

# Baked Penne Pasta

Yield: 8 servings

2 red peppers, cored and cut into 1-inch wide strips  
2 zucchini, quartered lengthwise and cut into 1-inch cubes  
2 summer squash, quartered lengthwise and cut into 1-inch cubes  
1 yellow onion, peeled and sliced into 1-inch strips  
2 tablespoons extra-virgin olive oil  
1 teaspoon salt, divided  
1 teaspoon freshly ground black pepper, divided  
1 tablespoon dried Italian herb mix  
1 pound penne pasta  
3-4 cups marinara sauce (store bought or homemade)  
2 cup reduced fat shredded mozzarella  
2 cups of spinach, roughly chopped  
1 1/2 cups frozen peas and carrots, thawed  
1/4 cup grated Parmesan, plus 1/4 cup for topping  
1 tablespoon of butter, cut into small pieces (optional)



Preheat the oven to 450 degrees F.

On a baking sheet, toss the peppers, zucchini, squash, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.

In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, spinach, peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.

Pour the pasta into a greased 9 by 13-inch pan. Top with the remaining 1/4 cup Parmesan and butter pieces. Bake until top is golden and cheese melts, about 25 minutes.

Adapted from: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/baked-penne-with-roasted-vegetables-recipe.html>

# Hearty Spaghetti Marinara

Yield: 8 servings

NOTE: If you are pressed for time, you may use jarred spaghetti sauce, but please 1 cup of uncooked red lentils for every 8 servings. This sauce can also be prepared ahead of time and frozen.

## *Red Lentil Marinara Sauce:*

2 tablespoons olive oil  
1 large onion, diced  
1 green or red bell pepper, seeded and diced  
2 medium carrots, peeled and diced (about 1 cup)  
4 cloves garlic, minced  
1 tablespoon Italian seasoning  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 (28-ounce) can whole or plain fire-roasted tomatoes  
1 (6-ounce) can tomato paste  
2 cups low-sodium vegetable broth  
1 cup red lentils  
1 tablespoon honey  
1/2 cup minced fresh parsley



## *Pasta:*

1 lb spaghetti  
Parmesan, grated

1. Heat the olive oil in a large pot over medium heat. Add the onions, green peppers, and carrots, and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic, Italian seasoning, salt, and pepper. Cook, stirring, for one more minute.
2. Add the tomatoes, tomato paste, vegetable broth, lentils, and honey. Stir to incorporate. Heat until the mixture comes to a boil, then reduce the heat to medium-low. Simmer sauce for about 25 minutes or until the lentils are tender.
3. As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente.
4. When sauce is done, stir in parsley. Taste and add additional salt and pepper if desired.
5. Sauce keeps refrigerated in an airtight container for 3-4 days, or freeze for up to 3 months.

Source: <http://www.kitchentreaty.com/red-lentil-marinara-sauce/>

# Nutty Sesame Noodles

Yield: 4 servings

NOTE: The entire recipe (or just the sauce) may be prepared a day ahead and refrigerated.

1 (8-ounce) package whole wheat spaghetti  
3-4 tablespoons low sodium soy sauce  
2 tablespoons sesame tahini  
2 tablespoons WOWButter  
1 tablespoon rice vinegar  
1 tablespoon lemon juice, or more to taste  
1 tablespoon toasted sesame oil  
1/2 cup shredded red cabbage  
1 1/2 cup shredded carrots  
1 cup edamame  
1/2 cup sliced green onions  
1 tablespoon toasted sesame seeds



## *To prepare sauce:*

In a large bowl, whisk together soy sauce, tahini, WOWButter, vinegar, lemon juice, and toasted sesame oil.

## *To prepare pasta:*

Cook pasta until al dente according to package directions. Drain pasta thoroughly. While pasta is still warm, add cabbage, carrots and green onions. Pour sauce over and toss to coat noodles thoroughly.

## *To serve:*

Sprinkle with sesame seeds. Serve with 1/4 cup side of sugar snap peas.

Adapted from <http://www.wholefoodsmarket.com/recipe/sesame-noodles>

# Spicy Orange Chicken or Tofu Bowl

Yield: 4 servings

NOTE: You may find that you want to serve with more sauce. If so, double the sauce ingredients per batch.

## *Sauce Ingredients:*

1 ½ tablespoons cornstarch  
1/4 cup cold water (1/2 cup for thinner and more sauce)  
1/4 cup soy sauce  
1/4 cup rice vinegar  
2 Tbsp sugar  
1 Tbsp of Sriracha  
½ tsp ground ginger (or 1 tsp grated fresh ginger)  
1/8 tsp red pepper flakes  
2/3 cup orange juice  
Zest of 1 large orange (optional)

## *Other ingredients:*

1-2 Tbsp oil  
2 cups of cooked chicken, cubed (or 1 (14-oz) package of extra firm tofu, drained and cubed)  
4 cloves garlic, finely chopped  
1 green bell pepper, finely chopped (optional)  
1 green onion, thinly sliced

## *Ingredients for serving:*

2 cups broccoli or other dark green vegetable, oven-roasted or steamed  
4 cups cooked medium-grain brown rice



## DIRECTIONS

*To make sauce:* In a bowl, whisk cornstarch and water. Mix in soy sauce, rice vinegar, sugar, Sriracha, ginger, red pepper flakes, orange juice and zest, and set aside.

*To make chicken/tofu:* Heat oil in a very large nonstick pan or wok over medium-high heat. Add tofu to pan and cook, browning on most sides (see image above). Add garlic and sliced bell pepper and cook for half a minute. Then, add chicken along with the sauce and cook until sauce begins to bubble (2-4 minutes). Reduce heat, cover and cook for another 2 minutes.

*To serve:* Scoop 1 cup of rice into a bowl. Top with chicken/tofu mixture and sauce. Add 1/2 cup cooked broccoli or other dark green vegetable.

Sources: <http://www.veganricha.com/2014/01/spicy-orange-tofu-and-peppers-vegan.html>  
<http://www.gimmesomeoven.com/skinny-orange-chicken-recipe/>

# Teriyaki Sauce

Makes 1 1/2 cups of sauce

NOTE: Make this a day ahead and refrigerate. You will notice that the sauce looks gloopy straight out of the refrigerator. When ready to use, warm sauce on the stovetop to reconstitute.

1/4 cup soy sauce  
1 cup water  
1/2 teaspoon ground ginger  
1/4 teaspoon garlic powder  
4 tablespoons packed brown sugar  
1 -2 tablespoon honey  
  
2 tablespoons cornstarch  
1/4 cup cold water



1. Mix first six ingredients (soy sauce to honey) in a sauce pan and begin heating. Lower to a simmer.
2. In a separate cup, mix cornstarch and 1/4 cup cold water until dissolved. Add to sauce in the pan. Make sure that the sauce is not boiling.
3. Heat until sauce thickens to desired thickness.

\*\* A quick tip to prevent an overly watery sauce: a slurry (any type of starch mixed with water) needs to be made with cold to cool water and then added to a SIMMERING (not boiling) liquid.

Source: <http://www.food.com/recipe/restaurant-teriyaki-sauce-133751>



## Teriyaki Bowl w/ Chicken (ES)

Yield: 8 servings

NOTE: Prepare teriyaki sauce a day ahead.

2 cups of medium grain brown rice, uncooked  
5 cups of water  
Teriyaki sauce, warmed (homemade or store-bought)  
2 cups cooked chicken, cubed  
4 cups of broccoli florets  
2 cloves of garlic  
1-2 tablespoon oil  
Salt & pepper  
To garnish: sesame seeds



### DIRECTIONS:

*To cook rice:* Bring rice and liquid to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes. Let stand 5 minutes, then fluff with a fork.

*To cook broccoli:* Preheat oven at 450 degrees. Toss broccoli florets with oil, garlic, salt and pepper. Spread in a single layer over a baking sheet. Bake for about 8-10 minutes until tender with some browned edges.

*To serve:* To serve, scoop 1 cup rice into bowls. Top with 1/4 cup chicken, tofu, teriyaki sauce, and sesame seeds.

# Homemade Ranch Dressing

Makes 1 ½ cups

NOTE: You can prepare large batches of the spice blend and store in an airtight container. When ready to make dressing, mix 2 ½ teaspoons of spice blend for every ½ cup mayo + ½ cup yogurt + ½ cup buttermilk.

## *Wet Ingredients:*

- 1/2 cup low fat mayonnaise
- 1/2 cup plain fat free or low fat yogurt
- 1/2 cup buttermilk

## *Spice Blend:*

- 1/2 teaspoon dried chives
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper



In a large bowl, whisk together the mayonnaise, yogurt, buttermilk, and spice mix. Cover and refrigerate for at least 30 minutes before serving. Ideally, prepare at least a day ahead so that the flavors have a chance to meld. You can also mix a large batch of dressing and use it for 2-3 days.

Adapted from <http://allrecipes.com/recipe/ranch-dressing-ii/>

# Roasted Veggie Enchiladas

Yield: 6 servings

NOTE: These enchiladas can be layered and frozen. The day before they need to be served, transfer them to the refrigerator to thaw overnight.

## INGREDIENTS:

- 1 large red pepper, chopped, seeds removed
- 1 medium zucchini, chopped
- 1 medium yellow squash, chopped
- 1 large onion, chopped
- 1 tablespoon olive oil
- Salt and pepper
- 1 (15-oz) can refried beans (or pinto beans, rinsed, drained & mashed)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 2 garlic cloves, minced
- 1 jalapeño, minced
- 1/2 cup chopped fresh cilantro
- Salt and pepper, to taste
- 2 cups red enchilada sauce
- 9-10 small corn tortillas
- 2 cups shredded cheddar and mozzarella blend



## DIRECTIONS

1. Preheat the oven to 400 degrees F. Place red pepper, zucchini, yellow squash, and onion on a large baking sheet. Drizzle with olive oil and toss until vegetables are coated. Season with salt and pepper. Roast vegetables for 30-40 minutes, or until tender, stirring occasionally. Remove vegetables from oven and let cool to room temperature. Reduce oven temperature to 350 degrees F.
2. Spray a 8x8 square baking pan with cooking spray and set aside. In a medium bowl, combine roasted vegetables, beans, cumin, chili powder, garlic, jalapeño, and cilantro. Stir and season with salt and pepper.
3. Spread 1/4 cup of enchilada sauce into the bottom of the baking pan. Add a layer of tortillas, to completely cover the bottom of the pan. You might have to cut the tortillas to make them fit. Top with 1/3 of the vegetable/bean mixture and 1/3 of the cheese. Make a second layer of tortilla, enchilada sauce, vegetables/beans, and cheese. Top with a layer of tortillas, enchilada sauce, vegetables/beans, and cheese. Spray a sheet of aluminum foil with cooking spray and cover the pan.
4. Bake enchiladas for 20 minutes. Remove the foil and bake for another 10 minutes, or until cheese is melted and the enchiladas are bubbling. Remove enchiladas from the oven and let cool for 10 minutes. Cut into squares and serve warm.

Adapted from <http://www.twopeasandtheirpod.com/stacked-roasted-vegetable-enchiladas/>



# LENTIL TACO MEAT

Yield: 6 servings

## INGREDIENTS:

- 1 cup finely chopped onion
- 1 garlic clove, minced
- 1 teaspoon canola oil
- 1 cup dried lentils, rinsed
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2-1/2 cups vegetable broth



## DIRECTIONS:

1. In a large nonstick skillet, saute the onion and garlic in oil until tender. Add the lentils, chili powder, cumin and oregano; cook and stir for 1 minute. Add broth; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until the lentils are tender.
2. Uncover; cook for 6-8 minutes or until mixture is thickened. Mash lentils slightly. Stir in salsa.
3. Spoon about 1/4 cup lentil mixture into each taco shell. Top with lettuce, tomato, cheese and sour cream.

\*\* For a meatier texture, substitute half of the dried lentils with about 1 cup of Beyond Meat Beef Crumbles.

1 cup dried lentils = 2 to 2 1/2 cups cooked

Source: <http://www.tasteofhome.com/recipes/tasty-lentil-tacos#ixzz3BHwfBbpS>

# SUPER VEGGIE LENTIL TACO MEAT

Makes 3 cups (12 servings)

1 cup brown lentils, rinsed and picked over  
1 medium yellow onion, diced  
3 cloves of garlic, minced  
1/2 large bell pepper, chopped  
1 cup sliced mushrooms (optional)  
1 carrot, peeled and sliced  
2 ribs of celery, sliced  
1 1/2 tablespoon chili powder  
1 teaspoon cumin  
1/2 teaspoon smoked paprika  
1 teaspoon oregano  
dash cayenne  
1 bay leaf  
2 cups vegetable broth  
1 tbsp tomato paste  
1 tbsp lime juice



1. Heat 1/4 cup water in a large skillet. Saute onion for 3 minutes. Stir in the garlic, bell pepper, and mushrooms and cook for another 3 minutes. If the pan starts to dry up and the contents start sticking, add a tablespoon or two more of water. Add in the lentils, carrots, celery, chili powder, cumin, paprika, oregano, bay leaf, and cayenne, and saute for 1 minute, stirring constantly. Stir in the broth and bring to a boil. Turn the heat down to medium low and cover. Simmer for 30 minutes, stirring occasionally. If the mixture starts drying out, add 1/4 cup water or broth.
2. Remove from heat and carefully drain off any extra liquid (a little bit of liquid is fine, excessive liquid is not desirable). Remove bay leaf and stir in tomato paste and lime juice. Transfer to food processor or blender and pulse a few times, until a crumbly texture is achieved--do not puree. Or roughly mash with a potato masher to get crumbly texture of taco meat.

\*\* You can also substitute half of the dried lentils with about 1 cup of Beyond Meat Beef Crumbles for a meatier texture.

1 cup dried lentils = 2 to 2 1/2 cups cooked

Source: <http://www.ordinaryvegetarian.com/2011/01/super-veggie-lentil-taco-meat.html>