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Vegetarian Recipes



Vegetarian Recipes

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.

Your Vegetarian Recipe Selection

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ROASTED PARMESAN ASPARAGUS

VEGETARIAN

Ingredients

2 1/2 pounds fresh asparagus

2 tablespoons olive oil

Salt and pepper

1/2 cup Parmesan cheese grated

Lemon wedges

Instructions

Preheat oven to 400 degrees F. Break off tough ends of asparagus

and place on a baking sheet. Drizzle with olive oil and sprinkle

with salt and pepper. Bake for 15 - 20 minutes and then sprinkle

with cheese and bake for another minute until cheese melts.

Serve

with lemon wedges.



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HOME-STYLE BROWN RICE PILAF

VEGETARIAN

Ingredients

1 1/2 cups water
1/2 teaspoon salt
3/4 cup uncooked brown rice
3 tablespoons butter
1 1/2 cups chopped onion
1 clove garlic minced
2 carrots sliced
2 cups fresh sliced mushrooms
1 cup chickpeas
2 eggs beaten
freshly ground black pepper
1/4 cup chopped fresh parsley
1/4 cup chopped cashews

Instructions

Bring 1-1/2 cups water to boil add rice. Bring contents back to a boil cover the pot and simmer for 45-50 minutes or until rice

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is
tender. Approximately 20 minutes before rice is finished
cooking
heat the butter in a large skillet over medium heat. Stir in
onions and saute them stirring frequently until they soften.
Add
the garlic and carrots and continue stirring for 5 minutes.
Place
mushrooms inside of skillet and cook until mushrooms begin to
brown about 10 minutes. Add the chickpeas and cook 1 more
minute.
When the rice is finished cooking pour the eggs into the
skillet
and cook the mixture stirring constantly until the eggs are
cooked. Remove the skillet from the heat stir in pepper
parsley
and nuts. Spoon the cooked rice into the skillet and stir
well.
Serve the pilaf hot with soy sauce on the side for added
flavor.

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HONEY MUSTARD TOFU

VEGETARIAN

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Ingredients

3 tablespoons butter
1 pound firm tofu sliced into 1/4 inch slices
2 cups whole wheat flour
1 cup water
1/4 cup dry white wine
2 cubes vegetable bouillon
4 tablespoons prepared mustard
1/4 cup honey

Instructions

Melt butter in a medium skillet over medium-high heat. Dredge tofu slices in flour and place in hot butter. Brown slightly then

turn over and brown the other side. Add water wine and bouillon

cubes; simmer for 10 minutes or until bouillon completely dissolves. Stir in mustard and honey. Simmer until thickened.
more

EXTRAORDINARY EGGPLANT PARMESAN

VEGETARIAN

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Ingredients

2 eggplants peeled and sliced into circles cup about 1/4 to 1/2-inch thick

Milk

All-purpose flour

Vegetable oil

Seasoned salt to taste

1 (16 ounce) jar meat-flavored spaghetti sauce

1/4 cup grape jelly

1 (14.5 ounce) can sliced stewed tomatoes

8 ounces shredded mozzarella cheese

1/4 cup grated Parmesan cheese

Instructions

Moisten eggplant slices with milk then coat lightly in flour.

Pour oil into a large skillet to a depth of about 1/4 inch;

heat

over medium-high heat until oil is hot. (Do not allow oil to smoke.) Arrange eggplant in a single layer in skillet. Quickly brown slices of eggplant turning to cook evenly. Cook just until

eggplant is fork tender. Place browned eggplant in a 13 x 9-inch

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baking dish. Repeat with remaining eggplant adding additional oil

as needed. Season eggplant generously with seasoned salt.

Cover

pan with aluminum foil and bake at 375°F for 20 to 25 minutes or

until tender. Meanwhile combine spaghetti sauce and jelly in a saucepan. Break tomatoes with a fork or coarsely chop then add with any collected liquid to spaghetti sauce. Heat over medium heat stirring occasionally until hot; do not boil. Spread mozzarella cheese over eggplant then add sauce and top with Parmesan cheese. Bake uncovered 5 to 10 minutes or until cheese

is melted. Serve immediately. Makes 6 servings. *Per serving: 418 calories (50 percent from fat) 24 grams total fat (9 grams saturated) 38 milligrams cholesterol 40 grams carbohydrates 14 grams protein 797 milligrams sodium 6 grams dietary fiber*

FRIED EGGPLANT STICKS

VEGETARIAN

Ingredients

1 (1 pound) eggplant peeled

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Salt and pepper

2 cups all-purpose flour

4 slices day-old bread

Vegetable oil (for frying)

Grated Romano cheese

Instructions

Cut eggplant lengthwise into 3 x 1/2-inch sticks. Sprinkle with

salt and let drain in a colander for 30 minutes. Pat the eggplant

sticks dry. Place a little salt pepper and flour in a bag. Put eggplant in a bag and shake coating with seasoned flour. Place bread in food processor and process to make bread crumbs.

Shake

excess flour off eggplant sticks. Dip in milk let excess milk drip off then dredge in bread crumbs. Shake off excess bread crumbs. Heat deep oil to 350 degrees F. Fry in batches until golden brown. Drain on paper towels. Sprinkle with grated

Romano

cheese.

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