

flexitarian recipes



Black Bean & Seasonal Vegetable Enchiladas

Serves 8

Ingredients

- 2 tablespoons olive oil, plus more to oil pan
- 1 cup vegetable broth
- 8-ounce can plain tomato sauce
- Herbs/spices to taste: Cumin, paprika, cayenne, white and black pepper, oregano, cilantro, salt
- 1 onion, diced
- 5 garlic cloves, finely diced or minced
- 1-2 cups seasonal vegetables, chopped (*If using winter squash or sweet potato, vegetables must first be steamed or boiled until softened*)
- 15-ounce can black beans, drained and rinsed
- 3 cups chopped chard, kale, or spinach
- About 12 tortillas, corn tortillas preferred
- 1 cup shredded cheese, optional (e.g. jack, cheddar, or queso fresco)
- 5 scallions, chopped

Directions

Preheat oven to 400°F.

- 1. Prepare sauce:** Heat 1 tablespoon olive oil in a saucepan over medium heat, whisk in vegetable broth and tomato sauce, reduce heat and simmer 5-8 minutes until thickened. Add spices to taste (cumin, paprika, peppers, salt, etc.) Remove from heat and allow to cool.
- 2. Prepare filling:** Heat remaining olive oil over medium-high heat. When hot, add the onion and garlic and cook until soft, about 3-5 minutes. Stir in seasonal vegetables, black beans, greens, cilantro, and salt to taste. Sauté another 3-5 minutes until vegetables are cooked.
- 3. Fill:** Heat tortillas 5-10 min in 350 degree oven (covered with foil) or ~20sec in microwave (covered with paper towel). Fill each tortilla with 1/4 cup filling. roll and place seam side down in oiled baking pan.
- 4. Sauce/Bake:** Pour enchilada sauce evenly over top and sprinkle with cheese (optional). Bake in preheated 400 degree oven ~20 minutes then top with diced scallion.



Tip

Recipe is Adaptable!

Experiment with different vegetables, beans, cheeses, herbs, spices, even other protein sources such as chicken, shrimp, or tofu.



flexitarian recipes



Winter Squash & Coconut Soup



Serves 4

Ingredients

- 1 winter squash, peeled and cut into $\frac{1}{2}$ - inch pieces (~3 cups)
- 2 $\frac{3}{4}$ cup chicken or vegetable broth
- 1 onion, chopped
- 1 tablespoon fresh ginger, chopped
- 1 teaspoon turmeric
- 1 cup lite coconut milk
- $\frac{1}{2}$ teaspoon white pepper
- Salt to taste
- 3 tablespoons parsley, chopped
- $\frac{1}{2}$ cup plain yogurt

****Safety Tip:** Blend in small batches so hot soup does not jump out and burn you.*

Directions

1. In a soup pot, heat 1 tablespoon broth on medium. Add onions and sauté until translucent, about 5-7 minutes.
2. Add ginger and turmeric, stir well, and sauté one more minute.
3. Add the rest of the broth and squash. Bring to a boil then reduce heat to simmer, uncovered, until squash is soft, 10-12 minutes.
4. With a blender, food processor, or by hand (will be less smooth), blend with coconut milk, adding white pepper and salt to taste*.
5. Reheat and garnish with chopped parsley and dollop of yogurt.

Farmers' Market Quinoa Salad

Serves 8

Ingredients

- 2 cups dry quinoa
- 1 tablespoon olive oil
- 3 shallot bulbs, thinly sliced
- 4 cups broccoli florets (or other farmers' market vegetables), blanched
- 12 oz. of your favorite sausage, chopped (optional)
- $\frac{1}{2}$ cup prepared or homemade pesto
- Salt, pepper, and chili flakes to taste
- $\frac{1}{4}$ cup toasted pine nuts

Directions

1. Cook quinoa by simmering in 4 cups water until all water is absorbed (about 20-30 minutes). Set aside.
2. Heat shallots in olive oil over medium-high until soft, about 3 minutes. Add broccoli and sauté for another 3-5 minutes until slightly browned, stirring occasionally. Remove from pan.
3. Sauté (optional) sausage until cooked through. Return shallots and broccoli to the pan and toss with quinoa, pesto, and seasonings to taste. Top with pine nuts.



Tip

Toasting Pine Nuts

Place pine nuts in non-stick pan over medium and heat for about 2 minutes, stirring often, until lightly browned.

