

Vegetarian Recipes

**Some recipes include eggs, honey and dairy products*

***Confetti Corn Salad**

1 cup frozen, shelled edamame	2 Tablespoons lime juice
3 1/2 cups frozen corn	2 teaspoons honey
1 cup red bell pepper, diced	2 teaspoons vegetable oil
½ cup green bell pepper, diced	1 teaspoon curry powder
½ cup celery, diced	1 teaspoon garlic salt
½ cup green onions, chopped	½ teaspoon black pepper
2 Tablespoons lemon juice	

Cook edamame for 3 to 5 minutes in boiling water; drain and rinse with cool water. Place in a large mixing bowl. Add corn, red and green bell pepper, celery, and green onions to edamame. Stir well to combine.

In a small bowl, whisk together the lemon and lime juice, honey, and oil. Whisk in curry powder, garlic salt, and pepper. Pour dressing over corn mixture and toss to coat. Cover and refrigerate until serving.

Yield: 12 servings, ½ cup each

Nutritional analysis per serving: 60 Calories, 2 grams fat, 0 milligrams cholesterol, 90 milligrams sodium, 10 grams carbohydrate, 2 grams dietary fiber, 2 grams protein

Hummus

¼ cup lemon juice	2 teaspoons chopped garlic
2 cups canned chickpeas (garbanzo beans), drained and rinsed	1 teaspoon grated lemon zest
¼ cup olive oil	½ teaspoon salt

Place all ingredients in a blender or food processor. Process until the texture is slightly chunky. Taste and add more lemon juice if desired. Serve with pita bread, fresh vegetables or crackers.
Yield: 2 cups

Recipe is from 4-H Cooking 401 book

Nutritional analysis per 2- Tablespoon serving: 56 Calories, 4 grams fat, 144 milligrams sodium, 5 grams carbohydrate, 1 gram dietary fiber, 1 gram protein, 6 milligrams calcium

Kale Chips

1 large bunch fresh Kale Optional seasonings: Salt and pepper, red pepper flakes
¼ cup olive oil

Preheat oven to 350°F. Rinse kale and pat dry with a paper towel. Remove the stalks from the kale and discard. Tear the leaves into slightly larger than chip-size pieces (they will shrink).

Place the kale into a bowl and drizzle with olive oil. Add the seasonings and toss to coat evenly. Arrange the leaves on an aluminum foil lined baking sheet and place in oven for 10 to 15 minutes or until crisp. Remove immediately from baking sheet and place on paper towels to absorb excess oil. Let them cool slightly and serve.

Yield: 3-4 cups chips

(May also use Swiss Chard instead of kale)

Nutritional analysis per ½ cup serving: 70 Calories, 7 grams fat, 1 gram saturated fat, 0 milligrams cholesterol, 120 milligrams sodium, 2 grams carbohydrate, 1 gram dietary fiber, 1 gram protein

Tabbouleh

½ cup water	1 cup peeled and chopped cucumber
1 cup bulgur	¼ cup lemon juice
1 cup finely chopped onion	¼ cup olive oil
¼ cup finely chopped fresh mint	Salt and pepper to taste
1 ½ cups finely chopped fresh parsley	Sesame seeds, if desired
1 cup diced fresh tomatoes	

In a 2 quart sauce pan over high heat, bring water to a boil; stir in bulgur. Remove pan from heat; cover and let stand 10 minutes. Fluff bulgur with a fork and spoon into serving bowl. Add the onion, mint, parsley, tomatoes, and cucumber. In a small bowl, mix lemon juice, oil, salt, and pepper. Pour mixture over the bulgur and vegetables. Mix well. Sprinkle with sesame seeds, if desired. Best if served chilled.

Yield: 4 servings

Recipe is from 4-H Cooking 401 book

Nutritional analysis per serving: 280 Calories, 15 grams fat, 319 milligrams sodium, 35 grams carbohydrate, 9 grams dietary fiber, 6 grams protein

Roasted Winter Vegetables

1 small butternut squash, cubed	1 tablespoon fresh thyme, chopped
2 red bell peppers, diced	2 tablespoons fresh rosemary, chopped
1 sweet potato, peeled and cubed	¼ cup olive oil
3 yellow gold potatoes, cubed	2 tablespoons balsamic vinegar
1 red onion, quartered	Salt and ground pepper to taste

Preheat oven to 475°F. In a large bowl, combine the squash, peppers, sweet potato, red potatoes and onion quarters. In a small bowl, mix herbs, olive oil, vinegar and salt and pepper. Toss dressing with vegetables until they are coated. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes, stirring every 10 minutes, or until vegetables are cooked through.

Yield: 12 servings

Nutrient analysis per serving: 110 calories, 5 grams fat, 0.5 grams saturated fat, 0 milligrams cholesterol, 60 milligrams sodium, 16 grams carbohydrate, 3 grams dietary fiber, 2 grams protein

Asian Peanut Slaw

4 cups shredded cabbage	¼ cup rice vinegar or cider vinegar
1 cup shredded carrots	1 Tablespoon sesame oil
1 cup salted peanuts	1 Tablespoon sugar
½ cup canola oil	

Place the cabbage and carrots in a large serving bowl. Whisk the vinegar, sesame oil, and sugar together until sugar is dissolved. Slowly add the canola oil and blend until well combined. Pour the dressing over the cabbage. Add the peanuts just before serving.

Yield: 8-10 servings

Nutrient Analysis per serving: 240 Calories, 21 g fat, 120 mg Sodium, 8 g Carbohydrate, 3 g Fiber, 5 g Protein

WISHH Stew

Most countries around the world make a stew using locally available vegetables and spices. The World Initiative for Soy in Human Health (WISHH) program developed the following infinitely adaptable recipe for use in impoverished regions. The TVP® provides much-needed protein, and the dish is made familiar and delicious through the use of traditional vegetables and spices. This recipe is a big hit in the U.S., too!

Seasoning Mix:

2 Tablespoons chili powder
2 teaspoons salt
1 ½ Tablespoons ground cumin
1 ½ teaspoons ground coriander
¾ teaspoons black pepper

2 Tablespoons vegetable oil
2 medium onions, chopped
4 cloves garlic, minced
1 medium green bell pepper, chopped
1 can (28 oz.) diced tomatoes
4 cups vegetable broth or water
2 cups dry TVP®
2 cans (15 oz. each) black beans, drained
Chopped fresh parsley or cilantro as garnish

Combine all the ingredients for the seasoning mix and set aside.

Heat oil in a large pot over medium heat. Add the onions and sauté until golden. Add the seasoning mix, garlic, and green pepper. Cook, stirring, for 2 minutes. Add the tomatoes, vegetable broth or water, dry TVP®, and beans. Bring to a boil, then reduce heat to medium, cover, and simmer for 20 to 30 minutes, or until thickened, stirring occasionally. If a thinner consistency is desired, add more water. Serve the stew hot, garnished with cilantro or parsley, if desired.

Yield: 10 servings Recipe Reproduced with Permission from: *Illinois Center for SoyFoods*

Nutritional analysis per serving: 210 Calories, 5 grams fat, 0 milligrams cholesterol, 1150 milligrams sodium, 26 grams carbohydrate, 10 grams dietary fiber, 19 grams protein

Vegetarian Lasagna

2 jars (26 oz.) prepared spaghetti sauce	4 cups part-skim mozzarella cheese
1 lb. lasagna noodles, uncooked	1 cup water
1 lb. regular tofu, mashed	grated Parmesan cheese (optional)

Preheat oven to 350°F. Cover bottom of baking pan (9x13 –inch) with portion of sauce. Put a layer of uncooked lasagna noodles on top of sauce. Add another layer of sauce on top of noodles, then a layer of tofu, and then a layer of mozzarella cheese. Continue layering noodles, sauce, tofu, and cheese ending with cheese.

Use 1 cup water to rinse the sauce jars and pour the mixture around the outside edges of the baking pan. Cover with foil and bake for 1 hour to 1 hour 15 minutes, until noodles are tender. Uncover and bake for an additional 15 minutes to allow the sauce to thicken. Let the lasagna stand for 10 minutes before cutting and serving. If desired, sprinkle with grated Parmesan cheese.

Note: Vegetables may be added to the sauce.

Yield: 12 servings

Nutritional analysis per serving: 393 Calories, 16 grams fat, 42 gram carbohydrate, 22 grams protein

*Zucchini-Couscous Bake

2 teaspoons oil	1 cup canned diced tomatoes
½ cup chopped onion	½ cup canned black beans, drained & rinsed
2 garlic cloves	½ cup couscous, uncooked
1 ½ cups thinly sliced zucchini	6 black olives, chopped
1 cup chopped green pepper	1 Tablespoon grated Parmesan cheese
½ cup chopped celery	¼ cup shredded low-fat cheddar cheese
½ teaspoon dried basil	

Preheat oven to 350°F. Lightly coat a casserole dish with nonstick cooking spray. In a large skillet, heat oil. Add onions and garlic and sauté for 2 minutes, stirring frequently. Add zucchini, pepper, celery, and basil. Stirring frequently, cook for 4-5 minutes, or until tender. Stir in tomatoes, beans, couscous, olives, and Parmesan cheese. Spoon mixture into prepared dish. Sprinkle with cheddar cheese. Cover and bake for 15 minutes. Uncover and bake another 15 minutes.

Yield: 6 servings

Recipe is from 4-H Cooking 401 book

Nutritional analysis per serving: 130 Calories, 3 grams fat, 241 milligrams sodium, 21 grams carbohydrate, 4 grams dietary fiber, 6 grams protein

Gigantes Plaki (Greek Baked Beans)

1 lb. dried large lima beans	¼ cup olive oil
1 (28 oz.) can diced tomatoes	¼ cup tomato paste
1 large carrot, finely chopped	1 teaspoon red pepper flakes
4 celery stalks, finely chopped	2 Tablespoons red wine vinegar
3 bay leaves	1/3 cup fresh dill, chopped
1 yellow onion, finely chopped	½ cup fresh parsley, chopped
6 cloves garlic, minced	Salt and pepper to taste

Soak beans in cold water overnight or at least 12 hours. Drain the soaked beans and discard the water. In a large pot, add the beans and enough water to cover them by 2 inches. Add the bay leaves. Bring the beans to a simmer and let them cook for 45 minutes to an hour, or until the beans are tender but not falling apart. Drain the beans but reserve ½ cup of the cooking liquid. Discard the bay leaves.

Meanwhile, in a large skillet, heat the olive oil. Sauté the onions and garlic. Then, add the carrots and celery and cook until the vegetables are tender. Then, add tomatoes, tomato paste, red wine vinegar, and hot pepper flakes. Cover and let simmer for 30 minutes.

Add parsley, dill, salt and pepper to tomato mixture and stir. Pour the tomato mixture over the drained beans and add ½ cup of the reserved cooking liquid. Stir. Lightly grease a 9x13 baking dish. Pour the beans into the baking dish, spreading evenly. Cover with aluminum foil and place in a 350°F preheated oven. Bake for 45 minutes.

Yield: 13 servings

Nutritional analysis per serving: 190 Calories, 4.5 grams fat, 0.5 grams saturated fat, 0 milligrams cholesterol, 200 milligrams sodium, 28 grams carbohydrate, 8 grams dietary fiber, 8 grams protein

***Black Bean and Rice Burgers**

1 cup cooked brown rice	2 eggs or ½ cup flaxseed mixture
2 cans (16 oz.) black beans, rinsed, drained, patted dry	1 Tablespoon chili powder
1 green pepper, finely chopped	1 Tablespoon cumin
1 onion, finely chopped	½ teaspoon red pepper flakes
3 cloves garlic, finely chopped	½ cup dried bread crumbs, or as needed
½ cup corn	

Preheat oven to 375°F and lightly spray baking sheet with cooking spray. In a medium bowl, mash black beans with a fork until pasty. Add chopped bell pepper, onion and garlic. Stir in corn. In a small bowl, whisk together eggs or flaxseed mixture, chili powder, cumin and red pepper flakes. Stir egg mixture into the mashed beans. Mix all of the rice. Mix in enough bread crumbs until the mixture is sticky and holds together. Divide into 6 patties. Place on greased baking sheet and bake for 10 minutes. Turn patties over and continue baking for another 10 minutes until lightly browned.

Yield: 6 patties

Nutritional analysis per serving: 250 Calories, 3.5 grams fat, 70 milligrams cholesterol, 610 milligrams sodium, 42 grams carbohydrate, 8 grams dietary fiber, 12 grams protein

Flaxseed Mixture

To substitute eggs in a recipe that it is used for binding (such as meatloaf), use flaxseed mixed with water.

1 Egg =
1 Tablespoon flaxseed meal (ground flaxseed)
3 Tablespoons water

In a small bowl, mix flaxseed meal and water. Let sit 2-3 minutes or chill in the refrigerator and use within 3 days.

Or

1 Egg =
1 Tablespoon whole flaxseeds
4 Tablespoons water

In a coffee grinder or blender, grind flaxseed to a fine powder. Mix flaxseed and water in blender on high for 2 minutes. Let sit 2-3 minutes or chill in the refrigerator and use within 3 days.

Caribbean Black Beans and Rice

1 ½ cup long grain or brown rice	½ teaspoon allspice or thyme
1 medium onion, chopped	Pepper to taste
15 oz. can black beans, rinsed and drained	1 tablespoon canola oil
¾ cup orange or pineapple juice	

Cook rice according to directions on package. While rice is cooking, sauté onion in oil. Add black beans, juice, seasoning and pepper. Mash some of the beans for thicker consistency. Simmer over low heat until rice is done, stirring occasionally. Serve black beans over rice.

Yield: 6 servings

Nutritional Analysis per serving: 270 Calories, 4 grams fat, 0 milligrams cholesterol, 220 milligrams sodium, 51 grams carbohydrate, 5 grams dietary fiber, 7 grams protein

***Breakfast Bagel Spread**

1 package (10.5 oz.) silken tofu	1/8 teaspoon cinnamon
3 Tablespoon honey	1 can (8 oz.) crushed pineapple, very well drained
1 teaspoon vanilla extract	1/2 cup chopped pitted dates

Combine silken tofu, honey, vanilla and cinnamon in a blender container and whirl until smooth, stopping to scrape down sides of container as necessary. Put tofu mixture into a small bowl and stir in the pineapple and dates. Serve with bagels, muffins, pancakes or other breakfast breads, or spread on apple slices. This is also good on graham crackers for a snack or dessert.

Yield: 2 cups (8 servings) Serving size: 1/4 cup

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Nutrition analysis per serving: 88 calories, 1 gram total fat, 3 grams protein, 18 grams carbohydrate, 1.2 grams dietary fiber, 14 milligrams sodium, 0 milligrams cholesterol

Falafel with Cucumber Yogurt Dip

5 whole wheat pita pockets	½ Tablespoon ground cumin
1 (15 oz.) can chickpeas, drained	½ teaspoon salt
1 onion, finely chopped	½ teaspoon baking powder
¼ cup whole wheat flour	¼ teaspoon lemon juice
3 Tablespoons fresh parsley, finely chopped	1/8 teaspoon paprika
1 ½ Tablespoons garlic, chopped	Black pepper to taste
1 Tablespoon chopped fresh cilantro	

Preheat oven to 375°F. Place all ingredients for falafel except pita pockets in a large bowl and stir. Using a potato masher, mash well until mixture is slightly chunky, not smooth.

Spray a baking sheet with nonstick cooking spray. Take spoonful of mixture into your hands to form a ball, about the size of a ping-pong ball and place on greased baking sheet. Repeat using all of the mixture. Spray the tops of each ball with cooking spray. Bake in oven for 15 minutes. Gently turn each ball over and return to oven for an additional 10-15 minutes, until golden brown and slightly crispy. Allow to cool for 5 minutes. Toast or warm pita pockets and fill with 3 falafel balls and 3 Tablespoons dip.

*Cucumber Yogurt Dip

6 oz. plain non-fat yogurt	¾ teaspoon garlic, chopped
½ cucumber, peeled and chopped	¼ teaspoon salt
1 teaspoon dried dill	

Combine all ingredients for dip in a blender or food processor and pulse until just blended. Refrigerate until ready to serve.

Yield: 5 servings, 1 serving = 1 pita pocket with 3 Falafel balls and 3 Tablespoons dip

Nutritional analysis per serving: 198 Calories, 2.25 grams total fat, 863 milligrams sodium, 37 grams carbohydrate, 8.5 grams dietary fiber, 10 grams protein

Basic Stir-fry

1 Tablespoon lower-sodium soy sauce	1 teaspoon dark sesame oil
1-1/2 teaspoon rice vinegar	1 clove garlic, minced
8 oz. firm tofu, cut in bite- sized triangles	2 teaspoon minced fresh ginger
1/2 cup water	1 small onion, sliced in half rounds
1 Tablespoon lower-sodium soy sauce	1-1/2 teaspoon cornstarch mixed with 1-1/2
2 teaspoon rice vinegar	teaspoons cold water
2 teaspoon sugar	4 cups fresh vegetables, in bite-sized pieces

Combine the 1 Tablespoon soy sauce with the 1-1/2 teaspoon vinegar. Sprinkle over the tofu. Sauté in a nonstick skillet over medium-high heat until starting to turn golden. Remove from pan and set aside.

Combine the water, 1 Tablespoon soy sauce, 2 teaspoon vinegar and 2 teaspoon sugar in a small dish. Set aside.

Heat the sesame oil in a nonstick wok or deep skillet. Add the garlic and ginger and sauté briefly, but do not let them brown. Add the onion and fresh vegetables and stir-fry, tossing constantly, about 2 or 3 minutes. Pour the water mixture over and reduce heat to medium-low. Cover and let steam for 2 to 3 minutes or until crisp-tender.

Remove the cover and raise the heat to high. Add the cornstarch/water mixture and stir briefly until sauce thickens. Stir in the tofu and heat through. Serve at once with steamed rice.

Yield: 5 servings

Nutritional analysis per 1 cup serving: 108 Calories, 4 grams fat, 0.7 grams saturated fat, 7 grams protein, 13 grams carbohydrate, 3.2 grams dietary fiber, 241 milligrams sodium, 0 milligrams cholesterol

Gingerbread Cookies

½ cup sugar	¼ teaspoon salt
1 teaspoon ground ginger	1/3 cup molasses
1 teaspoon cinnamon	1/3 cup soymilk or cow's milk
1 ½ teaspoons baking soda	2 ¼ cups whole wheat flour

Preheat oven to 275°F. Lightly spray baking sheets with cooking spray. Dust with flour. Stir together the sugar, ginger, cinnamon, baking soda, and salt in a large bowl. Add the molasses and milk and mix well. Add 1 cup of flour and mix well. Stir in enough of the remaining flour to make a very stiff dough (if mixing by hand, knead the dough to thoroughly mix the flour).

On a floured surface, roll a portion of the dough with a flour-dusted rolling pin to 1/16-inch thickness. Cut the dough into shapes with a flour-dusted cookie cutters or a flour-dusted knife. Using a metal spatula, carefully transfer the cookies to the baking sheets. Bake until the edges are dry and the centers give just slightly when pressed, about 20 minutes. Allow to cool on a baking sheet for 5 minutes. Then, transfer with a spatula to a wire rack to cool. Once cooled, store in an airtight container.

Yield: 4 dozen cookies

Nutritional analysis per cookie: 30 Calories, 0 grams fat, 0 milligrams cholesterol, 55 milligrams sodium, 7 grams carbohydrate, 1 gram dietary fiber, 1 gram protein

Tofu Pumpkin Pie

1 (12.3 oz.) package firm silken tofu	½ teaspoon ground ginger
1 (15 oz.) can pure pumpkin	¼ teaspoon ground cloves
½ cup brown sugar	¼ teaspoon ground nutmeg
¼ cup white sugar	1 unbaked 9" pie shell
1 teaspoon ground cinnamon	

Preheat oven to 425°F. Drain tofu well, then puree in a blender until smooth. In a mixing bowl, whisk together the pumpkin and the sugars. Whisk in the spices and the pureed tofu. Pour the mixture into the pie shell and bake at 425°F for 15 minutes. Lower the heat to 350°F and bake for an additional 40 minutes. Chill before cutting into eighths and serving.

Yield: one 9" pie (8 wedges), Serving size = 1 wedge

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Nutritional analysis per serving using crust made with oil: 238 Calories, 8 grams total fat, 1.3 grams saturated fat, 4 grams protein, 25 grams carbohydrate, 1.6 grams dietary fiber, 21 milligrams sodium, 0 milligrams cholesterol

Lemon Almond Cookies

¾ cup whole wheat pastry flour	4 oz. silken tofu
½ cup all-purpose flour	½ cup canola oil
¼ cup soy flour	½ cup brown sugar, packed
1 teaspoon baking powder	½ cup sucralose (Splenda®)
Pinch of salt	Grated zest of one lemon
¾ cup coarsely chopped roasted almonds	1 teaspoon lemon extract

Preheat oven to 350°F. Stir whole wheat pastry flour, all-purpose flour, soy flour, baking powder and salt together in a medium bowl. Stir in the chopped almonds.

In another mixing bowl, mash the tofu with a fork. With an electric mixer, beat in the oil, brown sugar and sucralose until smooth. Mix in the lemon zest and lemon extract. Add the wet ingredients to the dry ingredients and mix together with a wooden spoon or rubber spatula. Form dough into 1" balls and place on ungreased baking sheet. Use damp fingers to lightly flatten the balls. Bake about 15-18 minutes until the cookies just begin to brown. Remove the cookies from the baking sheets and cool on a wire rack.

Yield: 3 dozen cookies

Nutritional analysis per cookie: 70 Calories, 4.5 grams fat, 0 milligrams cholesterol, 25 milligrams sodium, 7 grams carbohydrate, 1 gram dietary fiber, 1 gram protein

Frosty Strawberry Shake

1 ½ cups orange juice, chilled	8 oz. individually frozen strawberries
1 package (12.3 oz.) silken tofu, chilled	1-2 Tablespoons honey or sugar (optional)
1 banana	

Put orange juice, silken tofu and banana into blender container and whirl until smooth. Add frozen strawberries and blend well, stopping to scrape down sides as needed. Sweeten if desired.

Yield: 4 servings

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Nutritional analysis per serving: 142 Calories, 3 grams fat, 7 grams protein, 24 grams carbohydrate

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