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Vegetarian Recipes



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A Vegetarian diets does not have to be boring. Use this page to find the Vegetarian Recipes to spice up your diet. Our Vegetarian Recipes database contains over 500 recipes. Many more of our recipes can be converted to vegetarian recipes by simply substituting ingredients or removing the meat from the recipe.

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SPAGHETTI SQUASH

VEGETARIAN

Ingredients

1 small spaghetti squash

1 small onion

6 to 8 large fresh basil leaves or cup 1 teaspoon dried crushed leaves

2 tablespoons olive oil

2 ripe tomatoes cored and chopped

Salt and pepper to taste

Grated Parmesan cheese

Instructions

Preheat oven to 350 degrees F. Place spaghetti squash on cookie

sheet and bake in oven 1 hour or until fork pierces skin with relative ease. Meanwhile peel and chop onion. Mince basil leaves.

Heat olive oil in medium-size skillet. Add onion and basil and saut? 5 minutes. Add tomatoes and simmer another 10 minutes. Season to taste with salt and pepper. (The sauce will taste

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milder when mixed with the squash.) Remove from heat and set aside. When squash is tender remove from oven. Use pot holder or towel to hold hot squash; cut squash vertically in two. Scoop out seeds and dark yellow pulp; run fork along inside squash flesh ? it will separate into spaghetti-like strands. Keep working with fork until skin is reached. Repeat with second half. Spoon spaghetti squash into skillet with tomato sauce. Toss over moderate heat briefly to heat through. Taste and adjust seasonings if necessary. Sprinkle about 2 tablespoons grated Parmesan cheese on each helping before serving.

WALNUT-APPLE STUFFING

VEGETARIAN

Ingredients

6 cups whole grain bread diced
1 1/2 tbsp canola oil
1 1/2 cups red onion chopped
1 1/2 cups tart apple peeled diced

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3 bunches scallions minced

2 tbsp parsley minced

1/2 tsp thyme

1/2 tsp savory

3/4 tsp salt

1/2 cup chopped walnuts

3 tbsp currants

Pepper

1 1/2 cups apple juice

Instructions

Preheat oven to 350 degrees. Bake diced bread until dry and lightly brown about 10 minutes. Saute onion in butter until golden. Add apple and cook for five minutes. Combine apple-onion

mixture with bread along with other ingredients except juice. Sprinkle in juice stirring to moisten evenly. Bake in oiled 1-1/2

quart dish for 30 minutes stirring once during baking. more

PASTA FOR DON AND HIS LOVES

VEGETARIAN

Ingredients

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1/3 cup soy flour
1 cup whole wheat flour
1/2 cup spelt flour
3/4 teaspoon salt
1/2 cup water or as needed

Instructions

In a medium bowl stir together the soy flour whole wheat flour spelt flour and salt. Add water and mix by hand or in a stand mixer with the dough hook attachment. Use more water as needed to form a stiff but pliable dough. Mix or knead by hand for about 10 minutes. Cover and let the dough rest for 30 minutes or if you do not have a pasta machine rest for at least an hour. Divide dough into four pieces for easier rolling. Run dough through a pasta machine if you have one or use a rolling pin to roll out very thin but not transparent on a floured surface. If you are making noodles allow the pasta sheet to dry for a few minutes. Dust with flour and roll into a loose tube. Slice the tube into 1/4 inch

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slices for linguine or to desired size. To cook: Bring a large pot of lightly salted water to a boil. Add pasta and cook until

al dente 1 to 5 minutes depending on thickness. Cooked pasta will

float to the top of the water. more

MEXICAN LENTIL CASSEROLE

VEGETARIAN

Ingredients

1/2 cup onion chopped

1/2 cup green bell pepper chopped

1/2 cup celery chopped

4 cups water

1 cup lentils uncooked

1 1/2 cups brown rice cooked

6 ounces tomato paste

1 1/4 ounces taco seasoning mix

1/2 teaspoon chili powder

Instructions

In a medium saucepan combine onions green pepper celery and

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water. Bring to a boil over medium heat. Stir in lentils cover pot reduce heat to low and simmer 40 minutes. Preheat oven to 375

degrees F. Lightly oil a 1 3/4-quart casserole or spray with a nonstick cooking spray. Remove saucepan from heat and stir in remaining ingredients mixing well. Spoon into prepared casserole.

Bake uncovered 25 minutes. Let stand 5 minutes before serving.

Per serving: 228 cal; 14 g prot; 1 g fat; 43 g carb; 605 mg sod; 0 mg chol.

STUFFED PORTOBELLO MUSHROOMS

VEGETARIAN

Ingredients

8 large portobello mushrooms

1 tablespoon olive oil

2 red bell peppers seeded and finely chopped

2 green bell peppers seeded and finely chopped

1 large onion finely chopped

3 scallions green and white parts thinly sliced

5 to 8 cloves garlic (to taste) finely chopped

1/2 teaspoon dried basil

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1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

Salt and freshly-ground pepper to taste

6 ounces goats cheese (optional)

Additional sliced scallions for garnish

Instructions

Remove the stems from the portobellos then chop and reserve. Place the whole mushroom caps smooth side down on a lightly greased baking sheet and bake in a preheated 425 degrees F oven

for 15 minutes. Meanwhile heat the oil in a skillet over moderate

heat and saute the mushroom stems bell peppers onion scallions and garlic until tender 8 to 10 minutes. Add the herbs and cook

an additional 2 minutes. Spoon the vegetable mixture into the mushroom caps and top with the cheese if desired. Bake an additional 10 minutes or until the mushrooms are tender and the

cheese has melted. Sprinkle with sliced scallions and serve immediately. Serves 4 (2 mushrooms per person).

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