transfer one cup of the corn mixture to a food processor and process until smooth. Add 1 cup of almond milk and process until thoroughly combined. Transfer blended corn mixture back to stockpot.
4. Add Poblano pepper and tomatoes to the cooking pot. Reduce heat to medium low and stir occasionally.
5. Stir in the other cup of almond milk, salt, lime juice, black pepper, honey, and water. Simmer 5-10 minutes to heat through. Taste and adjust seasonings, if needed. Stir in fresh cilantro leaves just before serving.

# Tomato Phyllo Pie

Makes 6 servings

¼ c. unsalted butter, melted  
2 garlic fresh cloves, crushed  
2 phyllo sheets  
1 c. mozzarella, shredded  
3 medium red tomatoes, sliced  
4 oz. Feta cheese, crumbled  
1/3 c. fresh basil, chopped

## Directions:

1. Preheat oven to 375° and line a large rimmed baking sheets with parchment paper.
2. Combine melted butter and garlic in a small bowl. Place 1 phyllo sheet on a baking sheet and brush with garlic butter mixture. Repeat with remaining phyllo sheet.
3. Sprinkle each phyllo sheet with mozzarella, leaving a 1-inch margin around the edges. Top with sliced tomatoes, then sprinkle with feta cheese and fresh basil. Roll phyllo edges to form a raised rim to hold the ingredients in as they bake.
4. Bake in pre-heated oven 20 to 25 minutes, or until phyllo is crisp and cheese is melted.

# Blueberry-Baked Oatmeal\*

Makes 6 servings

3 c. old-fashioned oats  
2 T. ground cinnamon  
2 t. baking powder  
1 t. salt  
½ c. real maple syrup  
½ c. honey

1½ c. buttermilk  
2 eggs  
¼ c. coconut oil, melted  
2 t. real vanilla extract  
1½ c. frozen blueberries

## Directions:

1. Preheat oven to 350° and grease a 9x13" pan.
2. Combine all ingredients, except for the blueberries, in a large glass bowl. Let stand for about 5 minutes before folding in the blueberries.
3. Pour mixture into greased 9x13 pan and bake for about 30-40 minutes or until it has a cake-like texture and is lightly browned.
4. Serve warm or cold with butter and more maple syrup, if desired.

\* You could add different fruits to this recipe, including fresh, frozen, or dried apples, banana, raisins, or cranberries. Chopped nuts would be a nice addition, too. To save time in the morning, combine the ingredients the night before and bake in the morning.

# Fruit Salsa with Cinnamon Chips

Makes 6 servings

- |   |  |
|---|--|
| 1/3 c. sugar  | 1 lb. strawberries, chopped                          |
| 1 t. ground cinnamon                                | 1/2 lb. raspberries                                  |
| 1/2 c. unsalted butter, melted                      | 1/4 c. 100% strawberry preserves<br>(no added sugar) |
| 9 10-inch flour tortillas                           |  |
| 1 lemon   |  |
| 2 granny smith apples, peeled<br>and finely chopped | <b>Optional:</b><br>Vanilla bean ice cream           |
| 1 c. kiwi, peeled and chopped                       |  |

## Cinnamon Crisp Directions:

1. Preheat oven to 350°
2. Combine cinnamon & sugar in a small bowl and set aside.
3. Working with 3 tortillas at a time, brush both sides of the tortilla with melted butter and sprinkle each side lightly with cinnamon sugar mixture.
4. Stack 3 tortillas on a clean work area and cut with a pizza cutter into 4 parts (to create 12 wedges). Place wedges on a baking sheet and bake in pre-heated oven 8-11 minutes or until crisp. Remove from oven and set aside.

## Fruit Salsa Directions:

1. Zest the lemon and set aside.
2. Place finely chopped apples in a large glass bowl and squeeze juice from the lemon over them. Toss until apple is covered in lemon juice.
3. Add kiwi, strawberries, raspberries, and preserves to bowl and gently combine ingredients. (The raspberries will break apart a bit). Allow to rest at room temperature at least 15 minutes before serving.