



Easy

VEGETARIAN

Recipes



With Variations



Claris Kluivert
First Edition

Vegetarian Recipes Healthy Vegan Recipe Variations



Don't just cook, create.

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1st Edition

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NATURAL VEGAN RECIPES

All recipes are totally recommended for weight watchers.

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Introduction

A meat-free diet needn't be predictable with these colorful and nutritious recipes. Cookbook consist soups, salads, lasagna, appetizers, desserts, and more; divided into main dish, side dish and appetizers.

Simple tasty dishes, very easy to prepare and great to look and eat. These healthy vegan recipes can be added to your weekly dinner routine. Discover vegetarian recipes you can start making tonight!

Exclusively vegetarian but inviting to all, this is a great way to get in shape with healthy fibers and maintain your general health. Why starve when you can eat, eat and then eat again without gaining weight.

Main Dish

Baked Eggplant Parmesan

Of Italian origin, bake rather than fry for less mess and less fat. Original recipe makes 8 to 10 servings. Preparation takes 25 minutes, cooking takes 35 minutes and will be ready in 60 minutes.

Ingredients

3 eggplant, peeled and thinly sliced
2 eggs, beaten
4 cups Italian seasoned bread crumbs
6 cups spaghetti sauce, divided
1 (16 ounce) package mozzarella cheese, shredded and divided
1/2 cup grated Parmesan cheese, divided
1/2 teaspoon dried basil

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake in preheated oven for 35 minutes, or until golden brown.

Recipe Variation

Added spinach and used Muir glen tomatoes, manipulate the taste a bit.
This is a no fry variation of this popular dish, and is just as delicious.

Side Dish

Macaroni and Cheese

I added unique elements of my own to this recipe; a potluck, cottage cheese and sour cream. Recipe makes 6 servings, easy, creamy, and the sour cream add great flavor. Preparation takes 10 minutes, cooking takes 45 minutes and will be ready in 55 minutes.

Ingredients

1 (8 ounce) package elbow macaroni
1 (8 ounce) package shredded sharp Cheddar cheese
1 (12 ounce) container small curd cottage cheese
1 (8 ounce) container sour cream
1/4 cup grated Parmesan cheese
Salt and pepper to taste
1 cup dry bread crumbs
1/4 cup butter, melted

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil, add pasta, and cook until done; drain.
2. In 9x13 inch baking dish, stir together macaroni, shredded Cheddar cheese, cottage cheese, sour cream, Parmesan cheese, salt and pepper. In a small bowl, mix together bread crumbs and melted butter. Sprinkle topping over macaroni mixture.
3. Bake 30 to 35 minutes, or until top is golden.

Recipe Variation

Add a can of condensed tomato soup, leave out breadcrumbs and butter.
Add lots of fresh sliced tomatoes.

Side Dish
Brussels Sprouts, Roasted

This recipe is very easy to make. Brussels sprouts should look brown with a bit of black on the outside after preparation is done. Any leftovers can be reheated or even just eaten cold from the fridge. Recipe makes 6 servings, preparation takes 15 minutes, cooking takes 45 minutes and will be ready in 60 minutes.

Ingredients

1 and 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
3 tablespoons olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large reseal able plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Recipe Variation

Try braising, boiling or sautéing. Roasting seems to work well for most.

Appetizer

Hot Artichoke and Spinach Dip

So cheesy and fragrant, recipe makes 12 servings, preparation takes 15 minutes, cooking takes 45 minutes and will be ready in 60 minutes.

Ingredients

1 (8 ounce) package cream cheese, softened
1/4 cup mayonnaise
1/4 cup grated Parmesan cheese
1/4 cup grated Romano cheese
1 clove garlic, peeled and minced
1/2 teaspoon dried basil
1/4 teaspoon garlic salt
Salt and pepper to taste
1 (14 ounce) can artichoke hearts, drained and chopped
1/2 cup frozen chopped spinach, thawed and drained

1/4 cup shredded mozzarella cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.
2. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.
3. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in the preheated oven 25 minutes, until bubbly and lightly browned.

Main Dish

Quinoa and Black Beans

Of South American origin. Black Bean & Quinoa Salad Recipe is extremely good for you so fill up on it guilt-free. Original recipe makes 10 servings, preparation takes 15 minutes, cooking takes 35 minutes and will be ready in 50 minutes.

Ingredients

1 teaspoon vegetable oil
1 onion, chopped
3 cloves garlic, chopped
3/4 cup quinoa
1 1/2 cups vegetable broth
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
Salt and ground black pepper to taste
1 cup frozen corn kernels
2 (15 ounce) cans black beans, rinsed and drained
1/2 cup chopped fresh cilantro

Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Recipe Variation

Added zucchini and tomatoes to the recipe.

You may want to use one can of black beans instead of two, some prefer burger wheat instead of quinoa.

Side Dish

Sweet Potato Casserole

Perfect tradition for thanksgiving and Christmas, Recipe makes 6 cups, preparation takes 30 minutes, cooking takes 20 minutes and will be ready in 60 minutes.

Ingredients

4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans

Directions

1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
3. In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes or until the topping is lightly brown.

Recipe Variation

Use brown sugar instead of white, add one teaspoon each of cinnamon.

Side Dish
Asparagus with Balsamic Butter Sauce

Fresh asparagus is baked until tender and dressed with a blend of butter, soy sauce, and balsamic vinegar. Recipe makes 4 servings, preparation takes 10 minutes, cooking takes 12 minutes and will be ready in 25 minutes.

Ingredients

1 bunch fresh asparagus, trimmed
Cooking spray
Salt and pepper to taste
2 tablespoons butter
1 tablespoon soy sauce
1 teaspoon balsamic vinegar

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Arrange the asparagus on a baking sheet. Coat with cooking spray, season with salt and pepper.
3. Bake asparagus 12 minutes in the preheated oven, or until tender.
4. Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.

Recipe Variation

Use one tablespoon of soy sauce and 1T of balsamic vinegar.

Appetizer
Hummus with Sesame Seed Paste

A pureed garbanzo bean dip, original recipe makes 2 cups, Preparation takes 10 minutes and will be ready in 10 minutes.

Ingredients

2 cups canned garbanzo beans, drained
1/3 cup tahini
1/4 cup lemon juice
1 teaspoon salt
2 cloves garlic, halved
1 tablespoon olive oil
1 pinch paprika
1 teaspoon minced fresh parsley

Directions

1. Place the garbanzo beans, Tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Recipe Variation

Serve with pita and an assortment of fresh vegetables.

Main Dish

Sweet Spicy Potato Burritos

Original recipe makes 12 burritos, for vegan burritos, omit the cheese and sour cream. These may be made ahead of time, individually frozen then heated. May surprise you with its sweetness, the onion and garlic powders offer a savory balance to the cinnamon. Preparation takes 15 minutes, cooking takes 25 minutes and will be ready in 40 minutes.

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
4 cloves garlic, minced
6 cups canned kidney beans, drained
2 cups water
3 tablespoons chili powder
4 teaspoons prepared mustard
2 teaspoons ground cumin
1 pinch cayenne pepper, or to taste
3 tablespoons soy sauce
4 cups mashed cooked sweet potatoes
12 (10 inch) flour tortillas, warmed
8 ounces shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a medium skillet and sauté onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper.
3. Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet.
4. Bake in the preheated oven until warmed through, about 12 minutes.

Recipe Variation

Deep-fry the burritos.

Add cayenne to the beans to make the meal spicy.

Add black beans instead of canned kidney beans to vary the taste, be creative.

Serve these with sour cream, chopped green onions, and salsa.

Side Dish

Roasted Cauliflower with Garlic

Add more spices and herbs to suit your taste, recipe makes 6 servings, preparation takes 15 minutes, cooking takes 25 minutes and will be ready in 40 minutes.

Ingredients

2 tablespoons minced garlic
3 tablespoons olive oil
1 large head cauliflower, separated into florets
1/3 cup grated Parmesan cheese
Salt and black pepper to taste
1 tablespoon chopped fresh parsley

Directions

1. Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish.
2. Place the olive oil and garlic in a large reseal able bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste.
3. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Recipe Variation

For a less steamy meal, reduced the heat and covered the dish.
Keep the florets as uniform in size as possible

Side Dish
Fat Free Refried Beans

Easy to prepare especially when cooked in a slow cooker, seasoned with garlic, jalapeno, and cumin. Recipe makes 15 servings, preparation takes 18 minutes, cooking takes 8 hours and will be ready in 8 hours, 15 minutes.

Ingredients

1 onion, peeled and halved
3 cups dry pinto beans, rinsed
1/2 fresh jalapeno pepper, seeded and chopped
2 tablespoons minced garlic
5 teaspoons salt
1 and 3/4 teaspoons fresh ground black pepper
1/8 teaspoon ground cumin, optional
9 cups water

Directions

1. Place the onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
2. Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Recipe Variation

Reduce salt content to 2 and 1/2 teaspoons and 1/2 Black Beans.
Add a can of green chilies in place of the jalapeños.

Appetizer
Bean Salsa with Spice

Serve with tortilla chips. Very addictive, recipe makes 4 cups, preparation takes 10 minutes and will be ready in 8 hours, 10 minutes.

Ingredients

- 1 (15 ounce) can black-eyed peas
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can whole kernel corn, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 (4 ounce) can diced jalapeno peppers
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 cup Italian-style salad dressing
- 1/2 teaspoon garlic salt

Directions

1. In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

Main Dish

Mushroom Spinach Quiche

Original recipe makes 1 - 9 inch quiche. Preparation takes 20 minutes, cooking takes 40 minutes and will be ready in 60 minutes.

Ingredients

1/2 cup butter
3 cloves garlic, chopped
1 small onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
1 (4.5 ounce) can mushrooms, drained
1 (6 ounce) package herb and garlic feta, crumbled
1 (8 ounce) package shredded Cheddar cheese
Salt and pepper to taste
1 (9 inch) unbaked deep dish pie crust
4 eggs, beaten
1 cup milk
Salt and pepper to taste

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium skillet, melt butter over medium heat. Sauté garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper and spoon mix into pie crust.
3. In a medium bowl, whisk together eggs and milk. Season with salt and pepper, pour into the pastry shell and allow egg mixture to thoroughly combine with spinach mixture.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

Recipe Variation

Use olive oil while cooking down fresh spinach, Swiss cheese instead of Cheddar cheese.
Use fresh mushrooms instead of crust, divided batter into muffin tins and baked.
To lower fat content even more, use margarine instead of butter.
you can add or remove ingredients according to your taste.

Side Dish

Roasted Vegetables Casserole

Wonderful way to bring out the vibrant colors and flavor of vegetables, you may want to prepare a day ahead and preheat before serving. Recipe makes 12 servings, preparation takes 15 minutes, cooking takes 40 minutes and will be ready in 55 minutes.

Ingredients

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper

Directions

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Recipe Variation

Replace winter squash with baby carrots and sliced zucchini.

You may want to add some rosemary for your taste pads, potatoes do take a while to cook so make sure you prepare them few minutes before.

Lemon juice can be substituted for balsamic vinegar.

Side Dish
Red Potatoes Roasted in Honey

Use sweet potatoes they work perfect. Recipe makes 4 servings, preparation takes 10 minutes, cooking takes 35 minutes and will be ready in 45 minutes.

Ingredients

- 1 pound red potatoes, quartered
- 2 tablespoons diced onion
- 2 tablespoons butter, melted
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1 pinch salt
- 1 pinch ground black pepper

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly coat an 11x7 inch baking dish with nonstick cooking spray.
2. Place potatoes in a single layer in prepared dish, and top with onion. In a small bowl, combine melted butter, honey, mustard, salt and pepper; drizzle over potatoes and onion.
3. Bake in the preheated 375 degrees F (190 degrees C) oven for 35 minutes or until tender, stirring halfway through the cooking time.

Recipe Variation

- Reduced the butter a wee bit, while increasing the honey just a little bit.
- Replace dry mustard with cayenne pepper, allow an hour to roasted potatoes.

Appetizer
Tomato Brochette with Balsamic Vinegar

Easy to prepare appetizer, dried basil may be substituted though taste better with fresh. Recipe makes 12 servings, preparation takes 15 minutes, cooking takes 7 minutes and will be ready in 35 minutes.

Ingredients

6 Plum tomatoes, chopped
1/2 cup sun-dried tomatoes, packed in oil
3 cloves minced garlic
1/4 cup olive oil
2 tablespoons balsamic vinegar
1/4 cup fresh basil, stems removed
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

Directions

1. Preheat the oven on broiler setting.
2. In a large bowl, combine the plum tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
3. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
5. Broil for 5 minutes or until the cheese is melted.

Main dish

Baked Spaghetti Squash

Also known as calabash squash, delicious, healthy, and can be used anywhere you would use pasta. Recipe makes 6 servings. Preparation takes 15 minutes, cooking takes 30 minutes and will be ready in 45 minutes.

Ingredients

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

Recipe Variation

Added some beaten egg and bread crumbs to the leftovers for your next meal, taste is awesome. You can substitute different vegetables, but be sure to use ones that have contrasting colors.

Side Dish
Mashed Potatoes with Garlic

Recipe is of Italian origin, makes 100 servings but can be cut down to 10 servings (1 5lb bag of potatoes). Preparation takes 15 minutes, cooking takes 45 minutes and will be ready in 60 minutes.

Ingredients

50 pounds unpeeled red potatoes, quartered
8 pounds butter, room temperature
3 pounds Romano cheese, grated
3 cups chopped garlic
1/2 cup salt
1/2 cup dried oregano

Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 45 minutes; drain. Stir in butter, cheese, garlic, salt and oregano. Mash with a potato masher or with an electric mixer.

Recipe Variation

Taste is delicious with roasted garlic, you may also boil the garlic with the potatoes and mash them together.

Side Dish
Sautéed Spanish Rice

Recipe makes 4 servings, sautéed with onion and green bell pepper, and then simmered with water, chopped tomatoes and spices. Preparation takes 10 minutes, cooking takes 30 minutes and will be ready in 40 minutes.

Ingredients

2 tablespoons vegetable oil
1 cup uncooked white rice
1 onion, chopped
1/2 green bell pepper, chopped
2 cups water
1 (10 ounce) can diced tomatoes and green chilies
2 teaspoons chili powder, or to taste
1 teaspoon salt

Directions

1. Heat oil in a deep skillet over medium heat. Sauté rice, onion, and bell pepper until rice is browned and onions are tender.
2. Stir in water and tomatoes. Season with chili powder and salt, cover and simmer for 30 minutes, or until rice is cooked and liquid is absorbed.

Recipe Variation

Use beef broth instead of water and add some minced garlic and 3/4 teaspoon of cumin.
Add a clove of garlic and a heaping teaspoon of chili powder.

Appetizer

Stuffed Mushrooms

Absolutely delicious, everyone's favorite. Recipe makes 12 large mushrooms, preparation takes 25 minutes, cooking takes 20 minutes and will be ready in 45 minutes.

Ingredients

12 whole fresh mushrooms
1 tablespoon vegetable oil
1 tablespoon minced garlic
1 (8 ounce) package cream cheese, softened
1/4 cup grated Parmesan cheese
1/4 teaspoon ground black pepper
1/4 teaspoon onion powder
1/4 teaspoon ground cayenne pepper

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
2. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
3. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

Main Dish
Delicious Black Bean Burritos

Crispy and delicious burritos, very easy to make and yummy to eat too! Recipe makes 2 large burritos, preparation takes 10 minutes, cooking takes 15 minutes and will be ready in 25 minutes.

Ingredients

2 (10 inch) flour tortillas
2 tablespoons vegetable oil
1 small onion, chopped
1/2 red bell pepper, chopped
1 teaspoon minced garlic
1 (15 ounce) can black beans, rinsed and drained
1 teaspoon minced jalapeno peppers
3 ounces cream cheese
1/2 teaspoon salt
2 tablespoons chopped fresh cilantro

Directions

1. Wrap tortillas in foil and place in oven heated to 350 degrees F (175 degrees C), bake for 15 minutes or until heated through.
2. Heat oil in a 10-inch skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes stirring occasionally. Pour beans into skillet, cook 3 minutes stirring.
3. Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes stirring occasionally. Stir cilantro into mixture.
4. Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Serve immediately.

Recipe Variation

Added a can of green chilies and some cumin, covered the burritos in pepper jack cheese and baked in the oven for 5 min.

Boil and shred some chicken, added them to your recipe.

Serve these burritos with fresh pineapple salsa or a chopped vegetable salad.

Side Dish

Yellow Squash Casserole

Tender squash, gooey cheese and crunchy crackers make this a memorable side dish or a hearty main course. This is a great dish that can be made with low-fat ingredients and is still just as good! Recipe makes 1 - 9x13 inch pan, preparation takes 20 minutes, cooking takes 30 minutes and will be ready in 50 minutes.

Ingredients

4 cups sliced yellow squash
1/2 cup chopped onion
35 buttery round crackers, crushed
1 cup shredded Cheddar cheese
2 eggs, beaten
3/4 cup milk
1/4 cup butter, melted
1 teaspoon salt
Ground black pepper to taste
2 tablespoons butter

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
4. Bake in preheated oven for 25 minutes, or until lightly browned.

Recipe Variation

Add bacon sauté with the onion prior to cooking.
Instead of crackers use corn flakes, replace squash with zucchini.

Side Dish
Garlic Green Beans

Caramelized garlic and cheese! Is there anything better with green beans? You'd better make plenty for everyone! Original recipe makes 5 servings, preparation takes 10 minutes, cooking takes 15 minutes and will be ready in 25 minutes.

Ingredients

1 tablespoon butter
3 tablespoons olive oil
1 medium head garlic - peeled and sliced
2 (14.5 ounce) cans green beans, drained
Salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

1. In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.

Recipe Variation

Used fresh green beans, steam for few minutes before adding to the sautéed garlic.

Appetizer
Cinnamon Tortilla Chips and Fruit Salsa

Great snack, recipe makes 10 servings, preparation takes 15 minutes, cooking takes 10 minutes and will be ready in 45 minutes.

Ingredients

2 kiwis, peeled and diced
2 Golden Delicious apples; peeled, cored and diced
8 ounces raspberries
1 pound strawberries
2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons fruit preserves, any flavor
10 (10 inch) flour tortillas
Butter flavored cooking spray
2 tablespoons cinnamon sugar

Directions

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Main Dish

Spinach Lasagna with Artichoke

Roll Ups are easy to make and fun to eat, full of flavor and won't leave you feeling weighed down like traditional sausage lasagna. Recipe makes 8 servings, preparation takes 20 minutes, cooking takes 60 minutes and will be ready in 80 minutes.

Ingredients

Cooking spray

9 uncooked lasagna noodles

1 onion, chopped

4 cloves garlic, chopped

1 (14.5 ounce) can vegetable broth

1 tablespoon chopped fresh rosemary

1 (14 ounce) can marinated artichoke hearts, drained and chopped

1 (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry

1 (28 ounce) jar tomato pasta sauce

3 cups shredded mozzarella cheese, divided

1 (4 ounce) package herb and garlic feta, crumbled

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.
2. Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.
3. Spray a large skillet with cooking spray and heat on medium-high. Sauté onion and garlic for 3 minutes or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.
4. Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with 3 cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top.
5. Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly. Let stand 10 minutes before cutting.

Recipe Variation

Cut down on water to make the meal less watery.

Add fresh basil instead of rosemary, sauté the onion & garlic in a little olive oil instead of Pam for more flavors.

Used un-boiled lasagna noodles and left the artichokes whole.

Side Recipe
Roasted Potatoes With Herbs

Delicious and easy, recipe makes 4 servings, preparation takes 15 minutes, cooking takes 30 minutes and will be ready in 45 minutes.

Ingredients

1/8 cup olive oil
1 tablespoon minced garlic
1/2 teaspoon dried basil
1/2 teaspoon dried marjoram
1/2 teaspoon dried dill weed
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon dried parsley
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon salt
4 large potatoes, peeled and cubed

Directions

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine oil, garlic, basil, marjoram, dill weed, thyme, oregano, parsley, red pepper flakes, and salt. Stir in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet.
3. Roast for 20 to 30 minutes in the preheated oven, turning occasionally to brown on all sides.

Recipe Variation

You may only add olive oil, garlic, basil, parsley, red pepper flakes, salt and pepper the taste is still amazing.

Side Dish
Macaroni and Cheese

Very creamy and yummy for a great meatless dinner. Recipe makes 4 servings, preparation takes 20 minutes, cooking takes 30 minutes and will be ready in 50 minutes.

Ingredients

8 ounces uncooked elbow macaroni
2 cups shredded sharp Cheddar cheese
1/2 cup grated Parmesan cheese
3 cups milk
1/4 cup butter
2 and 1/2 tablespoons all-purpose flour
2 tablespoons butter
1/2 cup bread crumbs
1 pinch paprika

Directions

1. Cook macaroni according to the package directions. Drain.
2. In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
3. Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika.
4. Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve.

Recipe Variation

Add minced garlic one tablespoon, 1/2 tablespoon dry mustard powder to avoid the bland.

Appetizer
Guacamole Avocado Salad

Recipe makes 4 servings, smooth or chunky, it all depends on your taste. Preparation takes 10 minutes and will be ready in 10 minutes.

Ingredients

3 avocados - peeled, pitted, and mashed
1 lime, juiced
1 teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 Plum tomatoes, diced
1 teaspoon minced garlic
1 pinch ground cayenne pepper (optional)

Directions

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Author's Note

Be creative, your cooking shouldn't be boring, introduce variations in your cooking methods. Share your recipe ideas with friends and family. While you are at it, please view other books by the same author available on your favorite book store today.



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Remember, don't just cook, create.

Quote

Whether you think you can or cannot,
you are right. Start strong!

**By Claris Kluivert
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