



Vegetarian Summertime Menu Plan

Week 4

Spaghetti with Greek-Yogurt Tomato Sauce

Easy Tostada

Parmesan-Roasted Cauliflower

Caprese Garlic Bread Pizza

Zucchini Noodle Salad

Pesto & Provolone Grilled Cheese Sandwiches

Sweet Potato & Black Bean Quesadillas

Pineapple Fried Rice

Oatmeal Breakfast Bars

Strawberries and Cream Dessert Pizza

Vegetarian Summertime Shopping List – Week 4

FRESH PRODUCE:

- 1 medium white onion
- 3 medium yellow onions
- 2 green onions
- 2 heads cauliflower
- 2 large carrots
- 2 large tomatoes
- 1½ c. grape tomatoes
- 18 garlic cloves
- 1 ears sweet corn
- 2 large zucchini
- 2 large avocado
- 2 green bell pepper
- 2 jalapenos
- 4 medium sweet potatoes
- 1 c. fresh blueberries
- 2 ripe bananas
- 3 c. fresh strawberries
- 2 c. fresh pineapple

FRESH HERBS:

- 1 large bunch fresh basil
- 1 small bunch fresh cilantro

DRIED HERBS & SEASONINGS:

- 3 T. crushed red pepper flakes
- 1 T. chili powder
- 1 t. smoked paprika
- 3 T. ground cumin
- 2 t. ginger powder
- 1½ t. ground cinnamon

PANTRY ITEMS:

- Extra virgin olive oil
- 1 T. coconut oil
- 1 T. sesame oil
- 3 T. reduced-sodium soy sauce
- 1¼ cup silvered almonds
- ¼ c. honey
- ¼ c. all-purpose flour

- 1½ t. real vanilla extract
- 2½ c. old-fashioned oats
- ¼ c. pumpkin seeds
- 1 lb. whole-wheat spaghetti
- 2 c. brown rice, cooked
- 5 c. organic vegetable broth
- 8 oz. package white baking chips
- 6 oz. dark chocolate chips

CANNED/BOTTLED ITEMS:

- 1 28-oz. can crushed tomatoes
- 3 15-oz. cans white beans
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 1 15-oz. can refried beans
- 2 4-oz. can green chilies
- 6 T. basil pesto
- ¾ c. balsamic vinegar
- 1 c. all fruit strawberry jam, sugar free

FROZEN ITEMS:

- ½ c. frozen peas
- 2 c. frozen corn

REFRIGERATED ITEMS:

- 2 c. plain Greek yogurt
- 2/3 c. Parmesan cheese
- 1½ c. sharp cheddar cheese, shredded
- 12 oz. fresh mozzarella cheese
- ¼ c. Feta cheese, crumbled
- 12 slices provolone cheese
- 8 oz. cream cheese
- ¼ c. unsweetened almond milk
- ½ c. unsalted butter
- 1 roll of sugar cookie dough
- 2¼ c. whole milk

BAKERY/BREAD:

- 1 large loaf ciabatta bread
- 12 slices whole-grain bread
- 6 medium-sized whole-wheat tortilla
- 1 bag tortilla chips

Spaghetti with Greek-Yogurt Tomato Sauce

Makes 6 servings

1 T. extra-virgin olive oil
3 cloves fresh garlic, minced
1 medium yellow onion, diced
2 t. crushed red pepper flakes
1 28-oz. can crushed tomatoes

1 pound whole-wheat spaghetti
1 c. plain Greek yogurt

Optional:

1/4 c. Parmesan cheese,
Fresh basil, for garnish

Directions:

1. Heat olive oil over medium-high heat in a large skillet for 2 minutes. Add garlic and onion and cook for 4 to 5 minutes. Add red pepper flakes and cook for an additional minute.
2. Add crushed tomatoes, and bring to a boil. Cover, and reduce heat to simmer for 15 to 20 minutes.
3. While the sauce is simmering, cook spaghetti according to package directions.
4. Add the cooked pasta to the sauce, add the Greek yogurt, and mix well, until all is combined. Serve immediately with Parmesan cheese (preferably freshly grated) and fresh basil, if desired.

Creamy Vegetable Chili

Makes 6 Servings

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| 1 T. extra virgin olive oil | 3 15-oz. cans white beans, drained and rinsed |
| 1 medium white onion, diced | 1 15-oz. can kidney beans, drained and rinsed |
| 1 green bell pepper, diced small | 2 4-oz. can chopped green chilies, undrained |
| 2 jalapeno, diced | 1½ c. frozen corn, unthawed |
| 4 garlic cloves, minced | 2¼ c. whole milk, warmed slightly |
| 2 T. ground cumin | Salt and freshly cracked black pepper, to taste |
| ¼ c. all-purpose flour | Optional: |
| 5 c. organic vegetable broth | ¼ c. fresh cilantro, chopped |
| | Tortilla chips |

Directions:

1. Heat olive oil over medium heat in a large stockpot.
2. Add onion, pepper, and jalapeno and sauté for 7 to 10 minutes, or until the vegetables are soft. Add garlic and cumin and sauté for another minute or two.
3. Add flour and stir until the vegetables are coated. Slowly add in vegetable stock, while stirring, and then add in beans, green chilies, and corn.
4. Turn heat to medium-high and bring to a boil. Once boiling, turn heat down to medium-low and let simmer for 15-20 minutes.
5. Stir in slightly warmed milk and let simmer for another 2 minutes. (Do not add cold milk as it may curdle).
6. Remove from heat and season with salt, and pepper, to taste. Garnish with fresh cilantro, if desired, and serve immediately with tortilla chips.

Parmesan Roasted Cauliflower

Makes 6 Servings

2 heads cauliflower, broken down into small florets
3 T. crushed red pepper flakes
¼ c. extra virgin olive oil
Salt and freshly ground black pepper, to taste
1/3 c. Parmesan cheese, freshly grated

Directions:

1. Preheat oven to 425° and line a rimmed baking sheet with parchment paper.
2. Toss cauliflower florets and crushed red pepper flakes with olive oil in a large bowl. Season with salt and pepper, to taste.
3. Spread cauliflower in a single layer on baking sheet and place in the pre-heated oven. Roast for approximately 45 minutes or until cauliflower is golden brown. Turn cauliflower twice during roasting time so it roasts evenly.
4. Remove from oven and sprinkle with Parmesan cheese and roast for another five minutes. Serve immediately.

Caprese Garlic Bread Pizzas

Makes 6 servings

1 large loaf ciabatta bread, cut in half horizontally
¼ c. unsalted butter, melted
3 cloves garlic, minced
12 oz. fresh mozzarella cheese, sliced

2/3 c. balsamic vinegar
2 large tomatoes, sliced
Salt and freshly ground black pepper, to taste
1/3 c. fresh basil, chopped

Directions:

1. Preheat oven to 400°
2. Place ciabatta bread halves on a large baking sheet with the cut side up.
3. In a small bowl, combine butter and garlic and spread evenly on bread halves. Place the mozzarella cheese slices on top of the bread, making sure the cheese covers the bread completely.
4. Bake the bread in the pre-heated oven for 10-12 minutes or until the cheese is melted and the edges of the bread start to turn brown.
5. Heat the balsamic vinegar in a small saucepan over medium-high heat. Bring to a boil, then reduce heat to medium-low. Simmer, stirring frequently, until the mixture is reduced by half, approximately 5-7 minutes. Remove from heat and set aside.
6. Remove bread from oven. Top the bread with tomato slices. Season with salt and pepper, to taste. Add the fresh basil and drizzle with balsamic reduction. Cut into slices and serve immediately.

Chilled Zucchini Noodle Salad

Makes 6 servings

For the Dressing:

1/4 c. extra virgin olive oil
3 T. balsamic vinegar
2 cloves garlic, minced
Salt and black pepper, to taste

Special Equipment:

Spiralizer, mandoline, or vegetable peeler

For the Salad:

2 large zucchini, ends trimmed
1 large ear sweet corn, kernels removed
1½ c. grape tomatoes, halved
1 large avocado, pit and skin removed, diced
¼ c. Feta cheese, crumbled
3 T. fresh basil, chopped
Salt and black pepper, to taste

Directions:

1. In a small bowl, whisk together the olive oil, vinegar, garlic, salt, and pepper until thoroughly combined. Set aside.
1. Use a spiralizer, mandoline, or vegetable peeler to cut zucchini into noodles or thin strips. Place zucchini noodles in a colander and sprinkle with a little salt to remove excess water. Let sit for about 10 minutes, then remove and pat dry with paper towels to remove as much excess water as possible.
2. In a large glass bowl, combine zucchini noodles, corn, tomatoes, avocado, Feta cheese, and fresh basil. Toss gently to combine and season with salt and pepper, to taste. Refrigerate for at least 30 minutes to chill. To serve, drizzle with dressing and toss gently to combine.

Pesto and Provolone Grilled Cheese

Makes 6 servings

¼ c. unsalted butter, melted
12 slices whole-grain bread
6 T. prepared pesto
12 slices provolone cheese

Directions:

1. Heat a large skillet or griddle pan over medium heat.
2. Butter one side of each slice of bread with butter. On 6 of the slices, cover the other side with pesto. Put a slice of provolone on top of the pesto and cover with a second slice of bread, without pesto and buttered side out, to create a sandwich.
3. Repeat with the remaining 5 slices covered in pesto to create 6 sandwiches.
4. Place the sandwiches butter side down on the hot skillet and cook for 4-5 minutes, or until the cheese starts to melt and the bread is golden brown. Flip the sandwich over and cook for an additional about 3-4 minutes, or until the second side is also golden brown.
5. Remove from heat, cut in half, and serve immediately.

Sweet Potato & Black Bean Quesadillas

Makes 6 servings

4 medium sweet potatoes, scrubbed but not peeled	1 large green bell pepper, diced
1 T. chili powder	2 cloves fresh garlic, minced
1 t. ground cumin	Salt and freshly ground black pepper, to taste
2 t. cinnamon	1 15-oz. can black beans, rinsed and drained
1 t. smoked paprika	6 medium whole-wheat flour tortillas
1 T. extra virgin olive oil	1½ c. sharp cheddar cheese, shredded
1 medium yellow onion, diced	

Optional Toppings:

Sour cream or plain Greek yogurt
Avocado, diced

Salsa
Fresh cilantro, chopped

Directions:

1. Cut sweet potatoes into 1-inch chunks. Place in a large saucepan and cover with water. Bring to a boil and cook until chunks are fork tender, about 6-8 minutes.
2. Remove from heat and drain. Return sweet potatoes to the pot and add chili powder, cumin, cinnamon, and smoked paprika and mash until thoroughly combined. Set aside.
3. Heat the olive oil in a large skillet over medium-high heat. Add onion and pepper and sauté for about 3-4 minutes. Add the garlic and continue cooking until onions are translucent, about 4-5 minutes. Season with salt and freshly ground black pepper, to taste.
4. Stir the sautéed vegetables into the mashed sweet potatoes. Stir in black beans until all ingredients are evenly distributed.
5. Heat a large non-stick skillet over medium heat and place a single tortilla in skillet. Spoon 1/6 of the vegetable filling onto half of the tortilla and sprinkle with ¼ cup shredded cheese.
6. Fold the other half of the tortilla over the top and press down with a spatula. Cook until the bottom of the tortilla is browned, about 2-3 minutes. Gently flip and brown the other side. Serve immediately with favorite toppings.

Pineapple Fried Rice

Makes 6 servings

3 T. reduced-sodium soy sauce	2 large carrots, peeled and grated
1 T. sesame oil	½ c. frozen corn, thawed
2 t. ground ginger	½ c. frozen peas, thawed
Salt and black pepper, to taste	3 c. brown rice, cooked
2 T. extra virgin olive oil	2 c. fresh pineapple, diced
2 cloves fresh garlic, minced	2 green onions, green parts only, sliced
1 medium yellow onion, diced	

Directions:

1. In a small bowl, whisk together soy sauce, sesame oil, and ground ginger. Season with salt and pepper, to taste. Set aside.
2. Heat olive oil in a large skillet or wok over medium heat. Add garlic and onion to the skillet, and cook, stirring often, until onions have become soft, about 5-6 minutes.
3. Stir in grated carrots, corn, and peas, and cook, stirring occasionally, until vegetables are tender, about 4-5 minutes.
4. Stir in cooked brown rice, pineapple chunks, chopped green onions, and soy sauce mixture. Cook, stirring constantly, until heated through, about 2 minutes. Serve immediately.

Oatmeal Breakfast Bars

Makes 6 servings

Non-stick cooking spray
2 c. old-fashioned oats
1 c. slivered almonds
¼ c. honey
1 T. coconut oil
1 t. kosher salt
1½ t. ground cinnamon
2 ripe bananas
1½ t. real vanilla extract

Topping:

½ c. old-fashioned oats
¼ c. slivered almonds
¼ c. pumpkin seeds
1 c. fresh blueberries
¼ c. unsweetened almond milk
1 t. ground cinnamon

Directions:

1. Preheat oven to 350° and line 9x9-inch baking pan with parchment paper and spray with non-stick cooking spray.
2. Add all ingredients to food processor and pulse until completely combined. Pour mixture into prepared pan and spread out with a spatula until smooth.
3. Bake in pre-heated oven for 8-10 minutes.
4. To make the topping, combine ingredients in medium bowl and stir to combine. Remove pan from oven and let cool slightly before spreading topping evenly over the top. Bake an additional 15 minutes.
5. Remove from oven and let cool before serving. Enjoy immediately or store in the refrigerator in a sealed container for up to one week.

Strawberries and Cream Pizza

Makes 6 servings

1 roll pre-made sugar cookie dough	1 c. strawberry jam, no sugar added
1 c. white chocolate baking chips	3 c. fresh strawberries, sliced
1 8-oz. package cream cheese, softened	6 oz. dark chocolate chips

Directions:

1. Preheat oven to 350°
2. Press sugar cookie dough into a well-seasoned 10-inch cast iron skillet or a greased 9x13 inch pan.
3. Bake cookie dough for 15-20 minutes, or until the dough is golden brown. Remove from oven and allow cookie to cool completely.
4. In small microwave-safe glass bowl, melt white baking chips uncovered on high for 40 seconds. If they are not completely melted, continue microwaving 10 seconds at a time until they are.
5. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Stir in melted chips until blended and spread mixture over cookie crust.
6. Combine sliced strawberries and jam in a small bowl and spread over the top of the cream cheese filling. Sprinkle dark chocolate chips over the top and refrigerate until ready to serve later that same day.