

vegetarian

times

Quick & Easy Dinners



8

delicious recipes that take
less than 30 minutes



At ***Vegetarian Times***, we love to cook—but that doesn't mean we want to spend every minute of our free time in the kitchen. So we're always on the lookout for quick recipes that taste time-consuming but really (secretly...when it comes to having guests over) take less than half an hour.

The following eight recipes are some of our all-time favorites. They're easy, innovative (making cheese fondue in a microwave! Using Mexican flavors for pasta!), and so good you'll want to make them again and again.

Enjoy!

8 of our all-time favorite recipes



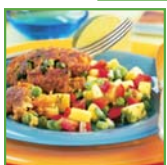
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Easy to double, this recipe makes a quick, fun meal for the whole family. Dipping in veggies as well as bread cubes makes fondue a healthier treat. Can't find Gruyère or Emmentaler cheeses? Just substitute a high-quality Swiss or Jarlsberg. The flavor will be milder, but just as tasty.



Super-Fast Fondue with Steamed Veggies

Serves 4



30 minutes or less

INGREDIENTS

Steamed Vegetables

8 baby potatoes

8 baby carrots

8 medium asparagus spears, tough ends trimmed, remainder cut in half

8 cauliflower florets

Fondue

2 Tbs. all-purpose flour

1/2 cup low-sodium vegetable broth

1/2 lb. Gruyère or Emmentaler cheese, grated or cubed (3 cups)

1 clove garlic, cut in half

Pinch nutmeg

8 2-inch chunks crusty bread

DIRECTIONS

1. To prepare Steamed Vegetables: Place potatoes on microwave-safe plate, cover with plastic wrap and microwave on high 1 minute. Arrange other veggies on plate. Cover veggies with plastic wrap and heat on high 4 minutes, or until tender.

2. To make Fondue: Measure flour into microwave-safe bowl. Stir in broth gradually to prevent lumps. Add cheese and garlic. Cover, and microwave on high 2 minutes. Stir, then cook 2 to 3 minutes more, or until smooth and no cheese lumps remain. Remove garlic pieces, and stir in nutmeg. Serve immediately with bread chunks and steamed vegetables.

PER SERVING: 391 CAL, 22G PROT, 19G TOTAL FAT (11 SAT. FAT), 31G CARB, 61MG CHOL, 350MG SOD, 3G FIBER, 5G SUGARS



SHOPPING LIST

8 baby potatoes

8 baby carrots

8 asparagus spears

1 head cauliflower

All-purpose flour

Low-sodium vegetable broth

1/2 lb. Gruyère or Emmentaler cheese

Garlic

Nutmeg

1 loaf crusty bread

There's no better way to showcase ripe, juicy tomatoes than with this sauce. Seeding the tomatoes takes only a minute or two and makes all the difference. It keeps the sauce sweet—the seeds can be slightly acidic—and prevents it from becoming watery.



Fettuccine with Basil-Tomato Sauce

Serves 6



30 minutes or less

INGREDIENTS

- 2 1/2 lbs. ripe tomatoes, seeded and diced
- 2 Tbs. brown rice syrup
- 2 Tbs. balsamic vinegar
- 2 Tbs. thinly sliced basil
- 1 Tbs. chopped chives
- 1 Tbs. minced Italian parsley
- 2 cloves garlic, minced (about 2 tsp.)
- 1 lb. fettuccine
- Basil sprigs, for garnish

DIRECTIONS

1. Combine tomatoes, rice syrup, vinegar, basil, chives, parsley, and garlic in large serving bowl. Season to taste with salt and pepper.
2. Cook pasta according to package directions; drain.
3. Toss pasta with sauce. Season to taste with salt and lots of freshly ground black pepper. Garnish with basil sprigs, and serve.

PER SERVING: 343 CAL, 11G PROT, 1G TOTAL FAT, 69G CARB, 215MG SOD, 4G FIBER, 12G SUGARS



SHOPPING LIST

- 2 1/2 lbs. ripe tomatoes
- Brown rice syrup
- Balsamic vinegar
- Fresh chives
- Italian parsley
- Garlic
- 1 lb. fettuccine
- Fresh basil for garnish

This Caribbean-style entrée is easy enough for weeknights, elegant enough for company. Jerk seasoning is a Jamaican spice mix that can add spicy flavor to roasted vegetables and baked tofu as well.

INGREDIENTS

Pineapple Salsa

- 2 cups diced fresh pineapple (about 1/2 pineapple)
- 1/2 cup diced red bell pepper
- 1/3 cup chopped cilantro or mint
- 1/4 cup chopped green onions (about 4)
- 1/4 cup minced jalapeño chiles
- 1/4 cup fresh lime juice
- 1 tsp. brown sugar
- Pinch of salt

Jamaican Vegetable Patties

- 2 to 3 Tbs. vegetable oil
- 1 1/2 cups chopped onion
- 3 cloves garlic, minced
- 3 Tbs. jerk seasoning
- 1/2 tsp. salt
- 4 cups grated carrots
- 2 cups frozen peas, thawed
- 1 1/2 cups breadcrumbs
- 3 large eggs
- 1/2 cup nonfat milk



Jamaican Vegetable Patties

Serves 6



30 minutes or less

DIRECTIONS

1. To make Pineapple Salsa: Combine all ingredients; mix well. If making ahead, cover, and refrigerate. Serve at room temperature.
2. To make Jamaican Vegetable Patties: Heat 1 Tbs. oil over medium-high heat in large nonstick skillet. Add onion and cook, stirring often, 2 to 3 minutes, until softened. Add garlic, jerk seasoning, and salt; cook, stirring often, 30 to 60 seconds, until fragrant. Stir in carrots. Cover, reduce heat to medium, and cook 5 minutes, or until carrots are tender. Stir in peas, and cook 1 minute more. Transfer mixture to large bowl, and fold in breadcrumbs.
3. Put eggs and milk in bowl, and whisk together. Stir into carrot mixture. Form into 12 3/4-inch-thick patties, using generous 1/3 cup mixture for each.
4. Heat 1 Tbs. oil over medium heat in large nonstick skillet. Add half the patties, and cook about 5 minutes on each side until golden. Transfer patties to plate; keep warm. Repeat, adding more oil to pan if necessary. Serve with salsa.

PER SERVING: 230 CAL, 9G PROT, 8G TOTAL FAT (1 SAT. FAT), 33G CARB, 105MG CHOL, 840MG SOD, 7G FIBER. 16G SUGARS



SHOPPING LIST

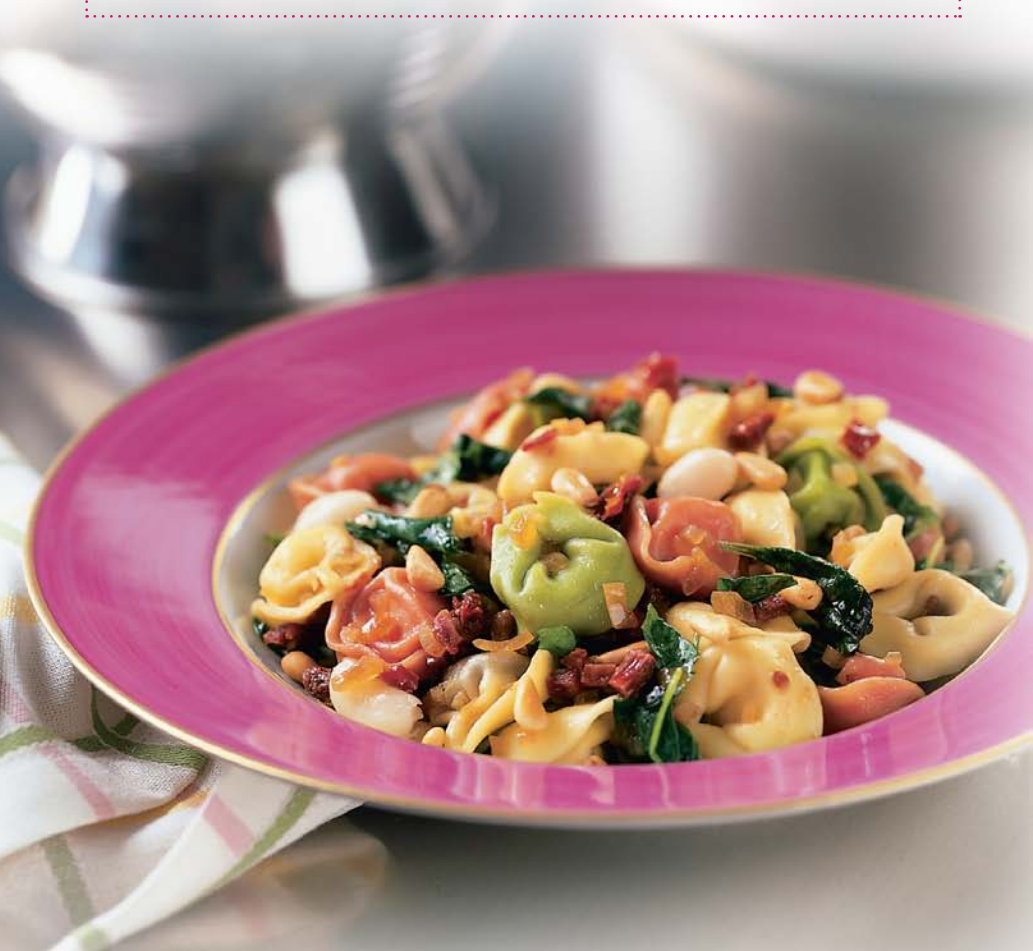
- Fresh pineapple (about 1/2 pineapple)
- 1 red bell pepper
- Fresh cilantro or mint
- Green onions
- 4 cups carrots
- 2 cups frozen peas
- 1-2 jalapeño chiles
- 1 lime, for juice
- Brown sugar
- Vegetable oil
- 2 onions
- Garlic
- Jerk seasoning
- 1 pkg. breadcrumbs
- 3 large eggs
- Nonfat milk

Peppery watercress and creamy cannellini beans team up for a light and luscious one-dish meal. If watercress is unavailable, 8 cups of fresh arugula or spinach may be substituted.



SHOPPING LIST

- 2 9-oz. pkgs. fresh cheese tortellini
- Oil-packed sun-dried tomatoes
- 4 shallots
- Garlic
- Crushed red pepper
- 4 bunches watercress
- Vegetable broth (or use pasta water)
- 2 15.5-oz. cans cannellini beans
- Pine nuts
- Grated regular or soy Parmesan cheese



Tortellini with Watercress, White Beans, and Pine Nuts

Serves 6



30 minutes or less

INGREDIENTS

- 2 9-oz. pkgs. fresh cheese tortellini
- 2 Tbs. oil-packed sun-dried tomatoes, finely chopped, plus 3 Tbs. of the oil
- 4 shallots, minced
- 4 cloves garlic, minced
- 1/2 tsp. crushed red pepper, or more to taste
- 4 bunches watercress, well rinsed and tough stems removed
- 1 cup vegetable broth or pasta water, or more as needed
- Salt and freshly ground black pepper to taste
- 2 15.5-oz. cans cannellini beans, drained and rinsed
- 1/4 cup toasted pine nuts
- Grated regular or soy Parmesan cheese, as desired

DIRECTIONS

1. Cook tortellini in large pot lightly salted boiling water, stirring occasionally, according to package directions. Drain, reserving 1 cup pasta water, if using instead of broth. Toss pasta with 1 Tbs. sun-dried tomato oil, and set aside.
2. Heat remaining oil in same pot over medium heat. Add shallots and garlic, and cook until softened, about 2 minutes. Stir in crushed red pepper.
3. Add watercress to pot with broth, sun-dried tomatoes, salt, and pepper. Cook until watercress is limp but still bright green, about 2 minutes. Stir in beans, and heat through for 1 minute. Add reserved pasta, and toss gently to combine.

Sprinkle with toasted pine nuts and cheese, and serve. Pass additional Parmesan at the table.

PER SERVING: 430 CAL, 19G PROT, 16G TOTAL FAT (3 SAT. FAT), 57G CARB, 15MG CHOL, 520MG SOD, 12G FIBER, 2G SUGARS

Right now, pomegranates are all the rage in culinary circles. This pasta is the perfect example of how a few pomegranate seeds can make a simple dish spectacular.



Udon Noodles with Walnuts and Pomegranates

Serves 4



30 minutes or less

INGREDIENTS

- 1 10.25-oz. pkg. dried udon noodles
- 1 lb. broccoli, cut into small florets (about 3 cups)
- 1 small red bell pepper, diced (about 1 cup)
- 2 Tbs. toasted walnut oil, divided
- 1 12-oz. pkg. extra-firm tofu, drained and cubed
- 2 cloves garlic, minced (about 2 tsp.)
- 1/4 cup chopped walnuts
- 1 Tbs. maple syrup
- 1 cup fresh pomegranate seeds
- 5 green onions, white and green parts chopped (about 1/3 cup)

DIRECTIONS

1. Cook noodles in boiling salted water 3 minutes. Add broccoli and bell pepper, and simmer 2 minutes more. Drain.
2. Heat 1 Tbs. oil in skillet over medium heat. Add tofu cubes, and cook 10 minutes, or until browned, turning occasionally. Remove from heat, add garlic, and stir 30 seconds, or until garlic is fragrant. Stir in walnuts, maple syrup, and remaining walnut oil.
3. Toss pasta mixture with tofu mixture, pomegranate seeds, and green onions.

PER SERVING: 337 CAL, 16G PROT, 12G TOTAL FAT (1 SAT. FAT), 44G CARB, 185MG SOD, 5G FIBER, 7G SUGARS



SHOPPING LIST

- 1 10.25-oz. pkg. dried udon noodles
- 1 lb. broccoli
- 1 small red bell pepper
- Toasted walnut oil
- 1 12-oz. pkg. extra-firm tofu
- Garlic
- Chopped walnuts
- 1 Pomegranate
- 1 bunch green onions

Paneer is a mild, fresh cheese used in Indian stews. To make this recipe vegan, omit the sour cream, use cubed tofu instead of paneer, and cook the stew 10 to 15 minutes more.



Matter Paneer Made Simple

Serves 4



30 minutes or less

INGREDIENTS

- | | |
|---------------------------------------|--|
| 1 large onion, quartered | 1 tsp. garam masala |
| 1 1/2 Tbs. vegetable oil | 1/2 tsp. ground turmeric |
| 1/2 tsp. whole brown mustard seeds | 1/2 tsp. salt |
| 1/2 tsp. ground cumin | 1/2 tsp. paprika |
| 1 bay leaf | 1 10-oz. pkg. frozen peas, thawed |
| 1 clove garlic, minced (about 1 tsp.) | 3 Tbs. reduced-fat sour cream |
| 1 15-oz. can tomato sauce | 1/4 tsp. sugar |
| 2 tsp. ground coriander | 1 8-oz. pkg. paneer, cut into 1-inch cubes |

DIRECTIONS

1. Purée onion in food processor.
2. Heat oil in pot over medium heat. Add mustard seeds, cumin, and bay leaf. Cook 1 minute, or until fragrant.
3. Add onion and garlic, and sauté 5 to 7 minutes, or until browned. Stir in tomato sauce, coriander, garam masala, turmeric, salt, and paprika. Simmer 10 minutes, or until sauce thickens, stirring occasionally. Add up to 1/2 cup water if sauce is too thick.
4. Stir in peas, sour cream, and sugar. Simmer 5 minutes, or until peas are heated through.
5. Fold in paneer, and cook 3 minutes more. Remove bay leaf, and serve hot with basmati rice or naan bread.

PER SERVING: 244 CAL, 13G PROT, 14G TOTAL FAT (7G SAT. FAT), 17G CARB, 43MG CHOL, 754MG SOD, 4G FIBER, 8G SUGARS



SHOPPING LIST

- | | |
|--|--|
| <input type="checkbox"/> 1 large onion | <input type="checkbox"/> 1 15-oz. can tomato sauce |
| <input type="checkbox"/> Vegetable oil | <input type="checkbox"/> Ground coriander |
| <input type="checkbox"/> Whole brown mustard seeds | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Ground cumin | <input type="checkbox"/> Ground turmeric |
| <input type="checkbox"/> Bay leaf | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> 1 10-oz. pkg. frozen peas |
| | <input type="checkbox"/> Reduced-fat sour cream |
| | <input type="checkbox"/> 1 8-oz. pkg. paneer |

*These make a great presentation!
Even kids will love the breaded
and sautéed tempeh.*



Tempeh Triangles with Piccata Sauce

Serves 4



30 minutes or less

Piccata Sauce

- 1 1/2 tsp. minced garlic
- 1/2 cup fresh lemon juice
- 2 cups dry white wine
- 1 Tbs. capers, drained
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 Tbs. cornstarch dissolved
in 3 Tbs. water

Tempeh Triangles

- 1/2 cup soymilk
- 1 Tbs. Dijon mustard
- 1/2 cup cornmeal
- 1/4 cup all-purpose flour
- 2 Tbs. chopped fresh sage
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 8-oz. pkgs. tempeh
- 2 Tbs. olive oil
- Lemon slices for garnish

DIRECTIONS

1. To make Piccata Sauce: Roast garlic in skillet, 20 seconds over medium heat. Add lemon juice, wine, capers, salt, and pepper; cook about 10 minutes. Stir in cornstarch; cook 3 to 5 minutes. Remove from heat, and set aside.
2. To make Tempeh Triangles: Whisk together soymilk and mustard in bowl. Combine cornmeal, flour, sage, salt, and pepper on wax paper.
3. Cut each tempeh piece into 3 squares. Cut each square into 2 triangles. Dip triangles in soymilk mixture, dredge in cornmeal mixture, and set aside.
4. Heat 1 Tbs. oil in large skillet over medium-high heat. Cook half tempeh triangles about 3 minutes per side. Add remaining oil, and repeat.
5. Arrange tempeh triangles on serving plates, and top with sauce. Garnish with lemon slices.

PER SERVING: 320 CAL, 16G PROT, 10G TOTAL FAT (1 SAT. FAT), 28G CARB, 510 MG SOD, 5G FIBER, 3G SUGARS



SHOPPING LIST

- Cornstarch
- Garlic
- Fresh lemon juice
- Dry white wine
- Capers
- Soymilk
- Dijon mustard
- Cornmeal
- All-purpose flour
- Fresh sage
- 2 8-oz. pkgs. tempeh
- Olive oil
- 1 lemon for garnish

*Tired of the same old pasta dish
you turn to when you're in a hurry?
Give this one a try.*



Mexican Pasta

Serves 4



30 minutes or less

INGREDIENTS

- 1 20-oz. pkg. fresh 3-cheese tortellini
- 2 Tbs. vegetable oil
- 2 tsp. minced garlic
- 6 plum tomatoes, coarsely chopped
- 1 tsp. chili powder, or to taste
- 8 oz. sliced mushrooms
- 6 oz. taco-seasoned ground soy crumbles
- 4 oz. shredded low-fat cheddar or mozzarella cheese
- 1 large avocado, peeled and sliced, for garnish

DIRECTIONS

1. Bring large pot lightly salted water to a boil, and cook tortellini according to package directions. Drain and rinse.
2. Meanwhile, heat 1 Tbs. oil in large skillet over medium heat. Sauté garlic 30 seconds, and add tomatoes and chili powder. Cook 5 to 8 minutes; remove from skillet.
3. Reheat skillet with remaining 1 Tbs. oil, and add mushrooms and soy crumbles. Sauté 2 to 3 minutes, or until mushrooms begin to soften. Stir in tomatoes and cheese; cook, stirring often, 5 minutes more.
4. Spoon equal portions of pasta onto plates; top with soy crumble sauce, and garnish with avocado slices.

PER SERVING: 400 CAL, 25G PROT, 14G TOTAL FAT (5 SAT. FAT), 48G CARB, 165MG CHOL, 380MG SOD, 7G FIBER, 2G SUGARS



SHOPPING LIST

- 1 20-oz. pkg. fresh 3-cheese tortellini
- Vegetable oil
- Garlic
- 6 plum tomatoes
- Chili powder
- 8 oz. sliced mushrooms
- 6 oz. taco-seasoned soy crumbles
- 4 oz. shredded low-fat cheddar or mozzarella cheese
- 1 large avocado