

PS 276

Meatless Monday

Community Recipe Book

Dear PS 276 Community,

Thank you to everyone who submitted recipes for this PS 276 Community Meatless Monday Cookbook. We hope this collection of recipes from students, parents, teachers, staff, and local chefs will inspire you to consider going “meatless” when you can.

Meatless Monday has been getting an awful lot of attention lately, with over 40 college campuses and 9 K-12 school districts nationwide embracing Meatless Monday. On top of that, Meatless Monday programs have popped up in over a dozen countries, from Canada to Croatia and South Africa to Sweden. Further, major food personalities, celebrities and leaders such as Oprah Winfrey, Michael Pollan, Sir Paul McCartney, Mario Batali and Gwyneth Paltrow are backing the movement. And Sodexo, the premier international food services company, has introduced Meatless Monday to its corporate, government, school and hospital clients.

But what is Meatless Monday, really? It’s an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. On average, Americans consume 8 ounces of meat per day – 45% more than the USDA recommends. Going

meatless once a week can reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help limit your carbon footprint and save precious resources like fresh water and fossil fuel.

Why go meatless on Monday? For one, it’s a pretty easy ask. It’s one day a week; it’s not veganism, nor is it even vegetarianism. It’s merely a suggestion to go plant-based on Mondays. Also, Meatless Monday is very much in line with the USDA Dietary Guidelines 2010, with its moderate message encouraging Americans to eat more vegetables and fruit. Further, Meatless Monday is about choice. We encourage adopters, whenever possible, to serve meatless entrees alongside meat entrees. It’s not about taking away—it’s really about adding.

Ultimately, Meatless Monday is about one simple thing: eat more fruits, vegetables and grains.

Enjoy the recipes!

THE PS 276 WELLNESS COMMITTEE

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Vegetables

Tomato Soup

From Chef Shaun Hargett of SHO Shaun Hargett Restaurant

PREPARATION 1

1. Place Tomatoes on Sheet Trays
2. Place slice of garlic and picked thyme and salt and pepper with olive oil on each half tomato
3. Bake in oven 240°F for 1 hour

PREPARATION 2

4. Sweat onions and garlic with a pinch of salt
5. Add tomatoes and cover with water
6. Once cooked, blend in vita prep and pass through a fine Chinois and chill on ice
7. Upon serving mix in a touch of olive oil and adjust seasoning

NOTES

Can garnish with fresh chopped basil and cherry tomatoes if desired

INGREDIENTS

10 Each Half Tomatoes
20 Thin Slices Garlic
Thyme
1 Large Sliced Onions
200 ml Olive Oil
Water
Salt and Pepper

Caponata

From Magda Galiano, PS 276 Parent (serves 6-8 cups)

Sicilians are really proud of caponata because it is made with produce that grows perfectly on their island: eggplants, tomatoes, capers and olives. I love it because it plays on the sweet and sour flavors that are often found in Sicilian cuisine. Caponata is like tomato sauce, in that no two versions are alike. Each province, town, generation and family has its own recipe. This version is my adaptation of all the caponata I tried throughout Sicily. You might be surprised by the addition of wine, but as one cook told me “it adds a certain richness” and I happen to agree. Caponata can be served as an antipasto (on its own or on crostini), as a primo (warm) or as a contorno. I like to spoon it over grilled swordfish as a sauce. A few notes on the ingredients: always try to get smaller but firm eggplants as they have fewer seeds; and do not cut the eggplant chunks too small as they will absorb too much oil and become heavy.

PREPARATION

1. In a large sauté pan add 3 tablespoons olive oil and place on medium high heat. Once oil is heated add eggplant and sauté for 4-5 minutes until eggplant is golden on each side. Remove and place in heat-proof bowl.
2. In the same pan, add 2 more tablespoons of oil and then celery. Cook until celery is slightly wilted but still maintains crunch, approx 3 minutes. Remove celery and add to eggplant.
3. Add 2 more tablespoons of oil to pan followed by red peppers. Fry peppers until slightly browned but still intact, approx 3-4 minutes. Remove peppers and add to eggplant and celery mixture.
4. Add 1 tablespoon of oil and then onions. Fry onions until brown and caramelized, approx 4-5 minutes. Feel free to add a little more oil to the pan at any point in time if you feel it's getting too dry. Add onions to eggplant, celery, red pepper mixture.
5. While vegetables are cooling, add tomatoes, raisins, sugar and vinegar to sauté pan and simmer for 7 minutes.
6. Pour tomato sauce over eggplant mixture. Toss in capers, pine nuts and ½cup red wine and mix all ingredients well. Taste for seasoning and add salt and pepper to taste. Let caponata rest for 1 hour (up to 1 day in refrigerator) before serving so that all flavors meld.

To serve: drizzle with good olive oil and sprinkle with the roughly torn basil leaves.

INGREDIENTS

3 small Italian purple eggplants,
cut into 1” chunks
1 heart of celery (stalk and leaves) cut on bias, 1/3 “ thick
2 large red peppers cut into large chunks similar to eggplant
1 large red onion cut into smaller chunks
6 tablespoons of olive oil, plus more for frying if necessary
3 tablespoons capers
3 tablespoons raisins
3 tablespoons pine nuts, toasted until golden brown
3/4 cup Sicilian green olives, pitted and sliced in slivers
4 whole and peeled canned tomatoes and their liquid
2-3 tablespoons red wine vinegar
1-2 tablespoons sugar
1/2 cup Sicilian red wine
sea salt and freshly ground black pepper
small handful of roughly torn fresh basil

Tortilla Espanola

From Doña Irvina and the IS276 Spanish Club (serves 4-6)

1. Place Tomatoes on Sheet Trays
2. Place slice of garlic and picked thyme and salt and pepper with olive oil on each half tomato
3. Bake in oven 240°F for 1 hour This simple frittata-like supper can be served with warm bread and salad.

TO DO

Assemble a 12" non-stick or cast iron pan (for 1/2 recipe use 6" pan)
Assemble a whisk or fork; a potato peeler, knife or mandolin or food processor slicer
Heat oven to 400°F

PREPARATION

Break eggs on flat surface, scramble in bowl
Put 1 Tbsp extra virgin olive oil in heated pan
Slice onions thinly; sauté and remove from pan
Slice potatoes thinly, sauté and remove from pan
Add 1 Tbsp extra virgin olive oil to pan
Add eggs and swish around pan to set
Top with onions, potatoes and veggies
Let set a few minutes
Finish setting in 400°F oven where it will rise
Turn over on to a round platter
Slice in triangles and serve hot, warm or even at room temperature.

NOTES

The Spanish Club students like it served after tortilla chips and guacamole and/or salsa.

INGREDIENTS

12 eggs
1 large onion
1-2 potato(es)
1/4 cup extra virgin olive oil
Any favorite vegetables:
mushrooms, tomato flesh
(not watery inside), broc-
coli, peppers, spinach etc.

Eggplant Parmesan

From Melina D'Amico, PS/IS 276 Librarian (serves 6 / time: 1 hour)

PREPARATION

Add the tomato puree, and seasonings. Break up the tomatoes with a wooden spoon. Heat to boiling and then simmer, uncovered for about 20 minutes. Add the basil. This should make 6 cups of sauce. Save 4 cups for this recipe. You may wish to freeze the remaining 2 cups of sauce for another use.

As the sauce simmers, prepare the eggplant. Preheat oven to 450 degrees. Use a brush to coat 2 large cookie sheets. Arrange the slices in a single layer. Brush the tops with olive oil and sprinkle salt on them. Bake for 20 minutes, or until tender and golden.

Prepare the Bread Crumb Topping. Heat oil over medium heat in a 10 inch frying pan. Add bread crumbs and seasonings and cook for about 5 minutes. Transfer to a small bowl and mix in the mozzarella and Parmesan.

Prepare the Cheese Filling. Get a medium sized bowl and mix together the ricotta, mozzarella, parmesan and spices.

Put the Casserole Together. Use a 13" x 9" glass baking dish. Spoon a cup of sauce. Layer half of the eggplant slices. It's fine for the eggplant to overlap somewhat. Top with a cup of sauce. Dollop the cheese filling on. Top the cheese with another cup of sauce, the remaining eggplant and some more sauce. Sprinkle the bread crumb topping.

Set oven to 350 degrees. Cover your eggplant dish with foil and bake for 15 minutes. Uncover and bake for 15 more minutes or until your meal is hot and the cheese and sauce is bubbly.

Here's the hardest part: Wait 10 minutes for your meal to set and then serve.

FUN FACTS

Frank McCourt, author of Angela's Ashes, 'Tis and Teacher Man, once assigned his high school students to read recipes as a class assignment to help trigger creativity.

We save calories and fat by roasting the eggplant instead of breading and frying it. We make our own tomato sauce. Then we top it off with a cheesy, golden cheese crust of mozzarella, Parmesan and bread crumbs.

This recipe is adapted from GoodHousekeeping's Best One Dish Meals (2003)

INGREDIENTS

TOMATO SAUCE

Tablespoon Olive Oil
Onion, finely chopped
5 Garlic Cloves, minced
Cans of Whole Tomato
Puree (28 oz each)
1/4 Cup of fresh chopped
Basil
Salt, Pepper and lots of
Oregano to taste
A pinch of sugar

EGGPLANT

3 Eggplants (medium
sized, cut lengthwise into
1/2 inch thick slices)
2 Tablespoons Olive Oil
Salt

BREAD-CRUMB TOPPING

2 Teaspoons of Olive Oil
Cup of Breadcrumbs
Ounces of Mozzarella
Cheese or Vegan
equivalent
Tablespoons Parmesan
Cheese (grated)

CHEESE FILLING

16 Ounces Ricotta Cheese
2 Ounces Mozzarella
Cheese (shredded)
2 Tablespoons Parmesan
Cheese
Pepper, Oregano and
Garlic Powder to taste

Tuscan Kale With Warm Dressing

From Magda Gagliano, PS 276 Parent (serves 6 to 8)

PREPARATION

Strip the leaves from the tough stems. You can save the stems for another use or discard. Wash and spin-dry the leaves. Then fold the leaves in half, stack several together, and cut crosswise into a thin chiffonade. Repeat until you've done all the kale.

Pile the kale in a salad bowl and sprinkle over 1/4 teaspoon salt. Massage the salt into the leaves until the kale begins to feel moist and darken a bit, about 2 or 3 minutes. You can do this well ahead of time, cover the salad with plastic wrap, and leave at room temperature several hours.

While kale is "tenderizing", heat the honey, balsamic and fresh ground pepper over medium-high heat in a saute or sauce pan for about 3 minutes until it bubbles and slightly thickens. Remove from heat and whisk in olive oil.

Pour dressing over kale and toss. Taste for seasoning and adjust if necessary.
BUON APPETITO!

NOTES

Salad can also be garnished with toasted walnuts, pine nuts, dried currants, pomegranate seeds, Parmigiano-Reggiano and/or Ricotta Salata.

INGREDIENTS

1 large bunch (about 1 pound) Tuscan Kale (also known as Dinosaur Kale and Cavolo Nero)
1/4 cup honey
1/2 cup balsamic vinegar
1 cup olive oil
1/4 teaspoon kosher salt for "tenderizing" kale
salt and pepper to taste

The Easiest Fried Okra!

From Elisa Chen, PS/IS 276 Parent

PREPARATION

Fill a large pot with enough oil to reach 2 inches up the sides of the pot. Heat oil to 360 degrees F. Thinly slice okra crosswise. (There should be about 6 to 8 slices from each.) In batches fry okra in the hot oil until edges turn golden brown and crisp, about 3 minutes. Transfer to paper towel-lined plate and sprinkle with salt. Place okra on a serving platter. Serve warm or at room temperature.

NOTES

Sebastian & Keira say these come out tasting like French fries!

INGREDIENTS

Canola oil, for frying
1 pound okra
Salt

Roasted Beet and Tomato Soup

From The Hogarty/Challenger Family (serves 4-6)

For Namazzi's first few years, he was a vegetarian, and he still is a veggie loving child, if not strictly vegetarian anymore. His dad Gracen Challenger is vegan, and has been since leaving St. Kitts many years ago. A meal with his dad rarely goes by without the virtues of veganism being extolled and Namazzi has been told many a time when he eats meat he is eating - his family.

When we talked about one of his favorite vegetarian recipes, we voted on this Roasted Beet Tomato Soup, which I no longer have an official recipe for but here's one that looks very similar to the one we do but we don't puree it because we like it chunky, and we use vegetable boullion instead of chicken broth or water.

Borscht is the most familiar beet soup and many love it for its versatility because it can be made all vegetarian or with chunks of beef, and it can be served cold or hot.

But roasted beets on their own can easily become a luxurious soup, made with the puréed deep purple beets and good stock or broth. But a soup with only beets can be almost too one-note in flavor -- the earthy beets need other flavors to give them contrast and complexity.

That's where the roasted tomatoes come in. Without changing the soup's purple color, the tomatoes add acid and contrast to the sweet beets. Accents from grated ginger and lemon juice make the beets even more interesting without any distraction.

While this soup is easy to make it takes some lead time to slow cook the tomatoes and to roast the beets. It's best to slow roast the tomatoes in a 250° F oven for about 3 hours, giving the tomatoes time to reduce and intensify without browning. Cook a whole sheet pan full of them and you can use a few in this soup and use the rest as an antipasti, tossed with pasta, or added to steamed green beans for a special side dish.

Roasting the beets in foil means you'll both roast and steam them, making it far easier to remove the skins when you're done -- they should slip right off with a slight rub of a paper towel.

It's important that the beets and every other ingredient is cooked completely to tenderness so that when you purée them they become completely smooth. Instead of using a food processor you can certainly use a stick blender but take the time to get every lump reduced to a purée for the best result.

SOURCE

www.thecitycook.com

Roasted Beet and Tomato Soup (continued)

COOKING THE TOMATOES IN ADVANCE

Preheat oven to 250° F. Slice 10 or so plum tomatoes in half the long way and toss with 1 tablespoon extra virgin olive oil, a pinch of salt and several grinds of black pepper. Spread on a sheet pan, cut side up, in a single layer. Cook in a pre-heated oven for about 3 hours, giving the pan a shake every so often. The tomatoes will slowly cook and reduce and the skins will loosen, without getting brown except perhaps along the edges. Remove from the oven and slip off the peels. Reserve 6 pieces for the soup and refrigerate the rest for another use.

ROASTING THE BEETS IN ADVANCE

Preheat oven to 400° F. Remove any stem or root from the beets and scrub off any excess dirt. Cut a 2-foot piece of aluminum foil and place the washed, unpeeled beets in the center. Sprinkle with 1 teaspoon of water and 1 tablespoon of olive oil, plus a pinch of salt and several grinds of black pepper. Wrap up the foil around the beets like a package, making sure the openings are all sealed. Place on a rimmed sheet pan or in a baking dish in case the foil package leaks during baking. Cook for about an hour until the beets are completely soft and tender. The time will vary depending on the size of your beets. You can check for doneness by squeezing the foil package (use a pot holder so to not burn your fingers!) or else open the package and spear each beet with a paring knife to make sure the knife slips in easily. Open the package and let the beets cool to a point where you can slip off the peels, helped with a paper towel. Hold until you're ready to cook the soup.

MAKING THE SOUP

In a large pot add the remaining 2 tablespoons of olive oil. Put over medium heat. Add the sliced onion, sliced garlic, and a pinch of salt and cook until completely tender, but take care to not brown them because the garlic can become bitter if too brown. Your goal is to have both the onion and garlic be soft. Transfer to a blender or food processor and purée until smooth. Return to the pot. Cut the peeled beets into chunks and using a food processor or blender, purée until completely smooth. Transfer to the pot with the puréed onion and garlic. Remove the peels from the 6 pieces of roasted tomato and purée until completely smooth and add to the pot. Stir in the grated ginger and lemon juice. Add the chicken stock and bring to a boil and then reduce to a simmer. Cook until flavors are combined and the soup is hot, about 10 minutes. Taste and adjust for salt and pepper. Serve with a dollop of sour cream or thick Greek yogurt.

INGREDIENTS

5 to 6 beets, equal to about 4 cups of cooked beets
6 roasted plum tomato halves
1 medium red onion, sliced thin
2 garlic cloves, peeled and sliced
4 tablespoon extra virgin olive oil
1 teaspoon grated fresh ginger
1 teaspoon freshly squeezed lemon juice
6 cups chicken stock (or water for a vegetarian version)
Salt
Pepper

GARNISH

sour cream or Greek yogurt

Grandma's Michigan Acorn Squash Bake

From Jackson Robbins, 6th Grade Student

PREPARATION

Preheat oven to 350° F. Cut each acorn squash in half. Remove seeds and fiber. Place cut side down in baking pan with small amount of water in bottom. Bake for 45-50 minutes or until squash is tender and can be pierced with a fork. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on high (100% power) 5-7 minutes, turning dish once. Continue cooking, if necessary, until squash is tender.)

Meanwhile, combine butter, (Michigan) cherries, pecans, brown sugar and cinnamon or nutmeg. Heat on top of stove or in microwave oven until butter melts. Fill center of each squash half with one-quarter of the cherry mixture. Mix some of the cooked squash with the cherry filling. Serve immediately.

INGREDIENTS

2 acorn squash
1/2 cup dried tart
(Michigan) cherries
1/4 cup butter melted
1/4 cup chopped pecans
3 tablespoons firmly
packed light brown sugar
1/2 teaspoon cinnamon
and/or nutmeg

Roasted Butternut Squash with Coconut

From Anna Sapritsky/El-Wattar, PS 276 Parent

PREPARATION

Roast butternut squash at 350° F till tender (for about 1/5-2 hours). (can be substituted by boiling the squash for 20 min)

Remove seeds and skin.

Mash the squash.

Put the coconut oil, garlic, onion in a pan and sauté until tender.

add coconut milk, coconut oil mixture, and water to the squash puree.

Let this cook for 10 minutes stirring occasionally.

Add salt to taste.

NOTES

From www.ayurvediclight.com

INGREDIENTS

1 tablespoon of coconut oil

1 can of coconut milk

1 1/2 cups of water

1 butternut squash

1 onion

3 cloves of garlic

Quick and Easy Quesadillas

From Elizabeth McCarthy, PS 276 Parent

PREPARATION

Heat 2 tortillas slightly. Spread one with goat cheese (optional) and the other with refried beans. Put both in hot oven just until cheese melts. Let each person add their own fixings, then sandwich the two tortillas and cut into wedges. Have salsa for dipping.

INGREDIENTS

Whole wheat tortillas
Refried beans from Trader Joes, or any beans, chick peas or lentils mashed in food processor
soft goat cheese
chopped tomatoes, avocados, cilantro

Spicy Spinach with Chickpeas

From Andrew Aprile, I.S. 276 Music Teacher

PREPARATION

Sauté cumin and other spices (I like curry powder, cayenne, coriander, nutmeg, turmeric, etc.) in olive oil. Add chopped onions. Once sweated or browned (depending on your preference and/or vigilance) add washed and drained chickpeas (1/2 can should suffice). Stir round then add bag of spinach. The Spanish recipe calls for boiling the spinach but I don't find that necessary.

NOTES

Easy and awesome (I picked this up in Spain)

Ginger Beer

From Melina Driscoll and Zoe Morrison, 6th Grade Students

PREPARATION

1. Combine 2 cups of water
2. Add 1/2 lb of ginger
3. Simmer over medium heat for 20 minutes
4. Stir in 1/2 cup of lemon juice and 1 cup of honey
5. Let it cool completely
6. Strain mixture into pitcher
7. Add 1 1/2 quarts of water and ice cubes
8. Drink!

Grains

Rice, Peas, and Raisins

From Stephanie Dorsey, PS 276 Parent

It's so easy - combine cooked rice and cooked peas, mix in raisins, then add salt, pepper, and oil to taste.

Serve warm.

Lemony Quinoa with Butternut Squash

From Gigi Lee-Chang, PS 276 Parent (serves 4)

PREPARATION

Preheat oven to 400F. Cut the squash in half and scrape out the seeds and strings (using a grapefruit spoon makes this easier). Peel and cut into 1/2-inch cubes and toss with the 1 teaspoon of lemon juice. Place them on a non-stick baking sheet (or silicone mat), sprinkle with a little salt and pepper, and bake for 15 minutes, stirring halfway through.

Place the quinoa in a fine-mesh strainer and rinse it well and allow to drain. Heat a deep, non-stick pot. Add shallots and garlic and cook, stirring, until shallots soften slightly. Add the quinoa and toast it until it has dried out and begins to exude a toasty aroma. Add the squash along with the thyme and vegetable broth. Reduce the heat to low and cover. Cook, stirring once or twice, until all broth is absorbed, about 20 minutes. Stir in the lemon peel and 1 tablespoon of lemon juice. Season to taste with salt and pepper, and add more lemon juice if needed.

Serve with toasted pine nuts and chives sprinkled on top.

INGREDIENTS

1 teaspoon lemon juice
1 cup quinoa
1/4 cup chopped shallots
4 cloves garlic, minced
1 teaspoon dried thyme
2 1/2 cups vegetable broth
1 teaspoon grated
lemon peel
1-2 tablespoons lemon
juice
salt and freshly ground
pepper, to taste
2 tablespoons (about 7/10
ounce) lightly toasted pine
nuts (optional)
1 teaspoon minced fresh
chives (optional)

NUTRITION (PER SERVING):

240 calories
50 calories from fat
5.7g total fat
0mg cholesterol
291.8mg sodium
576mg potassium
41.2g carbohydrates
5.2g fiber
1.7g sugar
8.4g protein

SOURCE

Susan Voisin, FatFree
Vegan Kitchen
<http://blog.fatfreevegan.com/2009/10/lemony-quinoa-with-butternut-squash.html>

Quinoa Vegetable Salad

From the Bhan Family (serves 12)

PREPARATION

Heat the canola oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes. Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes. Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold.

Stir the tomato, carrots, bell pepper, cucumber, corn, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper. Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

INGREDIENTS

3/4 cup diced fresh tomato
3/4 cup diced carrots
1/2 cup diced yellow bell pepper
1/2 cup diced cucumber
1/2 cup frozen corn kernels, thawed
1/4 cup diced red onion
1 1/2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh mint
1 teaspoon salt
1/4 teaspoon ground black pepper
2 tablespoons olive oil
3 tablespoons balsamic vinegar
1 teaspoon canola oil
1 tablespoon minced garlic
1/4 cup diced (yellow or purple) onion
2 1/2 cups water
2 teaspoons salt
1/4 teaspoon ground black pepper

NUTRITION

Quinoa Vegetable Salad
Servings Per Recipe: 12
Amount Per Serving
Calories: 148
Total Fat: 4.5g
Cholesterol: 0mg
Sodium: 592mg
Total Carbs: 22.9g
Dietary Fiber: 2.7g
Protein: 4.6g

Beans, Lentils,
Chickpeas,
and Other Proteins

Brussels Sprouts with Toasted Lentil

From Chef Floyd Cardoz, Top Chef Master and
Executive Chef/Partner, North End Grille (serves 6)

PREPARATION

Place a sauté pan over moderate heat.

Add the canola oil and the dals and heat slowly.

When the dals start to turn light golden add the mustard seeds and continue to cook until mustard seeds pop.

Next add the cumin (make sure dals do not get a dark brown color) .

Add curry leaves and chilies cook for 30 seconds.

Add the ginger and shallots cook until shallots are transparent.

Add the Brussels sprout leaves and sauté for 8-10 minutes.

Season with salt to taste.

INGREDIENTS

3 tablespoons Canola oil
1 teaspoons chana dal (split chickpeas)
1 teaspoons urad dal (split Indian black beans)
1 teaspoons brown mustard seeds
1/2 teaspoons cumin
1 1/2 red chili crushed or chili flakes
1 sprigs curry leaves
1 tablespoon minced shallots
1 tablespoons minced ginger
8 cups Brussels sprouts separated into leaves

Beanie Noodle Casserole

From Erica Weldon, PS/IS 276 Parent Coordinator

PREPARATION

Boil and cook noodles to al dente style and set aside to cool. Drain most of the juice out of canned kidney beans. Mash beans with a potato masher or fork and set aside. Add one raw beaten egg to the cottage cheese, mix and set aside.

Combine all above ingredients by layers in a roasting/lasagna pan:

- layer 1/3 tomato sauce along bottom of pan
- layer half of the cooled noodles
- layer all cottage cheese and all mashed beans together
- layer 1/3 tomato sauce
- layer remaining half of cooled noodles
- layer 1/3 tomato sauce
- layer shredded cheddar cheese on top.

Bake at 350 degrees covered with tin foil for 20 minutes. Cook uncovered at 350 degrees for 10-15 minutes.

Enjoy! Tastes great reheated as well!

INGREDIENTS

- 1 lb -package of whole wheat Egg Noodles
- 1 14/16oz -container of Low fat Cottage Cheese
- 1 15 oz can of drained Red Kidney beans (mashed)
- 1 egg
- 1 cup of shredded cheddar cheese
- 1 cup of lightly steamed sliced zucchini /squash or chopped spinach (optional)
- 1 14oz can of tomato sauce

Stir Fry Lentils and Vegetables

From Elizabeth McCarthy, PS 276 Parent

PREPARATION

Brush bottom of large skillet or wok with sesame oil or smoked olive oil. Heat to medium high and cook 1 T garlic, 1 T ginger, and 1/4 t red pepper flakes (optional)

Add steamed vegetables to skillet, along with 3 C lentils (I use the steamed ones from Trader Joes, but you could use dry ones that you soak and boil) Add 3 T low sodium soy sauce. Cook altogether for less than a minute.

Move to plates or bowls and sprinkle sesame seeds on top.

INGREDIENTS

1 T sesame seeds (toast in skillet for a minute or two)

Boil water and place vegetables in steamer:

1 C sliced carrots

1 Minute later

1 C cauliflower florets

1 minute later

1 C broccoli florets

1 C halved pattypan squash

1 minute later

1 C snow peas

Lentil Walnut Burgers

From Elizabeth McCarthy, PS 276 Parent

PREPARATION

3/4 C dry lentils, simmered until 1 1/2 C water is absorbed (using the pre-steamed lentils didn't work so well for this recipe)

Pour 2 T cider vinegar into lentils and mash together

Brush skillet with oil (I use walnut, but you could use olive or sesame)

Saute 1 C very finely minced onions, then add 4 cloves crushed garlic, 10 mushrooms, very finely minced, 1/2 C very finely minced walnuts, 1/2 pound finely minced spinach, 1 t dry mustard, and 1 t sea salt. (I mince all of this in a food processor to make it quicker. If you want more texture you might have to do it by hand.) Cook until everything is tender. Mix together the saute with the lentils and 1/2 C wheat germ. Chill the whole mixture for about an hour.

Form into 4 burgers and broil in oven for 5 minutes on each side (or you could fry in a skillet.)

White Bean Soup

From Elizabeth McCarthy, PS 276 Parent

PREPARATION

Boil water, add beans and bay leaves and cook for 1 1/2 hours or until beans are soft. Meanwhile, heat oil over low heat. Add crushed garlic and cook, then add parsley, sweet potatoes and basil. Cook uncovered for about 20 minutes, stirring occasionally, until sweet potatoes are tender. Spoon sweet potato mixture into cooking beans and cook altogether for about 30 minutes, adding broccoli in last few minutes.

INGREDIENTS

4 quarts water
1 pound white beans
(Northern beans)
2 bay leaves
1/4 - 1/2 C olive oil
6 cloves garlic
1 C chopped parsley
5 medium sweet potatoes,
diced
10 fresh basil leaves,
chopped
salt and pepper to taste
3 C very lightly steamed
broccoli cut in very small
florets

Curried Red Lentil and Swiss Chard Stew with Garbanzo Beans

From Gabriela Newman, Parent of 1st Grade Student, Charlotte (serves 6)

PREPARATION

Heat oil in heavy large saucepan over medium-high heat. Add onion; sauté until golden, about 13 minutes.

Mix in curry and cayenne.

Add broth and chard. Increase heat; bring to boil.

Add lentils and garbanzos; reduce heat to medium.

Cover; simmer until lentils are tender, stirring twice, about 10 minutes.

Divide stew among bowls. Top with yogurt.

NOTES

This recipe went over really well in our house. Even my husband who usually cringes and the mention of vegetarian and my daughter who does not like spicy (cayenne can be omitted if preferred). I love it because it is so quick and easy to make. A great “comfort” dish for a cold evening.

INGREDIENTS

2 tablespoons olive oil
1 large onion, thinly sliced
5 teaspoons curry powder
1/4 teaspoon cayenne pepper
3 14-ounce cans vegetable broth
1 large bunch or 2 small bunches Swiss chard, tough stalks removed, coarsely chopped (about 12 cups)
1 pound red lentils (about 2 1/4 cups)
1 15-ounce can garbanzo beans (chickpeas), drained
Plain yogurt (I prefer low-fat greek)

Cincinnati Style Chili

From Julie Smith (The Art Teacher from Ohio)

PREPARATION

In a large pot on the stove-top throw the crumbles in a and add a few sprinkles of water. Cook for a few minutes on medium heat and add the tomato puree and stir it in. Add the remaining ingredients and cook for about an hour on a low simmer.

Enjoy with sprinkles of cheddar cheese or Daiya Cheddar style cheese. We also like oyster crackers with our chili in Cincy and some folks even cook spaghetti to put the chili on top of. (see here: Skyline Chili)

Enjoy!

NOTES

This is a fantastic idea! I've been vegetarian for 11+ years and would love to contribute a recipe. I am originally from Ohio and folks there love chili, so I've found a delicious way to make Cincinnati style chili. (Greens on the side of course and most ingredients can be made vegan if necessary- just let me know if you have any questions). I love that we're getting this started because I feel that eating meat is pretty barbaric (even though I know some would disagree).

INGREDIENTS

1 Package of Morningstar Farms or Quorn meatless crumbles
1 can (14 oz) tomato puree
1 package chili seasoning (Cincinnati Chili is the best: Skytime Inc Pack Cincinnati Chili OR -
1/4 cup chili powder
1 tsp cayenne
1 tsp ground cumin
2 tbsp cider vinegar
1 whole bay leaf
1/4 tsp ground cloves
1 tsp cinnamon
1 1/2 tsp salt

Naniji's Daal (Curried Lentil Soup)

From Matt Schneider, Parent of Max, Kindergarten Student

PREPARATION

Heat 1-2 tablespoons of olive oil in a medium soup pot over medium to medium high heat.

Put in 2 teaspoons of cumin seeds and 1 teaspoon mustard seeds. Saute for 2-3 minutes or until cumin seeds start to brown.

Put in half of a medium sized diced onion and mix with seeds. Saute until soft.

When mixture starts to dry out, add a 1-2 tablespoons of water and stir. Water should make a loud noise when it hits the pan. Repeat this step until onions get very brown. CAREFUL TO NOT LET ONIONS BURN.

Add 2 cups of lentils, a splash of water, and mix for a minute or two. I like to mix french lentils and red lentils, but it doesn't really matter.

Add 5 cups of water, 1 tablespoon of ground coriander, 1/4 teaspoon turmeric

Reduce heat to low, cover, and simmer for about an hour. Stir every 10-15 minutes

Check lentil to see if they are done. French lentils hold their shape and red lentils break down. When they are close to done, salt to taste, and simmer for a few more minutes.

NOTES

This is my take on my mother in-law's daal. The boys love it and it's really healthy. I often add swiss chard or kale at the end to make it even healthier.

INGREDIENTS

Olive Oil
Cumin Seeds
Mustard Seeds
Onion
Uncooked Lentils
Coriander
Turmeric
Salt to Taste

Pasta

Meatless Sauce and Pasta

From the Family of Amanda and Michael McGreal (serves 4-8)

PREPARATION 1

Coat the bottom of skillet with olive oil. Sauté onions and garlic until slightly brown (approximately five minutes). Add stock and if desired also add diced carrots and celery to skillet until softened. Add the two cans of tomato sauce, and the black pepper, parsley and oregano to taste. Reduce to simmer for approximately half an hour. Stir occasionally, and let cool to room temperature.

Serve over hot pasta.

NOTES

Additional sautéed vegetables – such as broccoli, spinach, and carrots – can be added over the pasta, if desired.

INGREDIENTS

1 medium yellow onion
minced
2 cloves of garlic minced
4 tablespoons of extra virgin olive oil
1/4 cup of vegetable (to substitute for chicken) stock
2 8 oz cans of tomato sauce
Pinch of Black pepper
Parsley (dried or fresh)
Oregano (dried or fresh)
Pound of pasta
Optional: diced carrots or celery

Pasta Pie

From Miriam Wysocker, PS 276 Parent

PREPARATION

IN A LARGE BOWL MIX TOGETHER:

Cooked pasta (this is the dominant ingredient)
Vegetables
Grated Parmesan, if desired
Salt and Pepper, to taste
Spices such as chopped herbs, a little pesto, or whatever you like

BREAK IN A SMALL BOWL AND SCRAMBLE:

Eggs (You will need to use as many eggs as it takes to coat all ingredients in large bowl)
Pour eggs into large bowl and mix all together.

Heat pan to medium on stove then add to coat bottom of pan:

Olive Oil

AS SOON AS THE OIL IS HOT

Pour all ingredients into pan, flattening out and distributing evenly. Cook first side to golden brown color. Flip Pie over. (You may need to slide it onto a plate first, and from there, slide back into pan, uncooked side down). Cook second side till golden brown. You will need to lower the heat to be sure the egg gets cooked in the center at the same time this side becomes golden brown. Cover pan if necessary to cook middle. Slide out on a plate, cut like a pie from the center out.

Serve with warm:

Tomato Sauce, if desired.

That's Amore!

NOTES

If available, leftovers are great to use in this recipe.

INGREDIENTS

10 Each Half Tomatoes
20 Thin Slices Garlic
Thyme
1 Large Sliced Onions
200 ml Olive Oil
Water
Salt and Pepper

Linguine with Squash Sauce

From Elizabeth McCarthy, PS 276 Parent

PREPARATION

Preheat oven to 425. Put acorn squash, cut sides down in baking pan with 1/2 inch of water. Pierce shells with fork. Bake for an hour or so. Heat oil in large skillet to medium low heat. Add crushed garlic and other 2 squashes (cut in 1 inch cubes) as well as finely minced parsley and basil. Stir altogether with water and salt and pepper. Cover and cook for an hour, stir occasionally. Scoop cooked acorn squash into the skillet and mix all together. (I mash all of the chunks with a fork, but you can also leave it chunky) Toss half the mixture with pasta, put pasta in bowls and pour the remainder on top or serve on side.

INGREDIENTS

2 large acorn squash, cut in half and seeded
1 large butternut squash, peeled cut in half length-wise and seeded
3 pounds pumpkin squash, peeled (this is usually sold in large chunks or halves)
1/2 C olive oil
6 - 8 cloves garlic
1/2 C parsley
1/4 - 1/2 C basil
1/4 C water
sea salt and black pepper to taste
1 - 2 pounds whole wheat linguine

Mac & Cheese

Strascinati pasta with “Cato Corner Bloomsday cheese” and Seasonal Mushrooms

From **MAXIMO LOPEZ MAY**, Executive Chef, Wall and Water (serves 4)

PREPARATION 1

Cut bread into small cubes and mix with half of the melted butter and the thyme leaves, reserve

Cook the chopped onion and garlic with the remainder of the butter until tender, add the cleaned mushrooms and cook until the mushrooms are cooked but still firm, add the wine and let it evaporate

Add the cream and bring to a boil then add the previously cooked pasta (al dente)

Mix with the grated cheese, lemon zest, chopped parsley, season it well and put this mixture into a baking tray

Sprinkle with the bread mix, roast in a medium heat oven until golden brown and serve immediately

NOTES

If you can't find Strascinati pasta, you could also use Strozzapreti, Orecchietti or Cavatelli. This recipe only works if the mushrooms are great, so it is ideal to make during fall season, when mushrooms are best. The kind of mushroom to utilize depends on the market availability, but go for a elegant one like chanterelles or trumpets... If you like to replace the cheese, you can do it by utilizing a nutty flavored one. Use the same wine to cook than you will use in the table-- that will assure you a great paring!!!

INGREDIENTS

1 bag of dry Strascinati pasta
2 cloves of garlic
1 small onion
4 tablespoons of melted butter
2 tablespoons of thyme leaves
2 tablespoons of parsley leaves
Zest of 2 lemons
1 cup of white wine
2 cups of heavy cream
4 slices of day old farm bread
4 cups of mixed seasonal fall mushrooms
1 whole cato corner Bloomsday cheese
Sea salt and freshly crushed black pepper

Mac and Cheese

From Juliana Germak, PS 276 Teacher

PREPARATION

Boil water and cook pasta. Drain and set aside.

Melt margarine in a small saucepan. Sauté onion. Add flour to make paste. Season with salt and pepper. Slowly add milk. Add nutmeg. Add cheese, melt in with milk until sauce is smooth.

Mix cooked pasta and sauce in casserole dish. Sprinkle bread crumbs over the top. Bake 20-25 minutes in 350° oven.

INGREDIENTS

1/2 lb. pasta (I like to use medium shells.)
2 T margarine
2 T flour
salt and pepper
1/4 cup onion, chopped
1-1 1/2 cups milk
dash of nutmeg
1-2 cups cheese (cheddar, gouda, gruyere, or a combination)
1/2 cup bread crumbs

Cheese Filled Jumbo Shells

From Alex Wiese, Kindergarten Student
and Max Wiese 2nd Grade Student

PREPARATION

Heat oven to 375°F. Cook pasta according to package directions; drain. Meanwhile, in large bowl, stir together cheeses, eggs, parsley, nutmeg, salt and pepper. In 13 x 9 x 2-inch baking dish, spread 1/2 cup sauce. Fill each cooked shell with about 1-1/2 tablespoons cheese mixture. Layer one-half filled shells in prepared baking dish; spread one-half remaining sauce over shells. Layer remaining filled shells over sauce; spread remaining sauce over shells. Sprinkle with additional Parmesan cheese, if desired. Cover with foil. Bake 35 minutes or until hot and bubbly. 8 to 10 servings.

Make-Ahead Directions: Prepare as directed above. Do not bake. Cover baking dish tightly with plastic wrap, then foil. Freeze up to 2 months. Remove foil and plastic wrap; replace foil. Bake at 350°F. 2 hours or until hot and bubbly. If thawed in refrigerator overnight, bake at 350°F. 1 hour 15 minutes or until hot. To make individual portions, prepare as directed in recipe above except place three filled shells in single serving microwave-safe dishes. Do not bake. Cover tightly. Freeze up to 2 months. Microwave each dish, loosely covered, at MEDIUM (50%) 7 to 9 minutes or until hot and bubbly. If thawed in refrigerator overnight, microwave at HIGH (100%) 2 minutes or until hot.

INGREDIENTS

1 package (12 oz.) RONZONI JUMBO SHELLS, uncooked
4 cups (2 lb.) ricotta cheese
2 cups (8 oz.) shredded mozzarella cheese
1/2 cup grated Parmesan cheese
2 eggs
1 tablespoon chopped fresh parsley
1/8 teaspoon ground nutmeg
1/2 teaspoon salt
1/4 teaspoon ground black pepper
3 cups (about 26-oz. jar) spaghetti sauce (I use Rao's Vodka sauce)

Ravioli Lasagna

From Alex Wiese, Kindergarten Student
and Max Wiese 2nd Grade Student

PREPARATION

Preheat oven to 350 degrees. Use 13" x 9" baking dish with cooking spray or greased with olive oil. Spoon in 1/3 sauce. Lay 12 ravioli on top, then spinach. Top with 1/2 of each cheese. Add another layer of ravioli and rest of sauce and cheese. Cover with foil and bake 25 minutes. Uncover and cook for 5-10 more minutes until bubbly.

INGREDIENTS

26 oz. pasta sauce
30 oz. bag frozen cheese
ravioli (unthawed)
1 ten oz. box frozen spin-
ach thawed and squeezed
dry
1 eight oz. bag shredded
mozzarella
1/2 cup grated parmesan