



# Made From Scratch

## Vegetarian Dishes

As the garden season slowly comes to an end, it is time to use those fruits and vegetables. Check out these vegetarian dishes for your next meal.

### Chickpeas and Spinach Sauté

#### Ingredients:

- 1 tbsp. vegetable oil
- 1 yellow onion (peeled and chopped)
- 1 clove garlic (peeled and chopped)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 can (14.5 oz) low-sodium diced tomatoes (including liquid)
- 1 can (16 oz) low-sodium chickpeas (drained and rinsed with cold water)
- 1/4 c. water
- 1 package (10 oz) frozen spinach (kale can be used instead of spinach)
- 1 teaspoon fresh lemon juice (or red vinegar)
- 1/4 teaspoon crushed red pepper flakes

#### Instructions:

1. Put a skillet on the stove on medium-high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery, and carrot, and cook for about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, chickpeas, and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.



**Nutrition facts** | Servings: 4 | Serving size: 1 1/4 cups

**Calories:** 193 | **Fat:** 7 g | **Saturated Fat:** 1 g | **Fiber:** 10 g | **Carbs:** 28 g | **Protein:** 10 g | **Sodium:** 256 mg

**Note:** This recipe calls for chickpeas and spinach but any combination of beans and greens will work.

### Instant Pot Vegetarian Thai Mushroom Soup

#### Ingredients:

- 8 oz sliced mushrooms, preferably cremini (baby bella)
- 2 c. frozen pepper and onion blend
- 1 can (15 oz) no-salt-added chickpeas (rinsed and drained)
- 1 can (14.5 oz) no-salt-added diced tomatoes
- 1/2 c. water
- 1 tbsp siracha
- 1/2 tsp. ground cumin
- 1 1/2 c. lite coconut milk
- 1/2 c. chopped fresh cilantro
- 1 tbsp. sugar
- 1 tbsp. grated fresh ginger
- 1/2 tsp. salt

#### Instructions:

1. Combine the mushrooms, frozen vegetables, chickpeas, tomatoes, water, sriracha, and cumin in the multicooker pot.
2. Seal the lid and close the valve. Select *manual* and cook for 8 minutes. Use a quick pressure release.
3. When the valve drops, carefully remove the lid and stir in the remaining ingredients. Let sit for 5 minutes to allow the flavors to blend. Serve warm.



**Nutrition facts** | Servings: 4 | Serving size: 1 1/2 cups

**Calories:** 240 | **Fat:** 7 g | **Saturated Fat:** 4.8 g | **Fiber:** 7 g | **Carbs:** 35 g | **Protein:** 12 g | **Sodium:** 440 mg

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Cucumber Blueberry Salad

### Ingredients for the vinaigrette:

- 1 1/2 tsp. extra virgin olive oil
- 2 tbsp. white balsamic (or other) vinegar
- 1 tbsp. lime juice, fresh or bottled
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/8 tsp. pepper

### Ingredients for salad

- 1 c. fresh blueberries
- 1 medium cucumber (cut into small chunks)
- 4 c. fresh arugula
- 1/4 medium red onion (thinly sliced)
- 1/4 c. reduced-fat Feta cheese
- 2 tbsp. coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread



### Instructions:

1. In a small bowl whisk together the vinaigrette ingredients.
2. In a large bowl mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to the salad and toss.
4. Toast bread then cut it into four pieces.

**Nutrition facts** | Servings: 4

**Calories:** 212 | **Fat:** 10 g | **Saturated Fat:** 3 g | **Fiber:** 4 g | **Carbs:** 24 g | **Protein:** 7 g | **Sodium:** 368 mg

**Did you know?** Feta is lower in fat than many other cheeses and is considered a reasonable option to eat in moderation. Because it's not traditionally made from cow's milk, rather milk from sheep and goats, it's also easier to digest.

## Fall Veggie Casserole

### Ingredients:

- 5 1/2 c. eggplant (1 medium eggplant)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 3 tbsp. vegetable oil
- 1 clove garlic
- 2 tbsp. parmesan cheese (grated)

### Instructions:

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the parmesan cheese and serve.



**Nutrition facts** | Servings: 8 | Serving size: 1/8 of recipe

**Calories:** 86 | **Fat:** 6 g | **Saturated Fat:** 1 g | **Fiber:** 3 g | **Carbs:** 8 g | **Protein:** 2 g | **Sodium:** 313 mg