

Recipe Packet: Light and Healthy Cooking – Vegetarian Friendly

Tuscan Kale and White Bean Soup

Serves 4 to 6

3 tablespoons extra virgin olive oil
½ yellow onion, diced
1 carrot, peeled and diced
2 stalks celery, diced
½ bulb fennel, cored and diced
3 cloves garlic, peeled and minced
½ teaspoon crushed red pepper flakes (to taste)
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 15-ounce can white beans (or cannellini beans), drained and rinsed
3 cups chicken stock, or vegetable stock
1 Parmigiano-Reggiano cheese rind (optional)
3 cups (1 bunch) Tuscan Kale, chopped
2 tablespoons shredded Parmigiano-Reggiano cheese, for garnish

In a medium-sized soup pot, heat the olive oil over medium flame and add the onion, carrot, celery, fennel and garlic. Season with salt and pepper and toss around to coat with oil. Cover and let the vegetable become soft and tender, but not browned, for about 7 minutes. Stir occasionally.

Uncover and add the pepper flakes and beans and toss to coat. Cook until the beans are hot, about 2 more minutes. Pour in the stock and bring to a boil. Lower the heat to simmer and add the Parmigiano rind, if using. Simmer for 15 minutes, covered.

Uncover and add the kale. Stir to combine the ingredients and simmer, covered, for another 8 minutes, or until the kale is soft and tender. Taste and season with more salt and pepper if needed. Ladle into warmed soup bowls, top with cheese and serve hot.

Recipe Packet: Light and Healthy Cooking – Vegetarian Friendly

Lentil and Quinoa Salad

Serves 6 to 8

1-1/2 cups French green lentils, rinsed
1 cup quinoa, rinsed
4 medium carrots, peeled and coarsely grated
½ bunch cilantro, chopped
2 stalks green onions, thinly sliced
Juice of 1 large lemon
2 tablespoons red wine vinegar
1 tablespoon curry powder
1-inch piece of fresh ginger, peeled and finely grated
1 garlic clove, peeled and minced
½ cup extra virgin olive oil
Kosher salt and freshly ground black pepper, to taste

Place water and lentils in a large saucepan and bring to a boil. Lower the heat and simmer uncovered for 20-25 minutes, until tender but not mushy. At the same time, cook the quinoa in another saucepan. Bring to a boil, then lower the temperature and simmer for 10-15 minutes until slightly translucent.

Drain both the lentils and quinoa and add to a large salad bowl. Add the grated carrots, cilantro and scallions. Pour the vinaigrette over the salad and toss to mix. Salad may be served warm, at room temperature or chilled.

Recipe Packet: Light and Healthy Cooking – Vegetarian Friendly

Vegetarian Lasagna

Serves 8 to 10

4 zucchini, thinly sliced lengthwise
4 large carrots, peeled and thinly sliced lengthwise
2 large eggplants, thinly sliced lengthwise
2 cups olive oil
2 10-ounce packages chopped frozen spinach, thawed and squeezed
2 teaspoons garlic powder
2 eggs, lightly beaten
2 pints part skim ricotta cheese
Kosher salt and freshly ground black pepper
1 shallot, minced
3 cloves garlic, peeled and minced
1 jar prepared tomato sauce
2 tablespoons tomato paste
1 10-ounce bag shredded mozzarella cheese
1 package dried lasagna noodles
3 tablespoons flat leaf parsley, chopped

Preheat the oven to 425°F.

Prepare the vegetables for roasting by thinly slicing them lengthwise and drizzling with olive oil. Arrange them in a single layer on sheetpans and roast for 30 minutes. Remove, season with salt and pepper and set aside to cool.

In a mixing bowl, mix together the spinach, garlic powder, egg and ricotta cheese. Season with salt and pepper and set aside.

Prepare the sauce by sautéing the shallots and garlic in a saucepan until translucent, about 5 minutes. Add the tomato paste and tomato sauce. Stir together and simmer for 30 minutes. Taste and adjust seasoning with salt and pepper.

Build the lasagna by spraying a 4-inch deep pan with oil. Spoon a small amount of the sauce in the bottom of the pan, spread in an even layer. Place a layer of dried noodles down over the sauce. Place a layer of roasted zucchini over the noodles, season with salt and pepper, and spread a thin layer of ricotta cheese over. Repeat the sauce, pasta, vegetable and ricotta layering with the remaining vegetables. Top with the remainder of sauce. Wrap with foil and bake in the oven for 40 minutes. Uncover and sprinkle the cheese, baking for another 20 minutes more. Remove from the oven and set aside to set and cool for 15 minutes before slicing. Garnish with parsley. Slice into portions and serve.