

# Tradishen

Real food for real people.

Vegetarian Plan,  
3-21-16 to 3-25-16

\*Serves 4\*

## Monday -- Sun Dried Tomato Pasta

- \*2 tbsp. olive oil
- \*1 medium yellow onion, chopped
- \*2 - 3 cloves garlic, minced
- \*2 zucchinis, chopped
- \*1 oz. sun dried tomatoes, diced
- \*2 cups fresh tomatoes, diced
- \*1 tsp. basil
- \*1/2 tsp. sat
- \*1 lb. whole wheat spaghetti

Step 1: Set a pot of water to boil, and cook pasta according to package directions.

Step 2: In a frying pan, add olive oil, onion, and garlic over medium heat and cook 2 - 3 minutes.

Step 3: Add zucchini, tomatoes, and spices. Simmer on low for 10 - 15 min.

Step 4: Serve sauce over squash (combed out of the skin) with optional chopped, fresh basil leaves.

## Tuesday -- Veggie Wraps with Sweet Potato Fries

- \*1 medium yellow onion, sliced
- \*1 large green pepper, sliced
- \*8 oz. cremini mushrooms, sliced
- \*3 - 4 tbsp. butter or coconut oil
- \*1 tsp. parsley, salt to taste
- \*1 recipe pitas
- \*1 4 slices Provolone cheese (optional)
- \*3 large sweet potatoes
- \*3 tbsp. coconut oil
- \*Cinnamon

Step 1: Melt butter or coconut oil in a large frying pain. Add onion, pepper, and mushrooms and sprinkle with parsley and salt. Cook until soft.

Step 2: Put filling into pitas, and top with cheese (if using). Add lettuce, tomato, mayo, or other desired toppings.

Step 3: While veggies are cooking, peel and slice sweet potatoes thinly.

Step 4: Toss sweet potatoes with 1 tsp. cinnamon and melted coconut oil. Bake at 400 for 20 - 25 min.

## Wednesday -- Broccoli Cheddar Soup with Tossed Salad

- \*1 medium yellow onion, diced
- \*1 leek, thinly sliced
- \*1 lb. broccoli, chopped
- \*2 medium carrots, julienned or shredded
- \*4 c. veggie stock
- \*4 tbsp. flour
- \*2 c. milk (or coconut milk)
- \*1 c. shredded cheddar (or Daiya 'cheddar')
- \*1 tsp. ground mustard powder
- \*1 head Romaine lettuce
- \*Favorite salad toppings (tomato, onion, pepper, carrot, etc.)

Step 1: Melt some butter or coconut oil in a large soup pot. Add onion, leek, and carrots and cook until soft.

Step 2: Add broccoli and veggie stock. Cook 10 min. or until tender.

Step 3: Mix flour and milk in a measuring cup. Pour into soup and stir until thickened. Add cheese and stir until melted.

Step 4: Put together tossed salad. Serve the meal.

## Thursday -- Quinoa Pilaf with Roasted Asparagus

- \*2 cups quinoa
- \*4 tbsp. butter or coconut oil
- \*3 - 4 cloves garlic
- \*1 tsp. salt, parsley
- \*1 red bell pepper, diced
- \*2 carrots, chopped or shredded
- \*2 c. diced tomatoes
- \*3 c. veggie stock or water
- \*1 lb. asparagus
- \*2 - 3 tbsp. avocado oil
- \*1 tsp. salt

Step 1: In a medium frying pan, melt butter or coconut oil. Add quinoa and toast for 2 - 3 minutes, until lightly brown.

Step 2: Add veggies and spices, then veggie stock. Cover and cook 15 - 20 minutes or until quinoa is cooked. (Add 1/2 tsp. each basil, oregano, and onion powder to pump up the flavor.)

Step 5: Toss asparagus with oil and salt, roast for 10 - 15 min. at 400.

Step 6: Serve.

## Friday -- Black Beans with Pina Colada Smoothie

- \*1 lb. black beans
- \*1 small yellow onion, diced
- \*1 tsp. each cumin, oregano, chili powder, salt
- \*1 avocado
- \*1 medium tomato
- \*1/2 bunch cilantro
- \*2 c. coconut milk
- \*1 to 1 1/2 c. frozen pineapple

Step 1: Soak black beans overnight (or all day) with warm water and baking soda.

Step 2: Rinse beans, and add to a large pot with cumin, oregano, chili powder, and onion. Cover with water (about 4 c.), cook on low for one hour.

Step 3: Just before beans are tender, stir in salt. Top with avocado, chopped cilantro, and tomato. Serve with organic corn chips if desired.

Step 4: 5 min. before beans are done, add coconut milk and pineapple to a blender, and blend until smooth. Serve.

## Breakfast Ideas

- \*Scrambled eggs with cheese
- \*Green smoothie (2 apples, 1/2 bunch kale, 2 celery stalks, 1/2 avocado, 1 lemon, 1 c. water or coconut milk)
- \*Granola (1/2 c. butter, 1/2 c. honey, 1 tsp. cinnamon, 2 c. oats, 2 tbsp. each nuts, seeds, dried fruit [up to 3, your choice])
- \*Yogurt with blueberries
- \*English muffin with almond butter

## Lunch Ideas

- \*Grilled cheese sandwiches with celery sticks
- \*Pita pizzas (recipe on Tradishen)
- \*Tomato soup
- \*Pasta tossed with diced tomatoes and olive oil
- \*Tossed salad with avocado slices

## Snack Ideas

- \*Apple with peanut or almond butter
- \*Mini sweet peppers with hummus
- \*Cheese slices and crackers
- \*Graham crackers with peanut butter and honey
- \*Pita with hummus and veggies

## Dessert!

- \*Easy chocolate pudding

### Produce

- \*4 medium yellow onions
- \*1 red onion
- \*1 bulb garlic
- \*2 zucchinis
- \*6 large tomatoes
- \*1 green bell pepper
- \*1 head Romaine lettuce
- \*1 avocado
- \*1/2 bunch cilantro

- \*1 cucumber
- \*1 lb. broccoli
- \*3 large sweet potatoes
- \*8 oz. mushrooms
- \*1 leek
- \*1 red pepper
- \*4 carrots
- \*1 lb. asparagus
- \*1 1/2 c. frozen pineapple

### Pantry

- \*2 tbsp. olive oil
- \*2 c. quinoa
- \*2 c. coconut milk (or 4 c. if no dairy)
- \*9 tbsp. coconut oil

- \*1 lb. whole wheat spaghetti
- \*1 lb. black beans
- \*7 c. vegetable stock
- \*1 oz. sundried tomatoes

### Dairy

- \*1 c. cheddar (or Daiya)
- \*1 stick butter
- \*2 c. milk (if using)

### Staples

- \*Cumin
- \*Bay leaves
- \*Onion powder
- \*Parsley

- \*Ground mustard
- \*Oregano
- \*Chili powder
- \*Basil

### Bonus Recipe

Use extra quinoa, leftover tomato, onions, cumin, chili powder and water to make a simple Mexican quinoa. Add avocado to serve.