

The Veggie Challenge

Curry Cauliflower Rice:

1 head of cauliflower, medium sized
1/2 teaspoon curry powder, ground
1 spring onion, finely chopped
dash of cayenne pepper
sea salt and ground black pepper
1 Tablespoon extra virgin olive oil

Wash and rough chop the cauliflower.

Using a large frying pan, with coconut or olive oil, over medium high heat, cook until slightly softened.

Pour the cauliflower, curry powder, spring onion and cayenne into a food processor.

Pulse until it has a grainy rice-like consistency.

Season with sea salt and freshly ground black pepper.

Pour the chicken curry over the cauliflower rice.

Garnish with chopped cilantro, cucumber and red onion.

Polenta With Kale, Mushroom and Tomato Saute

Serves: 4

Ingredients:

2 tablespoons extra virgin olive oil, to be divided

1/2 pound button mushrooms, sliced

Salt and pepper to taste

8 oil-packed drained and roughly chopped sun-dried tomatoes, BPA free

2 cloves finely chopped garlic

1 bunch stemmed and roughly chopped kale

1 (18-ounce) roll pre-cooked polenta, cut into 8 rounds

1/4 cup grated Parmesan/cheddar cheese

Using a large skillet, heat 1 tablespoon of the oil on stove top set at medium high heat.

Add mushrooms, salt and pepper.

Cook, stirring occasionally, about 5 minutes or until softened.

Add tomatoes and garlic, cooking another 2 minutes.

Stir in kale pieces and 1/4 cup water.

Cover, reduce heat to medium low and cook about 2 minutes or until kale begins to wilt.

Toss well, add salt and pepper to taste.

Cover and cook about 2 minutes more or until wilted.

Cover and set to the side.

Using a large nonstick or cast iron frying pan, heat remaining 1 tablespoon oil over medium high heat.

Arrange polenta in pan in a single layer (working in batches, if needed).

Cook, flipping once, 5 to 6 minutes or until golden brown on both sides.

Line a plate with paper towel to drain the polenta on as it gets done.

Arrange the polenta on plates.

Top with kale and mushroom mixture.

Garnish with cheese and serve.

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Quinoa Salad Recipe For Summer

Serves: 2 to 4

Ingredients:

2/3 cup quinoa
2 tablespoons extra virgin olive oil, separated
1/2 chopped yellow onion
1 diced courgette
1 diced yellow squash
2 cups trimmed and chopped green beans
7 roasted garlic cloves
1 tablespoon lemon zest
3 tablespoons lemon juice
salt, to taste
black pepper, to taste
1/2 cup chopped walnuts

Using either a cookie sheet or casserole dish, spread vegetables out evenly.

Drizzle vegetables with 1 tablespoon oil.

Sprinkle salt and pepper to taste over veggies.

Wrap the roasted garlic cloves in tin foil.

Set the tin foil wrapped bundle on the cookie sheet or casserole dish with the veggies.

Bake in the oven for 30 minutes or until softened.

While the veggies are baking, prepare the quinoa according to the package directions.

Blend the roasted garlic cloves, lemon zest, lemon juice and oil into a thick, smooth mixture in a blender or food processor.

This will make the dressing to pour over the cooked quinoa.

Stir well to blend it all together.

Fold the roasted vegetables gently into the prepared quinoa.

Top with the walnuts.

Can be served either hot or cold.

The Veggie Challenge

Summer Vegetable Packets With Tilapia

Serves: 4

1 cup cherry or grape tomatoes, quartered
1 cup summer squash, diced
1 cup red onion, thinly sliced
12 green beans, cut into 1-inch bites after trimming
1/4 cup black olives, pitted and coarsely chopped, BPA free if canned
2 tablespoons lemon juice
1 tablespoon fresh oregano, chopped
1 tablespoon olive oil, extra-virgin
1 teaspoon rinsed capers
1/2 teaspoon salt, divided
1/2 teaspoon pepper, freshly ground and divided
4 4 oz. tilapia fillets

Set grill to medium and preheat.

In a large bowl, mix tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Lay two 20-inch sheets of tin foil on top of each other to make a packet.

Spray a generous coat of cooking spray on the top piece.

Place one tilapia fillet in the centre of the foil.

Salt and pepper to taste.

Place about 3/4 cup of vegetable mixture on top.

Leaving enough room in the packet for steam to gather and cook the food, fold short ends of the foil together.

After folding the foil over, pinch seams together along the sides to make sure all the seams are tightly sealed to keep steam from escaping.

Repeat with more tin foil, spraying with cooking spray.

Add remaining fish, salt, pepper and vegetables.

Cook the packets on the grill for about 5 minutes or until the fish is cooked through and the vegetables have become tender.

When ready to serve, carefully open both ends of the packets and allow the steam to escape.

Using a spatula, slide packets onto plates.

Oven Variation: Preheat oven to 425 degrees Fahrenheit. Add 1 tablespoon water to green beans in a covered microwavable bowl.

Nuke on High for about 30 seconds or until the beans are just beginning to cook. Drain and add to the other vegetables from Step 2. Assemble packets as in Steps 3-4. Bake the packets directly on an oven rack about 20 minutes or until the tilapia is cooked through and the vegetables have become tender.

Veggie Burgers With Onion Marmalade, Bulgur Style

Serves: 8

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Veggie Burgers, Bulgur Style:

8 rolls, whole-grain
1 cup water
1/2 cup bulgur
1/4 teaspoon salt
2 teaspoons extra virgin olive oil
4 finely chopped cloves of garlic
1 pound coarsely grated portobello mushrooms
2 coarsely grated carrots
1 large coarsely grated yellow squash
1 large coarsely grated courgette
3 chopped green onions
1/4 teaspoon ground black pepper
1/4 teaspoon salt
1/2 cup Steel cut Oatmeal
3 tablespoons flour, wheat
8 lettuce leaves, large
2 tomatoes, large

Onion Marmalade:

2 teaspoons extra virgin olive oil
2 1/2 cup(s) sliced onions
1/4 cup Ketchup (Heinz Organic)
2 tablespoons cider vinegar
2 tablespoons light molasses
1 tablespoons Worcestershire sauce

Prepare whole-grain rolls.

Heat water, bulgur, and salt to boiling over high heat in a saucepan. Let boil 2 minutes.

Cover and remove from heat to allow mixture to stand for 15 minutes.

While waiting, use a large nonstick pan to heat 1 teaspoon oil over medium heat. Add garlic, saute for 1 min.

Add mushrooms, carrots, yellow squash, courgette, green onions, black pepper, and salt.

Stirring occasionally, cook concoction about 25 minutes or until all liquid evaporates.

Remove from heat to let cool for 10 minutes.

Combine bulgur mixture, vegetable mixture, cornmeal, and 1 tablespoon flour in large bowl. Mix until well combined.

Divide bulgur-vegetable mixture into eight 2/3-cup servings.

Press each serving into a 4-inch patty.

Lightly dust all sides of patty, using remaining 2 tablespoons flour. Place on plate.

Repeat with rest of burger mixture.

Refrigerate patties for 20 minutes.

Prepare Onion Marmalade, during wait time.

Heat 2 teaspoons of olive oil over medium heat in large pan.

Add 2 1/2 cups sliced onions.

Stir occasionally while cooking, about 5 to 7 minutes or until softened

Add 1/4 cup ketchup, 2 tablespoons cider vinegar, 2 tablespoons light molasses, and 1 tablespoon Worcestershire sauce to concoction.

Reduce heat to low, cover, and stir occasionally while cooking, for about 20 to 25 minutes or until onion mixture thickens.

(If making for future use, cool and transfer onion marmalade to bowl or container, cover and refrigerate until ready to serve.)

Heat remaining 1 teaspoon oil over medium heat in large frying pan.

Cook 4 patties at a time about 8 to 10 minutes or until browned.

Carefully turn patties over and cook for about 8 to 10 minutes or until brown on other side.

Remove burgers from pan and keep warm.

Repeat all steps to brown rest of patties.

Cut each tomato into 8 uniform pieces.

Split each whole-grain roll in half to serve. Place even amounts of onion marmalade onto roll bottoms.

Without the rolls, spoon onion marmalade onto individual plates.

Place patties, or veggie burgers, on marmalade. Top with tomatoes, lettuce, and, if using, tops of rolls.

The Veggie Challenge

Feta, Olive & Basil Spaghetti Squash Treasure

Serves: 4

1 seeded Spaghetti Squash, cut in half length-wise (or spiralled or shaved with peeler-courgette)
1 tablespoon extra virgin olive oil
1 chopped onion
1 minced garlic clove
1 chopped red pepper
1 14.5 ounce can tomatoes, Italian style, BPA free
1/4 cup feta cheese
1 can black olives, chopped
2 tablespoons chopped fresh basil

Set oven to 350 degrees Fahrenheit and let preheat.

Lightly grease cookie sheet or baking sheet.

With spaghetti squash upside down on baking sheet, bake for until a sharp knife can be inserted with little to no resistance, about 30 minutes.

Remove squash from oven.

Let sit for 10 minutes.

Meanwhile, in a medium skillet, heat oil on burner set at medium-high.

Once oil is heated, saute onion until tender.

Throw in the red pepper.

Cook for three minutes, adding the garlic at this time and continue to cook for two minutes

Toss in the tomatoes and cook until concoction is warm.

With a large slotted spoon, scoop the stringy pulp from the squash.

Put this into a large bowl.

Mix in the tomato concoction.

Add olives.

Toss well until mixed.

Use the feta cheese and basil to garnish.

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Frittata With Summer Veggies

Serves: 4

1 1/2 tablespoons extra virgin olive oil
1 6 inch diced zucchini
1/2 diced red bell pepper
1/2 diced red onion
1 tablespoon fresh thyme
1/2 teaspoon sea salt, divided
1/4 teaspoon black pepper, freshly ground, divided
2 minced garlic cloves
1 medium seeded and chopped tomato
9 large cage free, organic eggs

In a 10 inch oven-proof frying pan or skillet, heat oil over medium heat.

When oil is heated, add zucchini, pepper, onion, thyme, 1/4 teaspoon sea salt, 1/8 teaspoon pepper and garlic.

Cook, covered, stirring occasionally, for about 5-7 minutes or until vegetables are tender. Add in tomato and stir.

Cook, uncovered, until liquid evaporates, about 5 minutes.

Whisk eggs, remaining salt and pepper until frothy.

Pour frothy eggs over vegetable concoction, stirring gently.

Reduce heat and cover, cooking for 15 minutes.

Turn on oven broiler and preheat on low.

Meanwhile, preheat broiler to low.

Stick frittata under the broiler until fully set, about 3 minutes.

Turn onto a platter or plate.

Slice and serve either warm or cold.

The Veggie Challenge

Lentil Bolognese Sauce

Serves 4-5

Ingredients:

1 onion, chopped
2 celery sticks, thinly sliced
2 carrots, grated
2 garlic cloves, minced
3 tbsp olive oil
2/3 cup red lentils
1 can (14oz) chopped tomatoes
2 tbsp tomato paste
2 cups vegetable broth
1 tsp Italian Spices
Salt and pepper to taste

Instructions:

In a large saucepan, heat the olive oil and saute the carrots, onion, garlic and celery until they are tender in about 5 minutes. Add the rest of the ingredients, season with salt and pepper. Bring to a quick boil, then reduce heat and simmer for about 20 minutes until the lentils are soft and the sauce has thickened.

Serve over hot pasta with a generous helping of Parmesan cheese.

Enjoy!

Mediterranean Beans

Ingredients:

1 (10 oz.) pack frozen baby lima beans (butter beans)
¼ C. chopped onion
1 clove garlic, crushed
1 Tablespoon olive oil
1 C. diced, canned tomatoes with juice
½ teaspoon dried mint leaves, crushed

Directions:

Cook lima beans according to package directions. Sauté onion and garlic in margarine until tender. Stir in lima beans, tomatoes, and mint leaves. Heat and serve. (Serves 6)

Low calorie, low fat.

The Veggie Challenge

Red Kidney Bean Spread

Makes 1.5 cups

Ingredients:

1 (15.25oz) can red kidney beans, rinsed and drained

1 red bell pepper

1 green bell pepper

1 tbsp tomato paste

1/2 tsp grated lemon rind

1/2 tsp fresh lemon juice

Dash of cayenne pepper

Salt and pepper to taste

Half both peppers and deseed. Place them skin sides up on a baking sheet and broil for about 10 minutes or until blackened. Put blackened peppers into a Ziploc bag, seal and set aside for 5 minutes.

Remove the peppers from the Ziploc bag, peel and chop and put them with the remaining ingredients into a food processor. Blend until smooth.

Delicious with whole-wheat pita bread for a healthy snack.

White Bean and Rosemary Dip

Ingredients:

1 (19oz) can Great Northern, Navy or Cannellini beans, drained and rinsed

2 tbsp freshly squeezed lemon juice

2 tbsp rosemary leaves

Hot pepper sauce

Puree all ingredients in a food processor or blender until smooth. Place the mixture into a bowl, cover and refrigerate for about 15 minutes. Enjoy!

This makes a healthy vegetable dip or can be used as a spread either on crackers or sandwiches.

Black Bean & Vegetable Soup

1 lb dried black beans (or other beans your choice)

8 cups water

1 tsp salt

1/2 -1cup dry red wine

2 tsp dried basil

1 tsp dried marjoram

1/4 tsp pepper (or more to taste)

2 cups onions, chopped

2 cups red potatoes, chopped

1 cup celery, chopped

1 cup carrot, sliced

6 garlic cloves, minced

1.12oz can tomatoes

Place black beans into a bowl, cover completely with water to about 2 inches above the beans and leave overnight. Then drain.

Add beans to large crock pot, add 8 cups of water and remaining ingredients. Cover with lid and simmer for about 2 hours on very low temperature or until vegetables are tender.

Serve hot with a crusty French bread.

The Veggie Challenge

Warm Quinoa Salad with Tomatoes and Spinach

Serves about 2

Ingredients:

1 1/2 cups of cooked quinoa
1 clove garlic, minced
2 cups baby spinach leaves
1 Ω cup cocktail tomatoes, halved
Dash of extra virgin olive oil
2 green onions, sliced
Sea salt and pepper to taste
Sprinkle of fresh parsley or basil (or any other herbs you have)
Pinch of nutmeg
Squeeze of lemon juice

Instructions:

In a large frying pan or wok, heat the olive oil. Add the garlic and saute for a minute. Then stir in the cooked quinoa until heated through. Add the spinach, green onion and tomatoes. Sprinkle with nutmeg and fresh herbs and season with salt and pepper. Drizzle with lemon juice and give it a quick stir. As soon as the spinach starts to wilt, remove from heat. Serve immediately.

Vegetarian Stroganoff

Serves 4

Ingredients:

1 onion, finely sliced
2 garlic cloves, crushed
1 lb mushrooms of your choice, chopped
Ω cup white wine
1 tsp paprika
1 tbsp red wine vinegar
2 tbsp fresh corriander/cilantro, chopped
3 tbsp natural yogurt
1 tbsp vegetable oil
Salt and pepper

Instructions:

Heat the vegetable oil in a non-stick frying pan and saute the onion until almost cooked. Then add the garlic and stir for a few minutes. Increase the heat and add the mushrooms. Season with salt and pepper, as well as sprinkle with paprika. Saute until the mushrooms are tender and brown. Then pour on the wine and vinegar. Stir well. Reduce the heat and allow to simmer for a few minutes. Then stir in the yogurt and cilantro and adjust seasoning.

Serve with mashed potatoes and steamed broccoli.

The Veggie Challenge

Aubergine Salad with Yogurt

Serves 4

Ingredients:

1 lb aubergines
1 garlic clove, finely minced
1 tbsp fresh parsley, chopped
1 cup of natural yogurt
Fresh lemon juice
Mixed lettuce leaves

Instructions:

Preheat the oven to moderate heat.

Bake the whole aubergines in a moderately hot oven until they are tender. Allow to cool, then chop and place into a bowl, together with the garlic and yogurt. Stir well and chill for at least an hour.

Serve the aubergine mixture on a bed of mixed lettuce and sprinkle with parsley and fresh lemon juice.

Broccoli and Walnut Stir-fry

(Serves 4)

Ingredients

2 onions, chopped
2 carrots, chopped
2 tbsp oil
2 tbsp walnuts
1 cup of vegetable broth
1 cup mushrooms, such as fresh shitake, sliced
1 head of broccoli, coarsely chopped
1 tbsp cornstarch, dissolved in 2 tablespoons cold water
3 tbsp soy sauce
Salt and pepper to taste

Seeds to garnish

Heat oil in a wok and saute carrots and onions until almost tender. Add broccoli and walnuts and stir. Add 1 cup of broth and cook until veggies are tender. To thicken the sauce, add the dissolved cornstarch. Stir briefly, then add soy sauce, salt and pepper to your taste.

Sprinkle with seeds of your choice and serve with whole-grain noodles.

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Easy and Quick Vegetable Stir-Fry

(Serves 4)

Ingredients:

2 tbsp sesame oil

1 chili, finely chopped

1 lb oriental mushrooms (oyster, shitake etc)

3 1/2oz pine nuts

1 onion, sliced

1 lb green vegetables (Pak Choi, spinach, Chinese cabbage etc)

11oz baby corn, halved lengthwise

2 red bell peppers, sliced

3 fl oz soy sauce

Handful fresh cilantro, chopped

Instructions:

Heat the sesame oil in a wok and add chili, pine nuts and garlic. Saute for about 30 seconds on high heat. Add mushrooms, onion, green vegetables, baby corn and red pepper and stir-fry for a further 3 to 4 minutes. Pour in the soy sauce and stir-fry for about a minute. Sprinkle with cilantro, stir well and serve immediately with rice noodles.

Greek Tahini Dip

Ingredients:

2 tbsp tahini (sesame paste)

2 tbsp water

Juice of 1 lemon

1 tbsp olive oil

2 tsp soy sauce

Method:

In a little bowl combine the tahini and the water. At first, the mixture might look like it is curdling because the natural oils in the tahini won't blend easily with the water. Keep blending and you'll find that eventually it will make a nice smooth cream.

Add the lemon juice, olive oil and soy sauce, taste and season if necessary.

This dip is delicious and can be served as an appetizer with crunchy raw vegetables and crackers.