

## **Culinary Comfort Class**

**October: Vegetarian Meals**

### **Menu**

**Fresh Greens with Roasted Beets, Haricots Verts & Goat Cheese Croutons**

**Creamy Butternut-Leek Bisque**

**Vegetarian Stuffed Peppers**

**Lemon Pepper Vegetables**

**Cherry Parfait**

**Citrus Sparkler Beverage**

## **Fresh Greens with roasted beets, haricots verts, goat cheese croutons**

### **Ingredients:**

#### **Vinaigrette:**

¼ cup sherry vinegar  
2 Tbsp. Finely chopped shallots  
½ tsp. Chopped fresh thyme  
¼ cup olive oil  
Fresh black pepper to taste

#### **Salad:**

3 red or golden beets, roasted & peeled  
1 Tbsp. Olive oil  
1 baguette  
9 oz. goat cheese in log shape  
¼ tsp. Herb de Provence  
¼ tsp. Chopped fresh Thyme  
1/8 tsp. Coarsely ground black pepper  
6 cups lightly packed mixed greens  
½ # haricots-verts, trimmed, shocked in cold water & drained  
1/2 cup Nicoise or other good-quality black olives

#### **Make the vinaigrette:**

In a small bowl, whisk together the vinegar, shallots & thyme.  
Add the olive oil, in a slow stream, whisking to emulsify. Season with pepper.

#### **Prepare the salad:**

Heat the oven to 400 degrees F. Rub the beets with olive oil, put them on a parchment paper lined baking dish and roast until fork tender, about 60-80 minutes. When cooled, peel off the outer skin & slice the beets into ¼ inch rounds.

Cut the baguette into 12 slices, about ½ inch rounds. Toast under the broiler until light golden brown on one side, turn them over & lightly brown the other side.

Cut goat cheese into 12 slices. Top each baguette slice with goat cheese & seasoning. When ready to serve, heat oven to 400 degrees & bake the bread/cheese. Arrange salad on plates & serve with bread/cheese. Toss with vinaigrette. Serve.

## **Creamy Butternut-Leek Bisque**

### **Ingredients:**

2 Tbsp. Olive oil  
2 ½ cups sliced leek (about 2 large leeks)  
½ cup quinoa, uncooked, rinsed & drained  
3 cups water  
2 (12 oz.) pkg. pre-chopped fresh butternut squash  
3 Thyme sprigs  
1 bay leaf  
½ tsp. Ground white pepper  
1 cup plain yogurt, Greek & divided  
6 Tbsp. Sliced almonds, toasted  
3 Tbsp. Chopped fresh flat leaf parsley

### **Directions:**

Heat oil in a Dutch oven over medium. Add leeks, cook, stirring often, until tender, about 5 minutes. Add quinoa, cook, stirring constantly until toasted, about 3 minutes. Add water, squash, thyme, bay leaf, & pepper. Increase heat to high & bring to a boil. Cover & reduce heat to low & cook until squash is very tender, about 15 minutes. Discard thyme & bay leaf. Pour squash mixture into a blender & blend. Process until smooth. Ladle soup into bowls & top with remaining yogurt & almonds. Sprinkle with parsley.

Serves: 8

Calories: 228, Fat: 9g, Protein: 8 g, CHO: 3 g, Fiber: 5 g, Sodium: 250 mg

## Vegetarian Stuffed Peppers

### Ingredients:

4 bell peppers (assorted colors)  
1 (15 oz.) black beans, drained & rinsed  
½ cup shredded Mexican cheese blend  
½ cup cooked brown rice  
1 (4 oz.) can chopped green chilies  
1 tsp. Chili powder  
½ tsp. Ground cumin  
¼ cup hot sauce  
½ cup fresh corn, kernels removed

### Directions:

Wash each bell pepper well & then carefully cut the tops off each bell pepper. Remove the seeds & membrane from the pepper while leaving the pepper whole.

In a large mixing bowl, mix together the rest of the ingredients: black beans, cheese, salsa, rice, green chilies, corn & seasonings.

With a spoon, fill each pepper to the brim with the mixture. Place into a baking dish and bake for 45 minutes to 1 hour. Serve with hot sauce, salsa, sour cream & guacamole if desired.

Calories: 325, Fat: 6 g, Fiber: 14 g, CHO: 57 g, & protein: 15 g.

## Lemon Pepper Vegetables

### Ingredients:

3 cups fresh vegetables: broccoli, cauliflower, & carrots, cut up  
4 Tbsp. Low sodium vegetable broth  
1 tsp. Dry mustard  
1 tsp. Lemon zest  
Freshly ground black pepper  
Lemon wedges

### Directions:

In a n extra large skillet, cook vegetables in broth over medium heat for 6 to 8 minutes, stirring occasionally & add water as needed. (1 to 2 Tbsp.)

Sprinkle with dry mustard & lemon zest. Toss to mix well.

Cook 2-3 minutes or until tender.  
Season with pepper.  
Serve with lemon wedges.

## Cherry Parfait

### Ingredients:

2 Tbsp. Water  
1 cup fresh or frozen cherries (pits removed), halved  
½ cup plain yogurt, non-fat  
2 tsp. Vanilla extract  
Pinch of ground cinnamon  
2 Tbsp. Rolled oats, toasted

### Directions:

Combine water & cherries in a medium saucepan & bring to a boil.  
Reduce heat & simmer uncovered, about 2 minutes. Cool.  
Meanwhile combine yogurt, vanilla extract & cinnamon in a small bowl,

Divide half the cherry mixture between two ½ cup glasses. Top with half of the yogurt, then remaining cherry mixture & yogurt, repeat.  
Sprinkle with oats just before serving. May add drizzle of honey if desired.