



JULETTE KENTISH – ACCREDITED PRACTISING DIETITIAN WWW.MYFOODPLAN.COM.AU

OVOLACTO VEGETARIAN RECIPES©

TOMATO AND CHEESE OMELETTE

Prep time: 10 minutes

Ingredients: serves 1

Non-stick cooking spray
2 eggs
2 tbsp. skim milk
1 tbsp. onion, chopped
2 tbsp. red tomato, diced
1 tbsp. cheddar cheese

1. Spray a skillet with non-stick cooking spray.
2. Heat the skillet on low heat.
3. Whisk eggs and milk until they start to foam, approximately 3 minutes.
4. Pour the beaten eggs into the pan and cover the pan.
5. Cook over medium-low heat for about 4 minutes, until bottom is golden brown and top is set.
6. Sprinkle cheese, onions, and tomato over the top.
7. Fold omelette in half with a spatula.
8. Cook for about 1 more minute.
9. Remove from skillet and serve.



Variations and suggestions:

Try a variety of ingredients in the omelette (such as spinach, peas, capsicum, mushrooms) Alternatively make in little mini-muffin pans and bake – then take to school. Serve with a piece of toast.

VEGETABLE LASAGNA

Prep time: 80 minutes

Ingredients: Serves 10

1 lb. zucchini
1 lb. squash
¼ tsp. Italian seasoning
¼ tsp. black pepper
2 c. tomato pasta sauce
16 oz. low-fat cottage cheese
2 egg yolks
1/3 c. Parmesan cheese
2/3 c. seasoned bread crumbs
2 c. mozzarella, part-skim
3 c. spinach
1 c. fresh basil
Non-stick cooking spray

This recipe may take a bit of time to cook, but it's well worth it. The energy is reduced because zucchini and squash are used in this recipe instead of pasta. Use pasta for added vitamins & minerals. You could use traditional lasagne sheets, or put a layer of cooked pasta (bows, macaroni, penne etc.) instead of a veggie layer.

Directions:

1. Heat oven to 425° F (218° C).
2. Coat two baking pans with non-stick cooking spray.
3. Cut all squash and zucchini lengthwise in half. Then, cut each half lengthwise into slices about 1/4 inch thick.
4. Spread squash and zucchini on pans in single layer and season with Italian seasoning.
5. Bake for 25 minutes, turning over once halfway through baking.
6. Remove from oven and set aside. Reduce oven temperature to 375° F (190° C).

7. In a large skillet, heat pasta sauce over medium-high heat. Mix trimmed spinach into the pasta sauce.
8. In a food processor, combine cottage cheese, basil, egg yolks, and 2 tablespoons of Parmesan cheese. Blend until all ingredients are combined and smooth.
9. **Assembly:** Sprinkle 2 tablespoons of bread crumbs over the bottom of a 13x9x2 inch baking pan. Cover the bottom of the dish with half of the zucchini and squash slices. Next, spread cottage cheese mixture over the squash and zucchini slices. Sprinkle with 3 tablespoons of bread crumbs. Top with remaining zucchini slices. Sprinkle with the remaining 3 tablespoons of bread crumbs. Pour pasta sauce evenly over the top. Sprinkle mozzarella cheese evenly over the top. Sprinkle with the remaining 2 tablespoons of Parmesan cheese.
10. Bake for about 35 minutes. Cheese should be browned and bubbling. Let stand for 10 to 25 minutes before serving.

Variations and suggestions:

Add other vegetables to the sauce, such as onions and red pepper. Make it for dinner tonight and freeze the leftovers for another night.

HUMMUS

Prep time: 5 minutes

Ingredients: **Serves:** 6

- 15-oz/400g. can garbanzo beans/chickpeas, drained, liquid reserved
You can use any bean but a light coloured bean works best.
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tbsp. olive oil
- ½ tsp. black pepper



Directions:

1. Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor.
2. Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved.

Variations and suggestions:

If you don't have a food processor, try using a blender. Serve with warm slices of pita bread. Refrigerate the leftovers. Make extra, and put them in the lunch box for school or work the next day.

VEGETABLE FRITTERS

Prep Time: 20 minutes

Cooking Time: 30 minutes

Basically a savoury, vegetable pikelet – delicious for lunch.



Ingredients Serves: 4

2 potatoes (400g)
1 carrot (150g)
2 zucchinis (360g) grated
125g can corn kernels, drained
1 onion, chopped
1/2 cup (75g) self-raising flour
1/2 tsp salt
1/4 cup chopped continental parsley
3 eggs, separated
2 tbs olive oil

Method

1. Peel potatoes and carrot. Grate into a bowl. Add zucchini, corn, onion, flour, salt, parsley and egg yolks into a bowl. Stir to combine.
2. Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.
3. Heat a large pan over medium heat. Add a little oil. Add 1/3 cup of the mixture and cook for 5 minutes. Cook 4 at a time. Turn and cook for a further 5-8 minutes. Repeat.

Notes: Serve with green salad and sweet chilli sauce or beetroot dip (1/2 tin drained beetroot, pureed in food processor or stick blender with low fat sour cream, smooth ricotta or low fat natural yoghurt) or yoghurt dressing (lemon juice, natural yoghurt & .grated cucumber)

ARANCINI (ITALIAN RICE BALLS) Serves 6

Ingredients:

2 eggs
2 cups cooked rice
4 oz. mozzarella cheese, cut in 1/2-inch cubes (about 1 cup)
3/4 cup seasoned bread crumbs
2 Tablespoons olive oil



Method:

1. Line a baking sheet with parchment paper.
2. Beat eggs lightly with fork. Add the rice and stir gently but thoroughly.
3. Take 1 tablespoon of the mixture, place a cube of mozzarella in the middle and then top with another tablespoon of rice. Shape into a ball and roll in the breadcrumbs. Place on parchment-lined baking sheet. Repeat with the rest of the rice mixture.
4. Refrigerate pan of rice balls for at least 30 minutes.

5. Meanwhile, preheat oven to 425°F. Drizzle 2 tablespoons of olive oil over rice balls.
6. Bake in the preheated oven for 20 to 25 minutes, or until golden brown. Serve with warm tomato-vegetable pasta sauce.

(Adapted from Always on Sunday, Recipes From an Italian Childhood by Marcia Russotto)

Alternatively, make a small mixture of cooked, diced zucchini, onion & pumpkin – cool then add feta or mozzarella cheese. Make into a small ball then wrap rice mixture around it. Cook according to instructions above. You can make these as big as you like. Once “cooked”, serve warm or have cold for lunch or as an afternoon snack.

VEGETABLE SAMOSAS

You can make the pastry/wrapper yourself using the recipe below. I have brushed this with oil or sprayed with oil and baked in the oven for a lower fat version, alternatively you could make a puff pastry version using regular frozen pastry or you can use filo – but this is extra flaky but delicious. These can be eaten warm with salad, frozen and reheated in the microwave then toasted off on the oven, or cold for lunch at school.

The filling is a basic mixture. I tend to chop up vegetables first. Onion & potato is a must in these triangles. Other vegetables can be whatever you have at home – I tend to go with one veggie of every colour – such as “orange” sweet potato/pumpkin cut into small cubes about the size of a dice, “green” can be peas, zucchini or broccoli - I tend to add 2 greens to my mix). To this, I also add lentils/beans (tinned, washed & drained is fine, I quite like orange lentils or chickpeas).

Fry the onion, and potato in oil/spices or to be easy, use a ready-made Indian spice paste e.g. patak's curry pastes. These are spices in oil, that are actually quite authentic and you can add more or less for flavour. In general, for 3 cups of vegetables I would try 1 tablespoon of paste in the frypan. Sauté the vegetables, until flavours start to disperse, then add a little water to help them cook and soften until the potato is just starting to break up. Alternatively you could part cook the vegetables (hard ones such as potato etc.) before adding to the pan with the paste. If you want to, you could try making your own spice mix using the recipe below.

Once mix has cooked leave to cool slightly. Using the pastry or dough, cut a big triangle, into the centre, put 1 spoon or mix, fold the edges over and push down to make sure it won't escape. Put to the side. When finished, fry in small batches or spray with oil and oven cook.

When cooked, serve with a salad & yoghurt dressing or sweet indian chutney/jam. Tip: don't add too much filling to your samosa as it is hard to fold over.

Puff pastry or filo or make your own using:

- 2 cups all-purpose flour
- 1/2 tsp salt
- 2 tbsp vegetable oil



3/4 cup warm water

Make your veggie mix using the suggestions above or use the suggestions below.

2 1/2 cups peeled and diced potatoes, cut into ½-inch pieces

1 tbsp fennel seed

1 tbsp cumin seed

2 tsp coriander seed

3 tbsp vegetable oil

1/2 cup finely diced onion

2 cloves garlic, minced

1 inch fresh ginger, peeled and grated

1 pkg (1 lb), frozen chopped spinach, thawed and excess juices squeezed out

1/2 cup frozen peas, thawed

salt and pepper

vegetable oil for frying'

Traditional method:

1. For dough, combine flour and salt. Stir in oil, then stir in warm water. Turn dough out onto a lightly floured work surface and knead until dough is elastic, about 5 minutes. Cover and set aside while preparing filling.

Filling

2. Boil potatoes uncovered in salted water until tender, then drain well and set aside.
3. In a large sauté pan, toast fennel, cumin and coriander seeds for 2 minutes (until a fragrance is noticeable). Add oil, then onion and sauté for 4 minutes, until onion is translucent. Add garlic and ginger and sauté one minute more. Stir in spinach, peas and cooked potatoes, mashing lightly to combine and warm, then season to taste. Let filling cool.

Making the samosa:

1. To assemble samosas, divide dough into 12 equal portions and shape each portion into a ball. On a lightly floured surface, roll out 1 ball into a 6-inch circle. Cut circle in half. Fold 1 corner of semicircle up and over middle. Fold second corner over to make triangle, and pinch corners of triangle to seal (leave rounded side open). Hold triangle in your hand with open rounded side facing up and let dough fall open to make cone. Fill cone with approximately 2 tablespoons potato mixture, then pinch along rounded side to seal.
2. Repeat with remaining dough and filling. Cover and chill samosas until ready to cook.
3. Fill a pot with 2-inches of oil (make sure oil fills pot not more than halfway) and heat to 350 F. With tongs, place samosas in oil, leaving an inch between them, and cook until golden brown, about 4 minutes. Turn over and cook other side until brown, then remove onto a paper-towel lined plate to drain.

TIP: Alternately, the samosa can be brushed with an egg-wash and baked at 375 °F on a parchment-lined baking tray for 30 minutes.

EASY-COOK VEGETARIAN RISOTTO (CREAMY RICE)

Cooking time: <30 mins

Risotto is easily made, can be frozen and is easy to use as a side dish, packed and baked into a whole or half capsicum (topped with cheese and grilled) or include other meat/flavours at the last minute before serving. When vegetarian, it is easy to add extra non-meat protein, include plenty of mushrooms, and towards the end, peas, green beans, cheese, tofu/soy and butter beans. I tend to add far more vegetables than is suggested in this recipe – the general rule is add the hard vegetables (such as diced celery, capsicum, carrot, zucchini) before the softer versions, frozen peas, broccoli, spinach). When adding extra vegetables, you will need to add extra fluid (stock) unless you have cooked them before adding to the risotto.



INGREDIENTS Serves 4

1 tablespoon olive oil
4 classic soy rashers, coarsely chopped (leave out if desired and add butter beans at the end)
1 medium onion, finely chopped
2 garlic cloves, crushed
100g button mushrooms, thinly sliced
2 cups Arborio rice
1 cup white wine (optional)
5 cups hot vegetable stock (vegetable stock either powdered in water or ready-made)
40g butter, chopped
¼ cup finely chopped fresh flat-leaf parsley (although any herbs do well here)
½ cup shaved parmesan cheese

Method:

1. Heat half the oil in a large saucepan on medium. Cook soy rashers until crisp. Drain on paper towel and set aside.
 2. Heat remaining oil in the same saucepan on high. Sauté onion, garlic for 1-2 minutes until tender. Add mushrooms and cook, stirring, for 2-3 minutes until just soft.
 3. Stir rice through and cook for 1 minute. Add wine and cook, stirring, until wine has been absorbed.
 4. Blend in ½ cup of stock. Cook, stirring, until stock has been absorbed. Repeat with remaining stock until all the stock has been absorbed and rice is tender.
 5. Remove from heat and stir in butter, parsley, soy rashers and season to taste. Serve risotto sprinkled with cheese.
- Top tip:** You could substitute the soy rashers with bacon or chicken. Chicken stock could be used instead of vegetable stock if not making a vegetarian option.

MUSHROOM STROGANOFF

Use this as a base for the meal. Add butter beans towards the end if you want to add extra protein for the meal. Meat-eaters should be able to quickly fry some strips of beef, then add them to their portion towards the end.

Ingredients: Serves 4

180g dried fettuccine
160g carton light dairy sour cream
2 tablespoons all-purpose flour
3/4 cup water
1 vegetable bouillon cube, crumbled
1/4 teaspoon black pepper
2 medium onions, cut into thin wedges
2 tablespoons butter or margarine
4-1/2 cups (about 12 ounces) sliced mushrooms (such as shiitake [stems removed], button, and/or crimini)
1 clove garlic, minced
Snipped fresh chives

Method:

1. Cook fettuccine according to package directions. Drain; keep warm. In a small bowl stir together the sour cream and flour. Stir in the water, bouillon, and pepper. Set aside.
2. In a large skillet cook onions in hot butter about 5 minutes or until onions are tender, stirring frequently. Stir in mushrooms and garlic. Cook and stir about 5 minutes more or until vegetables are tender. Remove mushroom mixture from skillet and add to drained pasta; keep warm.
3. Wipe out skillet. Stir the sour cream mixture into the skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Pour the sour cream mixture over the pasta and mushroom mixture, stirring gently to coat. To serve, sprinkle with chives.

NUTRITION REQUIREMENTS

Main points:

- To be a Healthy vegetarian, you need to include a range of protein sources and make sure you are accurately getting the right amount of nutrients for good health & growth. Vegetarians generally are deficient in protein, zinc, calcium, iron and vitamin B12 and omega 3 oils. Have vitamin/minerals every day. Email or write to Julette with Brands & Doses.
- Include protein foods at least twice a day and dairy at least 3 serves per day.
- Many cereals are fortified (have added) calcium, iron & zinc and are useful to include. You may need to include fruit or a small juice with it to boost the iron and zinc absorption.