

Main Dishes — Vegetarian

Also see **Vegetables/Side Dishes** for items and combinations that make delicious vegetarian entrees, such as:

- > **Spaghetti Squash** (p. 72) and **Ratatouille** (p. 66)
- > **Pecan Rice** (p. 65) and **Sassy Beans** (p. 69)
- > **Curried Chickpeas** (p. 62) and **Raita** (p. 29)

Some recipes in this section contain dairy items. For lacto-ovo vegetarians, there are recipes in **Breakfast Dishes** (e.g., quiche, omelet) that may be suitable protein choices for lunch and dinner as well.

Barley Pilaf with Mushrooms (serves 6 at ~¾ cup [180 ml] each)



servings: 1 grain, 1 oil, ½ cat. 1 veg.

146 calories, 22 g carbohydrates, 3 g protein, 5 g fat per serving

- > 2 Tbsp. (30 ml) olive or coconut oil
- > 1 celery stalk, thinly sliced
- > 8 mushrooms, thinly sliced
- > ½ cup (80 g) onion, chopped
- > ⅓ cup (80 ml) white wine
- > 2 cups (314 g) cooked barley (cooked in chicken broth OR vegetable broth with ¼ tsp. (0.25 g) kosher or sea salt)
- > 1½ cups (360 ml) chicken broth OR vegetable broth (V)
- > A few sprigs of parsley

Sauté onion, mushrooms, and celery in oil over medium heat until softened but not brown. Add wine and cook over high heat for several minutes until slightly thickened. Add cooked barley and broth, and bring to a boil. Lower heat and simmer for about 10 minutes. Garnish with fresh parsley and serve hot.

Barley with Vegetables (serves 8 at ~¾ cup [180 ml] each)



servings: 1 grain, 1 cat. 1 veg.

115 calories, 22 g carbohydrates, 3 g protein, 1 g fat per serving

- > 1 cup (200 g) pearl barley, washed
- > 4 cups (960 ml) water
- > 2 tsp. (10 ml) olive oil
- > 1 small onion, finely chopped
- > 1 small red, yellow, or green pepper, finely chopped
- > 2 ripe tomatoes, finely chopped
- > ½ cup (30 g) parsley, finely chopped
- > Sea salt to taste
- > Freshly ground pepper to taste

Simmer barley covered in water for 1 hour until softened, then drain. While barley is cooking, heat oil in a wok or frying pan and sauté the onion and peppers until soft and slightly brown. Add the tomatoes and parsley and cook for 2-3 additional minutes. Combine vegetables with cooked barley and add salt and pepper to taste.

Black Bean & Sweet Potato Chili (serves 6 at ~1½ cups [360 ml] each)



servings: 1 legume, 2 cat. 1 veg., 1 cat. 2 veg., 1 oil

230 calories, 38 g carbohydrates, 10 g protein, 6 g fat per serving

- > 2 medium sweet potatoes or yams
- > 2 Tbsp. (30 ml) olive oil
- > 1 cup (160 g) chopped onion
- > 2-3 garlic cloves
- > 1 medium red bell pepper, diced
- > 2 cans (15 oz. [425 g] each) black beans, drained and rinsed
- > 28-oz. (825 ml) can diced tomatoes, undrained
- > 1-2 small fresh hot chilies, minced OR 4-oz. (56 g) can chopped mild green chilies
- > 2 tsp. (1 g) ground cumin
- > ½ tsp. (0.25 g) dried oregano
- > Sea salt to taste
- > Fresh cilantro for garnish (optional)

Bake sweet potatoes at 350° F (180° C) until slightly firm, but not soft. When cool, peel and dice into ¾" (1.9 cm) cubes. Set aside. Heat oil in soup pot or Dutch oven. Add garlic and onion and sauté over medium heat until golden brown. Add remaining ingredients and heat. Cover and simmer for 15 minutes. Add diced sweet potatoes and continue to simmer until vegetables are tender, 10-15 minutes. Add salt to taste. Taste improves if allowed to stand for 1-2 hours before serving. Reheat and serve with chopped cilantro for garnish.

Curried Vegetable Stew (serves 6-8)



servings: 3 cat. 1 veg., 2 cat. 2 veg., 2 oil

235 calories, 35 g carbohydrates, 6 g protein, 9 g fat per serving

- > 1½ Tbsp. (22 ml) coconut or olive oil
- > 2 medium-large onions, diced
- > 3 garlic cloves, minced
- > 6 small new potatoes, unpeeled, washed and diced
- > 4 medium carrots, scrubbed and sliced
- > 2 cups (480 ml) water
- > 1 small head cauliflower, broken into bite-sized pieces
- > 1 bunch baby bok choy, chopped
- > 2-3 tsp. (2-6 g) grated fresh ginger
- > 2 cups (242 g) fresh green beans, cut into 1" (2.5 cm) pieces OR 10-oz. (284 g) package frozen cut green beans, thawed
- > 1-3 tsp. (0.5-1.5 g) curry to taste
- > ½ tsp. (0.25 g) turmeric
- > 15-oz. (450 ml) can lite coconut milk
- > 1-2 Tbsp. red curry paste (optional for a spicier taste)
- > Sea salt to taste
- > 1½ cups (170 g) frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups (480 ml) water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet. Add the cauliflower, bok choy, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. Allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

Easy Rice & Beans (serves 1)



servings: 1 legume, 1 oil, 1 grain

250 calories, 41 g carbohydrates, 9 g protein, 6 g fat per serving

- > ½ cup (88 g) cooked kidney or black beans
- > ½ cup (98 g) cooked brown rice
- > **Basic Salad & Veggie Dressing** (p. 41)

Prepare dressing as instructed or use leftover. Mix rice and beans with chicken and top with dressing.