



Vegetarian Summertime Menu Plan

Week 3

Stuffed Veggie Pitas

Spinach Lasagna Roll-Ups

Easy Vegetarian Lo Mein

Vegetable Spring Rolls

Red Beans & Rice

Cheesy Wild Rice Stuffed Peppers

Creamy Corn and Tomato Pasta

Watermelon, Mint, & Feta Salad

Spinach Pesto Frittata

Raspberry-Peach Cobbler

Vegetarian Summertime Shopping List – Week 3

FRESH PRODUCE:

1 bag baby carrots
1 large carrot
2 English cucumbers
3 c. mushrooms, cremini
1 avocado
1 medium onion, white
1½ medium onion, yellow
½ small onion, red
9 garlic cloves
1/2 c. snow peas
4 c. fresh baby spinach
4 stalks celery
3 bell peppers, yellow
2 bell peppers, green
5 bell peppers, red
1 zucchini
1 yellow squash
3 c. cherry tomatoes
2 limes
6 peaches
6 oz. fresh raspberries
4 c. watermelon

FRESH HERBS:

¼ c. fresh parsley
2/3 c. fresh cilantro, chopped
6 mint leaves

DRIED HERBS & SEASONINGS:

1 T. dried basil
2 t. dried parsley
1½ T. dried oregano
½ t. cayenne pepper
1 t. paprika
1 t. thyme
2 t. cinnamon
2 bay leaves
1 t. ground ginger

FROZEN ITEMS:

10 oz. frozen spinach

2 c. sweet corn kernels
Vanilla bean ice cream

PANTRY ITEMS:

Extra virgin olive oil
2 t. honey
1½ c. white sugar
2 t. red wine vinegar
3 T. reduced-sodium soy sauce
2 t. sesame oil
1 T. Sriracha sauce
8 oz. lo mein egg noodles
1 c. coconut flour
2 t. real vanilla extract
2 t. baking powder
2 cups wild rice, cooked
4 c. brown rice, cooked
1 lb. orecchiette pasta
12 lasagna noodles
Kosher salt
Black peppercorns

CANNED/BOTTLED ITEMS:

2 14-oz. can diced tomatoes
2 15-oz. cans red kidney beans
1 c. organic vegetable broth
2 T. tomato paste
1 28-oz. can crushed tomatoes
1 oz. can tomato sauce
¾ c. spinach pesto

REFRIGERATED ITEMS:

¾ c. plain Greek yogurt
15 oz. ricotta cheese
3 2/3 c. mozzarella cheese, shredded
2¼ c. Parmesan cheese, freshly grated
9 large eggs
1/3 c. Feta cheese, crumbled
½ c. unsalted butter
1 c. whole milk

BAKERY/BREAD:

12 multi-grain pita halves, with pockets

Stuffed Veggie Pitas

Makes 6 Servings

1 bag baby carrots, cut into chunks
2 English cucumbers, diced
1 red bell pepper, diced
1/2 small red onion, diced
1 avocado, diced

12 multi-grain pita halves

Dressing Ingredients:

1/2 c. plain Greek yogurt
2 t. red wine vinegar
1 clove fresh garlic, minced
Salt and pepper, to taste

Directions:

1. Chop all vegetables into equal-sized pieces, then combine in a large bowl.
2. Add all dressing ingredients to a small bowl and whisk to combine thoroughly. Spoon dressing on top of vegetable mixture and toss to combine.
3. Divide filling evenly among pita halves and serve immediately.

Spinach Lasagna Roll-Ups

Makes 6 servings

1 T. extra virgin olive oil	10-oz. package frozen spinach, thawed and well drained
1 medium white onion, diced	15-oz. ricotta cheese
28-oz. can crushed tomatoes	2½ c. shredded mozzarella cheese, divided
3 garlic fresh cloves, minced	½ c. Parmesan cheese, freshly grated
1 T. dried basil	1 large egg
1 T. dried oregano	12 lasagna noodles, cooked according to package directions and cooled
2 t. dried parsley	
Salt and freshly ground black pepper, to taste	

Directions:

1. Preheat oven to 375°
2. Heat the olive oil over medium-heat in a medium saucepan. Add onion and sauté until translucent.
3. Stir in the crushed tomatoes, minced garlic, basil, oregano, and parsley. Season with salt and freshly ground pepper, to taste. Reduce heat to medium-low and cover with a lid. Simmer tomato sauce for at least 20-25 minutes.
4. Combine spinach, ricotta cheese, 1½ cups mozzarella cheese, Parmesan cheese, and egg in a medium bowl. Set aside.
5. Arrange lasagna noodles on sheet of parchment or wax paper and spread ¼ cup of cheese mixture evenly along the length of each noodle. Roll noodles from one end to the opposite end.
6. Pour 1 cup of tomato sauce into the bottom of a 9 x 13 baking dish. Place the lasagna roll-ups into the baking dish and cover with remaining tomato sauce. Sprinkle remaining 1 cup of mozzarella cheese on top.
7. Bake in pre-heated oven for 25 minutes or until cooked through. Remove from oven and serve immediately.

Easy Vegetarian Lo Mein

Makes 6 servings

2-3 T. reduced-sodium soy sauce	2 c. cremini mushrooms, sliced
2 t. honey	1 red bell pepper, seeded and julienned
2 t. sesame oil	1 carrot, julienned
1 t. ground ginger	1/2 c. snow peas
Sriracha sauce, to taste	3 c. baby spinach
8-oz. lo mein egg noodles*	
1 T. extra virgin olive oil	
2 cloves fresh garlic, minced	

Directions:

1. In a small bowl, whisk together soy sauce, honey, sesame oil, ginger and Sriracha sauce. Set aside.
2. In a large pot of boiling water, cook lo mein noodles according to package instructions; drain well.
3. Heat olive oil in a large skillet or wok over medium-high heat. Add garlic, mushrooms, bell pepper, and carrot. Cook, stirring frequently, until tender, about 3-4 minutes.
4. Stir in snow peas and spinach and cook until the spinach has wilted, about 2-3 minutes. Stir in lo mein noodles and soy sauce mixture, and gently toss to combine. Serve immediately.

Red Beans & Rice

Makes 6 servings

4 c. cooked brown rice	1 c. organic vegetable broth
1 yellow onion, diced	½ t. cayenne pepper
4 stalks celery, chopped	1 t. paprika
½ green pepper, seeded and diced	1 t. dried oregano
4 cloves garlic, minced	1 t. dried thyme
2 T. extra virgin olive oil	2 dried bay leaves
1 14-oz. can diced tomatoes, undrained	Salt and ground black pepper, to taste
2 15-oz. cans red kidney beans, rinsed and drained	

Optional Garnish:

¼ c. fresh parsley, chopped

Directions:

1. Prepare rice according to package directions. Set aside and keep warm.
2. In a large saucepan, heat olive oil over medium heat. Sauté onion, celery, and pepper for 8 to 10 minutes, or until softened. Add minced garlic and cook for 2 minutes or until the garlic begins to brown.
3. Add beans, tomatoes, vegetable broth, cayenne pepper, paprika, oregano, thyme and bay leaves. Stir to combine and season with salt and pepper, to taste.
4. Reduce heat to low and simmer for 20 minutes, or until the sauce thickens. Remove pot from heat and discard the bay leaves. To serve, spoon the bean mixture over rice and garnish with fresh chopped parsley, if desired.

Cheesy Wild Rice Stuffed Peppers

Makes 6 Servings

3 red bell peppers, tops/seeds removed	1 yellow squash, diced
3 yellow bell peppers, tops/seeds removed	2 cups wild rice, cooked
2 T. extra virgin olive oil	1 14-oz. can diced tomatoes, drained
1/2 yellow onion, diced	2 T. tomato paste
1 c. bell peppers, diced	Salt and black pepper, to taste
1 c. mushrooms, cremini, diced	1 c. fresh baby spinach, loosely packed
2 cloves fresh garlic, minced	1 c. Parmesan cheese, divided
1 zucchini, diced	1/2 c. mozzarella cheese, shredded
	1 8-oz. can tomato sauce

Directions:

1. Heat the oven to 350°
2. Place the peppers cut side up in a 9x13 inch baking dish. Cover the dish tightly with foil. Bake the peppers for 30 minutes, until soft, but not falling apart. Remove dish from oven and set aside. Do not turn oven off.
3. While peppers are baking, heat olive oil in a large skillet over medium-high heat. Add onion, diced peppers, mushrooms, and garlic. Cook for 10 minutes, stirring often, until the onions are soft and the mushrooms begin to brown.
4. Add the diced zucchini, yellow squash, cooked wild rice, and diced tomatoes. Cook another 10 minutes until all the vegetables are tender. Stir in the tomato paste, and salt and pepper, to taste.
5. Remove from heat. Stir in the baby spinach and 1/2 cup Parmesan cheese. Divide the vegetable mixture evenly between the baked peppers. Top with the remaining Parmesan cheese and mozzarella cheese.
6. Pour tomato sauce into the bottom of the baking dish and return to pre-heated oven. Bake the peppers another 15 minutes until warmed through and the cheese is melted. Remove from oven and serve immediately.

Creamy Corn and Tomato Pasta

Makes 6 servings

1 lb. orecchiette pasta
¼ c. extra virgin olive oil
2 c. sweet corn kernels, fresh or frozen
2 c. cherry tomatoes, quartered
¼ c. plain Greek yogurt
Salt and black pepper, to taste
2/3 c. fresh cilantro, chopped, divided

Watermelon Mint and Feta Salad:

4 c. watermelon, cubed and seeded
6 fresh mint leaves, minced
1/3 c. Feta cheese, crumbled
3 T. fresh lime juice
2 t. salt

Directions:

1. Cook pasta according to package directions until “al dente.” Drain and set aside.
2. Return pot to stove and add olive oil. Heat over medium-high heat and add sweet corn and cherry tomatoes. Sauté until corn is cooked through, about 3 minutes.
3. Return pasta to pan and toss to coat with Greek yogurt. Season with salt and pepper, to taste. Add ½ cup cilantro to pot with pasta and stir to combine.
4. Top with remaining cilantro for garnish and serve immediately.

For the **Watermelon Mint and Feta Salad**, combine watermelon, mint leaves, Feta cheese, fresh lime juice, and salt together in large bowl. Toss lightly before serving.

Spinach Pesto Frittata

Makes 6 servings

8 eggs
3/4 c. spinach pesto
Salt and black pepper, to taste
1 t. extra virgin olive oil
1 c. cherry tomatoes, diced
2/3 c. mozzarella cheese, shredded

Directions:

1. Preheat oven to 425°
2. Beat the eggs in a medium bowl. Add pesto, salt, and pepper and whisk to combine.
3. Heat olive oil in a medium non-stick skillet over medium heat. Pour in egg mixture and place tomatoes evenly around pan. Sprinkle with cheese and cook until edges of egg begin to set, about 2-3 minutes.
4. Transfer pan to oven. Bake until the center is puffed up and set, about 10-12 minutes. Remove pan from oven and let cool for 5-10 minutes before serving.

Raspberry-Peach Cobbler

Makes 6 servings

1/2 c. unsalted butter, melted

6 peaches, pits removed and sliced

2 t. ground cinnamon

1 1/2 c. white sugar, divided

1 c. coconut flour

1 c. whole milk

2 t. real vanilla extract

2 t. baking powder

1/2 t. salt

6 oz. fresh raspberries

Optional:

Serve with vanilla bean ice cream

Directions:

1. Preheat an oven to 400° and pour melted butter into a 9x13 inch baking dish and set aside.
2. In a large saucepan, heat the sliced peaches over medium-low heat for approximately 10 minutes, stirring occasionally until the peaches are soft. Sprinkle with cinnamon.
3. In a large bowl, whisk together 1 cup sugar, coconut flour, milk, vanilla, baking powder, and salt. Pour mixture into the baking dish over the butter and whisk together gently.
4. Layer peaches gently over the batter. Add raspberries on top and sprinkle with remaining 1/2 cup sugar. Bake for 25 minutes or until the top is golden brown and the batter is set. Serve warm with vanilla bean ice cream.