



Summertime Vegetarian Menu Plan

Week 1

Healthy Mexican Zucchini Boats

Mexican Quinoa

Garden Vegetable Pie

Moroccan Cauliflower Chickpea Pitas with Tzatziki Sauce

Corn, Avocado, and Black Bean Salad

Vegetable Spaghetti Alfredo

Veggie Tacos with Avocado Cream Sauce

Mexican Rice & Cantina Beans

Fast & Easy Broccoli Quiche

Frozen Blueberry Yogurt Bars

Summer Vegetarian Shopping List – Week 1

FRESH PRODUCE:

14 large zucchini
6 medium red peppers
6 small red onions (3 large)
2 jalapenos
4 large tomatoes
4 yellow squash
2 head cauliflower
1 cucumber
11 garlic cloves
3 small containers cherry tomatoes
5 avocados
4 medium yellow onion
2 large eggplant
3 head broccoli
4 lemons
1 bunch kale
2 ears sweet corn

FRESH HERBS:

1 large bunch fresh cilantro
1 container fresh basil
1 T. fresh rosemary
1 T. fresh oregano

DRIED HERBS:

3 T. cumin
1½ t. ground chili powder
1 t. smoked paprika
1 T. garlic powder
1½ t. ground coriander
1½ t. dill

FROZEN ITEMS:

3 9-inch deep-dish pie shells
2¼ c. frozen corn
2 c. blueberries

PANTRY ITEMS:

Extra virgin olive oil
2 T. honey or agave
2 c. quinoa
1 c. long-grain brown rice
6 c. organic vegetable broth
25 oz. whole-wheat spaghetti noodles
Kosher salt
Ground black pepper

CANNED GOODS:

2 15-oz. can black beans
1 15-oz. can pinto beans
1 c. salsa
1 14-oz. can of chickpeas
1 8-oz. can tomato sauce
1 T. tomato paste

REFRIGERATED ITEMS:

2½ c. cheddar cheese, shredded
12 oz. white cheddar cheese, shredded
1½ c. mozzarella cheese, shredded
4½ c. Parmesan cheese, freshly grated
8 oz. Feta cheese
2 sticks (8 oz.) unsalted butter
2 c. heavy cream
10 large eggs
2 c. half & half
3¾ c. plain Greek yogurt

BAKERY:

6 whole-wheat flatbreads
1 package of pita chips
1 loaf of Italian bread
16 corn tortillas

Healthy Mexican Zucchini Boats

Makes 6 Servings

8 large zucchini, washed and dried
1 T. + 1 t. extra virgin olive oil
½ c. red onion, diced
1 red bell pepper, diced
½ c. frozen corn, thawed
1 15-oz. can black beans, drained and rinsed
1 c. salsa
1 t. chili powder
2 t. cumin
1 jalapeno, diced

½ cup fresh cilantro, finely chopped
Sea salt, to taste
1 c. shredded cheddar cheese

Side Dish: Mexican Quinoa

1 T. extra virgin olive oil
2 c. quinoa, rinsed
1 jalapeno, diced
1 small red onion, diced
4 c. organic vegetable broth

Directions: Mexican Zucchini Boats

1. Preheat oven to 400°
2. Grease a 9x13 glass baking dish. Slice zucchini in half, lengthwise. Scoop out the center using a metal spoon. Lightly brush the tops with one teaspoon of olive oil, then place skin side down in the pan.
3. Add 1 tablespoon of olive oil in a skillet over medium heat, add the onion and pepper and cook for 2-3 minutes.
4. Add the corn, beans, salsa, chili powder and cumin. Stir everything together and cook for 5 minutes. Remove from heat and set aside.
5. Stir in ¼ cup cilantro to the filling and season with salt, to taste. Spoon the filling into each zucchini. Sprinkle with cheese, cover pan loosely with foil, and bake for 25 minutes.
6. Remove foil and broil for an additional 5 minutes. Let cool for 5-10 minutes, then top with remaining fresh cilantro and serve with **Mexican Quinoa** or other side.

Directions: Mexican Quinoa

1. Heat 1 tablespoon olive oil in large skillet over medium heat; add quinoa, jalapenos, and onion and cook for 5 minutes.
2. Add vegetable broth and bring to boil, reduce heat to medium-low and simmer until liquid has been absorbed, 15-20 minutes.

Garden Vegetable Pie

Make 6 Servings

4 large tomatoes, sliced	1 (9-inch) frozen deep-dish pie shell
1 T. extra virgin olive oil	1½ c. mozzarella, shredded
½ medium yellow onion, chopped	1½ cheddar cheese, shredded
1 zucchini, peeled, sliced thin	14 fresh basil leaves, chopped
1 yellow squash, peeled, sliced thin	¾ c. plain Greek yogurt
Salt and pepper, to taste	¼ c. Parmesan, freshly grated

Directions:

1. Preheat oven to 350°
2. Place sliced tomatoes in a colander, sprinkle with salt and drain for 10 minutes. Pat dry with a paper towel to remove excess juice.
3. Heat olive oil in a large skillet over medium-high heat. Add onion to skillet and sauté for 3-4 minutes.
4. Add zucchini and squash to skillet and sauté for 2-3 minutes or until golden brown. Season with salt and pepper, to taste. Remove and place on a paper towel.
5. Layer tomato slices, onion, zucchini, and squash on the bottom of the pie shell.
6. Thoroughly combine shredded mozzarella and cheddar cheese with fresh basil and Greek yogurt in a small bowl. Spoon the cheese mixture over the vegetable layer and top with grated Parmesan cheese.
7. Bake for 30 minutes. Remove from oven and cool for 10 minutes before serving.

Moroccan Cauliflower Chickpea Pitas w/ Tzatziki Sauce

Makes 6 servings

3 c. cauliflower florets
1 red pepper, diced
1 small red onion, diced,
1 zucchini, cut into ½" slices
1 yellow squash, cut into ½" slices
1 14-oz. can chickpeas (garbanzo beans), drained and rinsed

1½ t. ground cumin
1 t. smoked paprika
1 t. garlic powder
1 t. salt

½ t. ground coriander
2 T. extra virgin olive oil

Tzatziki Sauce:

¾ c. plain Greek yogurt
½ c. cucumber, peeled and grated
2 T. fresh lemon juice
1½ t. dry dill
1 garlic clove, grated
Salt and freshly ground black pepper

6 whole-wheat flatbreads

Directions:

1. Preheat oven to 400°
2. In a large bowl, combine cauliflower, red pepper, onion, zucchini, yellow squash and chickpeas. Set aside.
3. Combine ground cumin, smoked paprika, garlic powder, salt, and ground coriander in a small bowl.
4. Add the spice blend and olive oil to the vegetables and toss to coat.
5. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread vegetables in a single layer on sheet without overcrowding.
6. Bake in preheated oven for 20 minutes. Remove from oven and turn vegetables to roast on both sides. Bake for another 10 minutes. Remove and set aside.
7. In a small bowl, thoroughly combine Greek yogurt, grated cucumber, lemon juice, dry dill, and garlic clove. Season with salt and freshly ground pepper, to taste.
8. Warm up the flatbread in oven or toast in a skillet for 1-2 minutes. Top with ½ cup roasted vegetable mixture and finish with 2 tablespoons of the yogurt cucumber sauce.

Corn, Avocado & Black Bean Salad

Makes 6 Servings

1¾ c. frozen corn, thawed
40 cherry tomatoes, halved
1 15-oz. can black beans, drained and rinsed
3 avocados, seed removed and diced
1 medium yellow onion, finely diced
¼ cup cilantro, chopped

Dressing:

2 T. extra virgin olive oil
1 lemon juiced
2 t. cumin
½ t. kosher salt
½ t. ground black pepper

Serve with pita chips

Directions:

1. Add vegetables to a large serving bowl and toss well to combine.
2. In a small glass bowl, whisk together the dressing ingredients and pour over the vegetables. Toss gently and refrigerate for at least 30 minutes before serving. Serve chilled with pita chips on the side.

Vegetable Spaghetti Alfredo

Makes 6 servings

Vegetables:

1½ zucchini, cut into bite-sized piece
1½ eggplants, cut into bite-sized pieces
2 small red onions, chopped
6 cloves of garlic, minced
3 c. cherry tomatoes, halved
25 oz. whole-wheat spaghetti
6 c. organic vegetable broth
1 T. fresh basil
1 T. fresh rosemary
1 T. fresh oregano

Salt and freshly ground pepper, to taste
3 handfuls of kale, roughly chopped
1½ c. broccoli, cut into florets

Alfredo Sauce:

2 sticks unsalted butter
2 c. heavy cream
Salt and freshly ground pepper, to taste
4 c. Parmesan, freshly grated

Serve with:

Fresh basil, for garnish
Additional Parmesan cheese

Crusty Italian bread

Directions:

1. Add prepared zucchini, eggplant, onions, garlic, cherry tomatoes, and spaghetti noodles to a large pot. Pour in the vegetable broth and add basil, rosemary, oregano, salt, and pepper.
2. Boil for 12-15 minutes or until the pasta is soft. Add the kale and broccoli 9 minutes into cooking. Remove vegetable pasta mixture from heat and drain, reserving $\frac{1}{4}$ c. of pasta water. Place mixture in a large serving bowl and set aside.
3. In a medium saucepan, warm the butter and cream over medium heat. Season with salt and pepper, to taste. Add Parmesan cheese and stir until melted. Continue cooking over medium heat until desired consistency is reached. Thin with reserved pasta water, if necessary.
4. Pour the Alfredo sauce over the vegetables and noodles and toss to combine. Garnish with fresh basil. Serve immediately with additional Parmesan cheese and crusty Italian bread.

Veggie Tacos with Avocado-Cream Sauce

Makes 6 Servings

Filling:

2 zucchinis, diced
2 summer squash, diced
2 medium red peppers, diced
1 small red onion
2 ears sweet corn, kernels removed
2 cups of cherry tomatoes, halved
3 T. extra virgin olive oil
4 cloves garlic, minced
1 T. ground cumin
Salt and black pepper, to taste

Directions:

Avocado Cream Sauce:

2 ripe avocados, seed and skin removed
 $\frac{1}{4}$ c. full fat, plain Greek yogurt
 $\frac{1}{2}$ c. fresh cilantro, chopped
2 T. fresh lime juice

Serve with:

12-16 taco shells
8 oz. Feta cheese

1. Preheat oven to 400° and line a rimmed baking sheet with aluminum foil or parchment paper.
2. Toss zucchini, summer squash, red peppers, red onion, corn kernels, and cherry tomatoes with olive oil, minced garlic, and ground cumin in a large glass bowl. Season with salt and pepper, to taste.
3. Arrange vegetables on rimmed baking sheet and roast in preheated oven until tender and lightly browning, approximately 20-25 minutes.
4. While vegetables are roasting, combine avocado, Geek yogurt, cilantro and lime juice by hand or in a blender.
5. To assemble tacos: heat taco shells in oven according to package directions. Remove from oven and cool slightly before adding roasted vegetables, avocado cream and feta cheese. Serve with **Mexican Rice and Cantina Beans**.

Mexican Rice and Cantina Beans

Makes 6 servings

2 T. extra virgin olive oil	1 t. ground cumin
1 c. long-grain brown rice	1 15-oz. can pinto beans, drained and rinsed
1 8-oz. can organic tomato sauce	1 T. tomato paste
1 red bell pepper, diced	Salt, to taste
2 c. organic vegetable stock, divided	Garnish:
2 t. kosher salt	½ c. diced tomatoes (optional)
1 t. garlic powder	2 T. fresh cilantro, chopped (optional)
½ t. chili powder	

1. Heat olive oil in a 2-quart pot over medium heat. Add the rice and stir until rice is coated in the oil. Cook for 5 minutes or until rice is lightly browned, stirring constantly.
2. Add the tomato sauce, red bell pepper, 1½ cup vegetable stock, salt, garlic powder, chili powder, and ground cumin to pot and stir to combine.
3. Bring to a boil over high heat. Cover the pot and turn the heat to low; cook for approximately 16–18 minutes.
4. Add the pinto beans, remaining vegetable stock, tomato paste, and salt to a different pan over medium heat, and bring to a simmer. Cook for 7-10 minutes or until thickened.
5. Taste and add additional salt or cumin powder, if needed.
6. Combine the rice and the beans together. Stir well. Garnish with the diced tomatoes and chopped cilantro, if desired.

Simple Broccoli Quiche

Makes 6 servings

2 9-inch frozen deep-dish pie crusts	6 large eggs
2 T. extra virgin olive oil	4 large egg yolks
2 medium yellow onions, diced	2 c. half & half
4 c. fresh broccoli florets, chopped	1 t. salt
12 oz. sharp white cheddar cheese, shredded	2 t. freshly ground black pepper

Directions:

1. Place oven rack in middle position, place large cookie sheet on rack and preheat to 375°.
2. Remove pie crusts from freezer and let stand for a couple minutes. Pierce crusts with fork before baking on cookie sheet for 9-11 minutes.

3. While the crust bakes, heat olive oil in a large skillet. Add onion to skillet and cook until they are translucent, 6-8 minutes.
4. When finished baking, remove pie crusts from oven and add broccoli florets and cheese to them.
5. In medium bowl, whisk together eggs, yolks, half & half, salt, and pepper. Pour mixture evenly into both pie crusts.
6. Bake on pre-heated cookie sheet for 35-40 minutes or until quiche is set and a knife in the center comes out clean. Move quiche to wire rack and allow to cool for 15 minutes before serving.

Blueberry Creamsicles

Makes 6 servings

2 c. fresh or frozen blueberries
2 c. plain Greek yogurt
2 T. honey or agave syrup

You will also need:

Popsicle molds
Food processor or blender

1. Blend the blueberries, yogurt, and sweetener in your food processor or blender until it has a smoothie-like consistency. Taste and add more sweetener, if needed.
2. Pour or spoon your blueberry mixture into Popsicle molds and stick them in the freezer for 6 hours or until frozen.
3. To release from molds, run under hot water briefly. Serve immediately.

