



# Cookbook Club

August 21: 6:00-7:30

## Vegetarian Dinner Menu

### Main Dishes

### Notes

**Easy Enchilada Bake**

*The Plant Based Diet*, pg. 90

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**Kale & Lentil Stew**

*The Plant Based Diet*, pg. 54

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**Southwest Stuffed Peppers**

*The Plant Based Diet*, pg. 89

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### Side Dishes

**Zucchini Apple Bread**

*Betty Goes Vegan*, pg. 326

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**Southwest Sweet Potato Skillet**

*The Plant Based Diet*, pg. 49

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**Crunchy Corn Guacamole**

*How to Cook Everything Vegetarian*, pg. 263

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**Rosemary Garlic Bread**

*Betty Goes Vegan*, pg. 271

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# Easy Enchilada Bake

SERVES 6

GLUTEN FREE, NUT FREE • PREP TIME: 10 MINUTES • COOK TIME: 30 MINUTES

## FOR THE

### ENCHILADA SAUCE

- 2½ cups water
- ¼ cup tomato paste
- 2 tablespoons chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin

Enchilada bakes make a great dish to bring to a potluck or family get-together. This one's also great if you want to make a double or triple batch and then portion it out for lunches and dinners throughout the week. You can also prepare this recipe a day or two ahead of time, and store it in the refrigerator until you're ready to bake it.

## TO MAKE THE ENCHILADA SAUCE

In a blender, blend the water, tomato paste, chili powder, paprika, garlic powder, onion powder, and cumin for 1 to 2 minutes, or until thoroughly blended.

## TO MAKE THE ENCHILADA BAKE

- 1. Preheat the oven to 375°F.
  - 2. Reserve ½ cup of enchilada sauce, and set aside.
  - 3. In a large bowl, mix together the rice, black beans, corn, and the remaining enchilada sauce.
- 2 cups cooked brown rice (see page 20)
  - 2 cups cooked black beans (see page 22)
  - 8 corn tortillas
  - ½ cup Fat-Free Refried Beans (page 65) or mashed pinto beans

# Kale and Lentil Stew

SERVES 8

1 POT, GLUTEN FREE, NUT FREE • PREP TIME: 10 MINUTES • COOK TIME: 50 MINUTES

- 5 cups (2 pounds) brown or green dry lentils
- 8 cups vegetable broth or water
- 4 cups kale, stemmed and chopped into 2-inch pieces
- 2 large carrots, diced
- 1 tablespoon smoked paprika
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon red pepper flakes
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

Lentils and kale are both plant powerhouses when it comes to fiber, flavor, and protein. Because they are both rich and hearty, this recipe is a fall favorite. The stew will thicken up as it cools, so if you're reheating leftovers, you may need to add in a bit more water or vegetable broth when you warm it up.

1. In a large stockpot, combine the lentils, broth, kale, carrots, paprika, onion powder, garlic powder, red pepper flakes, oregano, and thyme. Bring to a boil over medium-high heat.
2. Cover, reduce the heat to medium-low, and simmer for 45 minutes, stirring every 5 to 10 minutes. Serve warm.

**VARIATION TIP:** This recipe can also be prepared using an electric pressure cooker. All you will need to do is combine the ingredients inside the pressure cooker, set it to manual, and cook for 30 minutes. Then allow the pressure to naturally release for 15 to 20 minutes. Make sure to give it a good stir before serving.

## PER SERVING

Calories: 467, Total fat: 3g, Carbohydrates: 78g, Fiber: 31g, Protein: 32g

# Southwest Stuffed Peppers

SERVES 4

GLUTEN FREE, NUT FREE • PREP TIME: 10 MINUTES • COOK TIME: 30 MINUTES

- 4 bell peppers
- 3 cups cooked brown rice  
(see page 20)
- 1 cup cooked black beans  
(see page 22)
- 1 cup corn (fresh or frozen)
- 1 cup vegetable broth
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 teaspoon ground cumin

**Stuffed peppers are great if you're looking for a delicious, easy dinner that also stores well for leftovers. Red or yellow bell peppers will impart a bit more flavor to the dish. To kick the heat up, add a few slices of jalapeño into the rice mixture before filling the bell peppers.**

1. Preheat the oven to 375°F.
2. Cut the tops off the bell peppers, and remove any seeds or fibers that remain inside the core or inside the tops of the peppers.
3. In a large bowl, mix together the rice, beans, corn, broth, tomato paste, chili powder, and cumin until the tomato paste and spices have been thoroughly incorporated.
4. Spoon one-quarter of the rice mixture into each pepper. Set the peppers upright on a baking dish, and place the tops back onto the peppers.
5. Bake for 1 hour, or until the peppers are easily pierced with a fork, and serve.

**TECHNIQUE TIP:** To reduce the baking time, complete the instructions through step 2, then place the peppers in a pot of boiling water for 5 minutes or microwave them for 1 minute. Proceed with steps 3 and 4, then bake for 30 minutes.

#### PER SERVING

Calories: 270, Total fat: 3g, Carbohydrates: 55g, Fiber: 9g, Protein: 11g

## ZUCCHINI APPLE BREAD

The cloves and ginger in this bread really accentuate the cinnamon and add a warm flavor to each and every slice. It's perfect for rainy fall days, when you realize Halloween isn't really that far away and all the good pumpkins are already gone.

#### MAKES 2 LOAVES

- |  |  |                            |
|--|--|----------------------------|
| Olive oil cooking spray                                  | 2 teaspoons vanilla extract            | 1 teaspoon ground cinnamon |
| 3 medium-size fresh zucchinis, shredded                  | 4 tablespoons applesauce               | ½ teaspoon ground cloves   |
| 1 small Granny Smith apple, cored and diced pretty small | 3 cups whole wheat flour               | Pinch of ground ginger     |
| 1½ cups sugar  | 2 teaspoons baking soda                | ½ teaspoon baking powder   |
| ½ cup olive oil  | 1 teaspoon crushed pink Himalayan salt | ½ cup walnuts, crushed     |

Preheat the oven to 350°F.

Spray 2 (8 x 4-inch) glass baking dishes or loaf pans with olive oil cooking spray.

In a large bowl, stir the zucchini, apple, sugar, olive oil, vanilla, and applesauce until well mixed. Then stir in the flour, baking soda, salt, cinnamon, cloves, ginger, baking powder, and walnuts. Divide the batter into two equal parts and pour into the pans.

Bake for around 1 hour. Start checking on them after 45 minutes. Take them out of the oven when you can

insert a bamboo skewer or toothpick in the center and remove it cleanly. Cool for 15 minutes in the pan on a wire rack. The loaves should come out of the pans easily, but if they don't, gently use a metal spatula to loosen the sides.

You're going to want to wrap the loaves tightly in foil and store them in the fridge. And don't be stingy. Even if you don't have a polluck to contribute to, you have 2 loaves. Bring one to work if for no other reason than to show how good vegan baked goods are.



# Southwest Sweet Potato Skillet

SERVES 4

1 POT, 30 MINUTES, GLUTEN FREE, NUT FREE • PREP TIME: 5 MINUTES • COOK TIME: 15 MINUTES

- 4 medium sweet potatoes, cut into 1/2-inch dice
- 8 ounces mushrooms, sliced
- 1 bell pepper, diced
- 1 sweet onion, diced
- 1 cup vegetable broth or water, plus
- 1 to 2 tablespoons more if needed
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon freshly ground black pepper

**Breakfast skillets are a great way to start the day because of the many different ways they can be prepared. This one is packed full of flavor and still ready to eat in just 20 minutes. And if you have a house full of guests and a large enough pan, this recipe can be doubled or tripled to fill everyone's plates.**

1. Heat a large skillet over medium-low heat.
2. When the skillet is hot, put the sweet potatoes, mushrooms, bell pepper, onion, broth, garlic powder, cumin, chili powder, and pepper in it and stir. Cover and cook for 10 minutes, or until the sweet potatoes are easily pierced with a fork.
3. Uncover, and give the mixture a good stir. (If any of the contents are beginning to stick to the bottom of the pan, add 1 to 2 tablespoons of broth.)
4. Cook, uncovered, for an additional 5 minutes, stirring once after about 2 1/2 minutes, and serve.

**SERVING TIP:** This skillet is great on its own, but it can be enhanced with some toppings. Some great choices are Roasted Jalapeño and Lime Guacamole (page 132), White Bean and Chickpea Hummus (page 133), hot sauce or salsa.

**PER SERVING**  
Calories: 158. Total fat: 1g. Carbohydrates: 34g. Fiber: 6g. Protein: 6g

## ROSEMARY GARLIC BREAD

A classic Italian spice incorporated into a classic Italian side dish. Just throw on your *Godfather* Blu-ray set and you're in pretty good shape.

### MAKES 4 TO 8 SERVINGS

- 1 baguette
- 1/3 cup margarine
- 2 1/2 teaspoons dried rosemary, crushed
- 2 cloves garlic, minced

Preheat the oven to 350°F.

Slice the bread in half horizontally. Spread margarine on both sides. Brush on the minced garlic and sprinkle the rosemary over the top.

Pop the bread in the oven with the dressed side up, and bake until it reaches the desired golden color. Keep an eye on the bottom as well. It always sucks to have a perfectly golden brown top and a burned crust.

**INGREDIENTS**

**SWEET PEA CAKE WITH  
LEMON BUTTER CREAM ICING  
(YIELD: 3 NINE-INCH PANS)**

**FOR THE CAKE**

- 425 grams (3 cups) fresh or frozen peas
- 300 grams (1½ cups) unsalted butter, softened
- 250 grams (1¼ cups) granulated sugar
- 5 eggs
- 3 tsp. vanilla extract
- 1 lemon, zest and juice
- 375 grams (3 cups) all-purpose flour, sifted
- 1 tbsp. baking powder
- 1 tsp. kosher salt

**FOR THE ICING**

- 340 grams (3 cups) unsalted butter, softened
- 800 grams (7 cups) powdered sugar
- ¼ cup fresh lemon juice
- 3 tbsp. heavy cream
- 1 tbsp. lemon zest
- ½ tsp. kosher salt

**PREPARATION**

Preheat oven to 325°F. Spray the cake pans with cooking spray and dust with flour.

Boil a pot of water. Cook peas in boiling water for 3 to 4 minutes or until soft. Shock peas in ice water, drain well, and blend in food processor until smooth. Set aside.

In a mixer with the paddle attachment, cream together the butter and sugar until light and fluffy. Add the eggs, one at a time. Beat in the pea puree, vanilla extract, and lemon juice and zest.

In a separate bowl, mix the sifted flour, baking powder, and salt.

Add the dry ingredients to the mixer in two batches. Scrape down the sides between each addition.

Divide the mixture between the three prepared pans. Bake for 25 minutes or until a cake tester comes out clean. Let cool in the pans.

To make the icing, use the mixer with the paddle attachment to beat the softened butter for 2-3 minutes on medium speed until creamy.

Add the powdered sugar, lemon juice, heavy cream, zest, and salt while the mixer is running on low. Increase to high speed and beat for 3 full minutes. Ice cake.

From Garden & Gun Magazine

plentiful by acid in citrus fruit or that of a mild vinegar, but easily overwhelmed by other flavors.

There are many varieties—from tiny to melon size—but it's mostly Hass and Fuerte that we see here. Hass are pear shaped and have a dark green to black leathery, wrinkled, and bumpy skin; they're great for eating straight, spreading, or mashing. Fuerte are usually larger and have smooth green skin and firmer flesh that's not as well suited to spreading or mashing but is good for slicing.

**Buying and storing:** Avocados ripen nicely at room temperature, so they are often sold nearly rock hard. Give them a gentle squeeze before buying; you don't want mushy spots or bruises; when one is ripe, it will yield to pressure. To ripen avocados more quickly, put them in a paper bag at room temperature for a couple days or longer. Store ripe avocados in the refrigerator for up to a week.

**Preparing:** Slice avocados lengthwise around the seed; peel off the skin or scoop out the flesh with a spoon. If you want to store half, wrap it with the pit intact and refrigerate—the pit helps keep it from turning brown.

Avocados discolor very quickly when cut; sprinkle with lemon or lime juice immediately after cutting to minimize darkening.

**Best cooking method:** Best eaten raw (sliced, mashed, or pureed), at most they can be grilled quickly. Delicious

with lemon or lime  
no cooking. Grilled.  
Really, there

## Crunchy Corn Guacamole

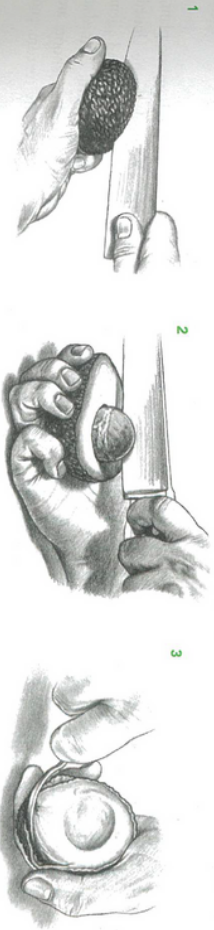
MAKES: 4 servings

TIME: 15 minutes

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A new twist on the traditional guacamole (which you can find in the form of the first variation). The fresh corn kernels add texture and flavor without taking away from that of the avocado.

- 1 lime
- 1 cup corn kernels, preferably just stripped from the cobs (see page 288), but thawed frozen is acceptable
- 1/2 teaspoon minced garlic
- 1/2 cup chopped scallion
- 1 serrano or jalapeño chile, stemmed, seeded, and minced (optional)



Pitting and peeling an avocado is easy. (STEP 1) Cut through the skin and flesh lengthwise to the pit, then rotate the avocado to cut all the way around it. Twist the halves apart. (STEP 2) A careful, swift, and not-to-forcible strike of the knife will implant it in the pit, which will then lift out easily. (STEP 3) Finally, scoop out the flesh with a spoon.

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- Salt
- 2 tablespoons chopped fresh cilantro leaves
- 1/2 cup roughly chopped toasted pumpkin seeds (see page 321)
- 3 medium ripe avocados, preferably Hass

1 Grate the lime zest (or use a zester to make long strands) and reserve; cut the lime into wedges. Put the lime zest, corn, and garlic in a food processor; squeeze in half of the lime wedges and pulse to make a chunky puree.

2 Put the corn mixture along with the scallion, chile, and a large pinch of salt into a medium bowl and mash until the mixture is well combined. Add the cilantro and pumpkin seeds and mash a few more times.

3 Cut the avocados in half and reserve the pits if you will not be serving the guacamole right away. Scoop the flesh into the bowl and mash, leaving a few chunks of avocado. Squeeze in lime juice from the reserved lime wedges to taste.

4 Season with salt to taste and serve or tuck the pits back into the mixture and cover the surface with plastic wrap (this will help keep the guacamole from turning brown), then refrigerate for up to 4 hours. Remove the pits before serving.

**Minimalist Guacamole.** More traditional: Omit the corn kernels and pumpkin seeds. Add the zest and garlic to the scallion in Step 2 and proceed with the recipe.

**“Guacasalsa.”** Based on a Venezuelan condiment called *guasacaca*, it's traditionally used as a marinade or a spread, but this version is mild enough to be used as a dip: Substitute Fresh Tomato Salsa (page 750) or Fresh Tomatillo Salsa (page 751) for everything but the avocado. Skip Steps 1 and 2 and proceed with the recipe, using the juice of 1/2 lime in Step 3.

**Guacamole with Tomatillos.** The tomatillos add a nice hit of acidity: Substitute 1/2 cup chopped tomatillo for the corn and pumpkins seeds if you like. Skip Step 1 and add the tomatillos to Step 2.

**Avocado and Dried Tomato Spread or Dip.** Substitute 1/2 cup chopped Oven-Roasted Fresh Plum Tomatoes (page 375), Oven-Dried Tomatoes (page 377), or store-bought sun-dried tomatoes for the corn, cilantro, and pumpkin seeds (soak hard-dried tomatoes for a few minutes in hot water first). Skip Step 1.

**Avocado and Goat Cheese Spread or Dip.** Spread this on bread and layer with grilled vegetables for a fantastic sandwich: Omit the garlic, chile, cilantro, and pumpkin seeds. Substitute lemon for the lime and 3/4 cup goat cheese for the corn. Put everything in a food processor if you want a smooth spread; for a chunkier spread, just use a potato masher or fork.

**Pea Spread or Dip.** Great on Crostini (page 737): Instead of the corn and the avocados, use 1 pound lightly steamed fresh or frozen peas. Omit the chile and pumpkin seeds. Use lemon instead of lime and process all the peas as you would the corn in Step 1. Substitute fresh mint leaves for the cilantro. If you like, thin the consistency a bit by adding a little cream, yogurt, or silken tofu.

**Asparagus Spread or Dip.** A great low-calorie alternative to traditional guacamole: Follow the variation for Pea Spread or Dip, but use 1 pound lightly steamed asparagus instead of the peas. Par it dry, slice it into manageable pieces, and proceed with the recipe.

## Bamboo Shoots

The tender emerging shoots of an edible bamboo plant, this vegetable is not commonly seen fresh in the United States (you might try Asian markets: I've found them there occasionally), but they're readily available canned at nearly every supermarket. Canned bamboo shoots are yellowish tan in color, have a nice crunchiness, and are quite bland.

**Buying and storing:** No guesswork in buying canned bamboo shoots; they're either already cut into strips or a

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HOW TO COOK EVERYTHING VEGETARIAN

F Fast M Make Ahead V Vegan