

FAST
FOODS

VEGIElicious

Why make meatless just a Monday thing? These vegetarian dinners are heavy on flavour and light on the wallet—and they can be enjoyed all week long.

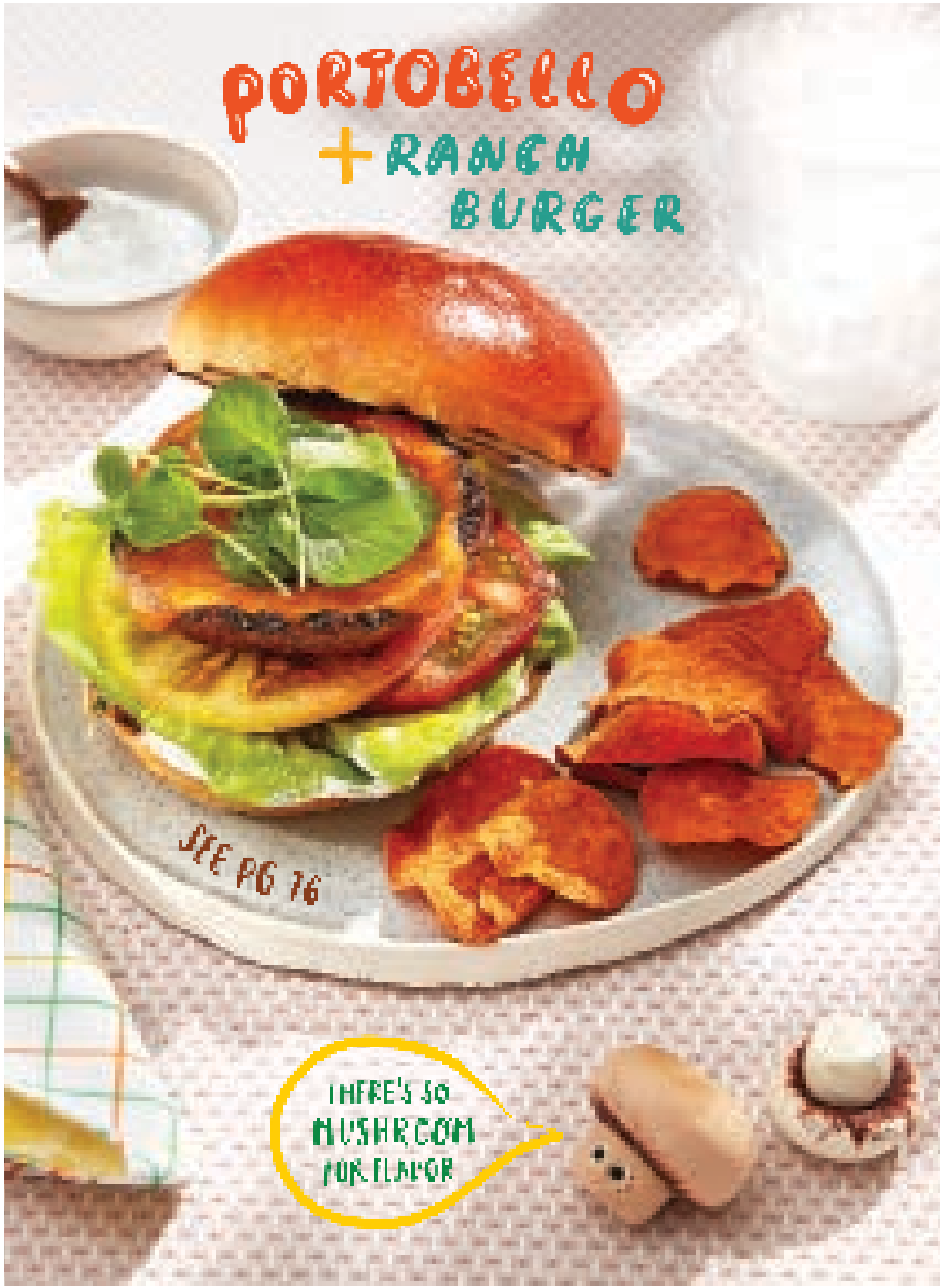
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THE BEST
TALKING ABOUT YOU

IT'S
SO TASTY
FOR YOU



PORTOBELLO + RANCH BURGER



SEE PG 76

THERE'S SO
MUSHROOM
FOR FLAVOR

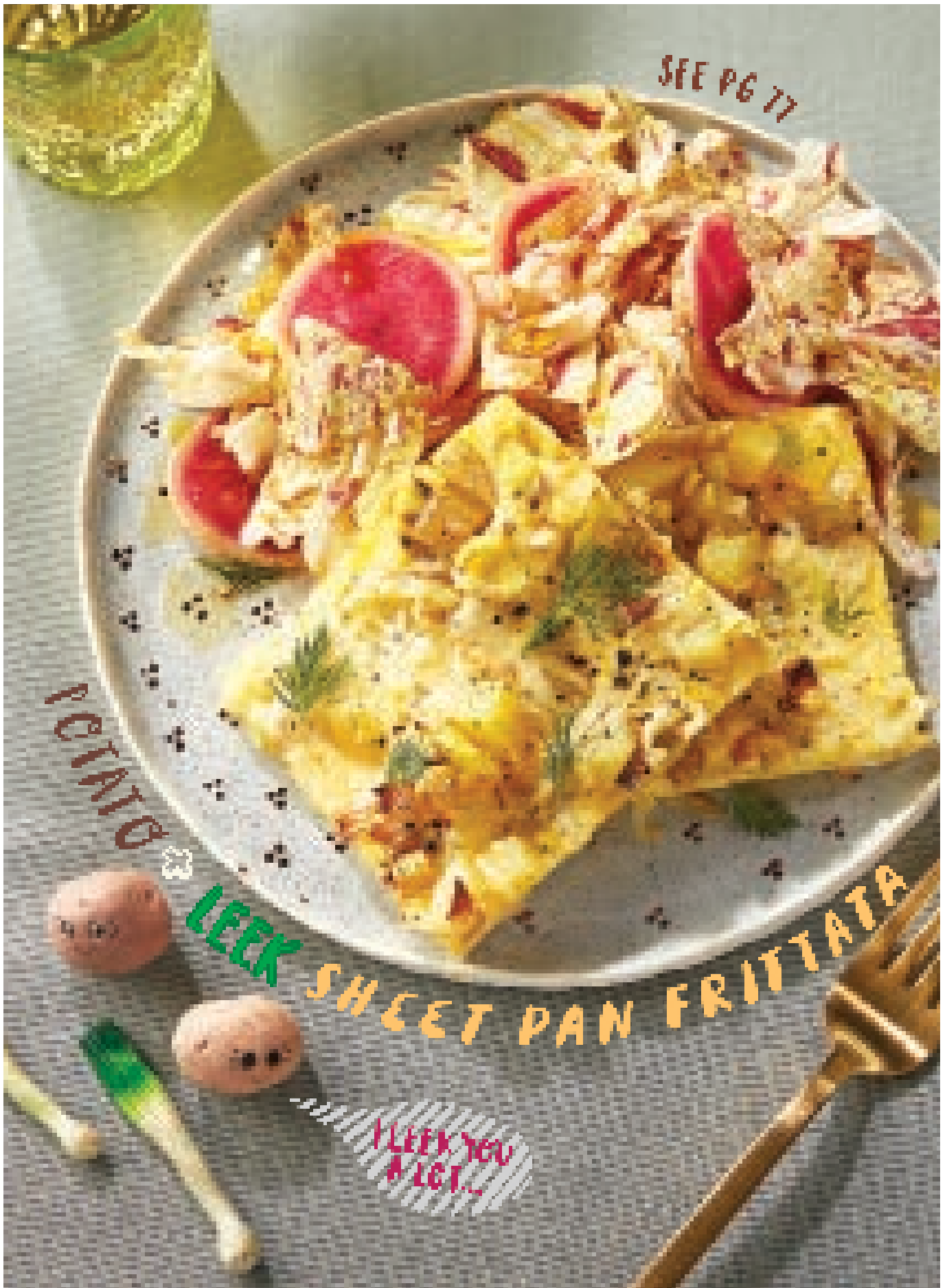
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SEE PG 76

CHICKPEA PANCAKES WITH SUMMER VEGETABLES

KERNELS OF TASTE





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POTATO

LEEK

SHEET PAN FRITTATA

I LEEK YOU A LOT.

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EVEN BETTER THAN A CUCUMBER



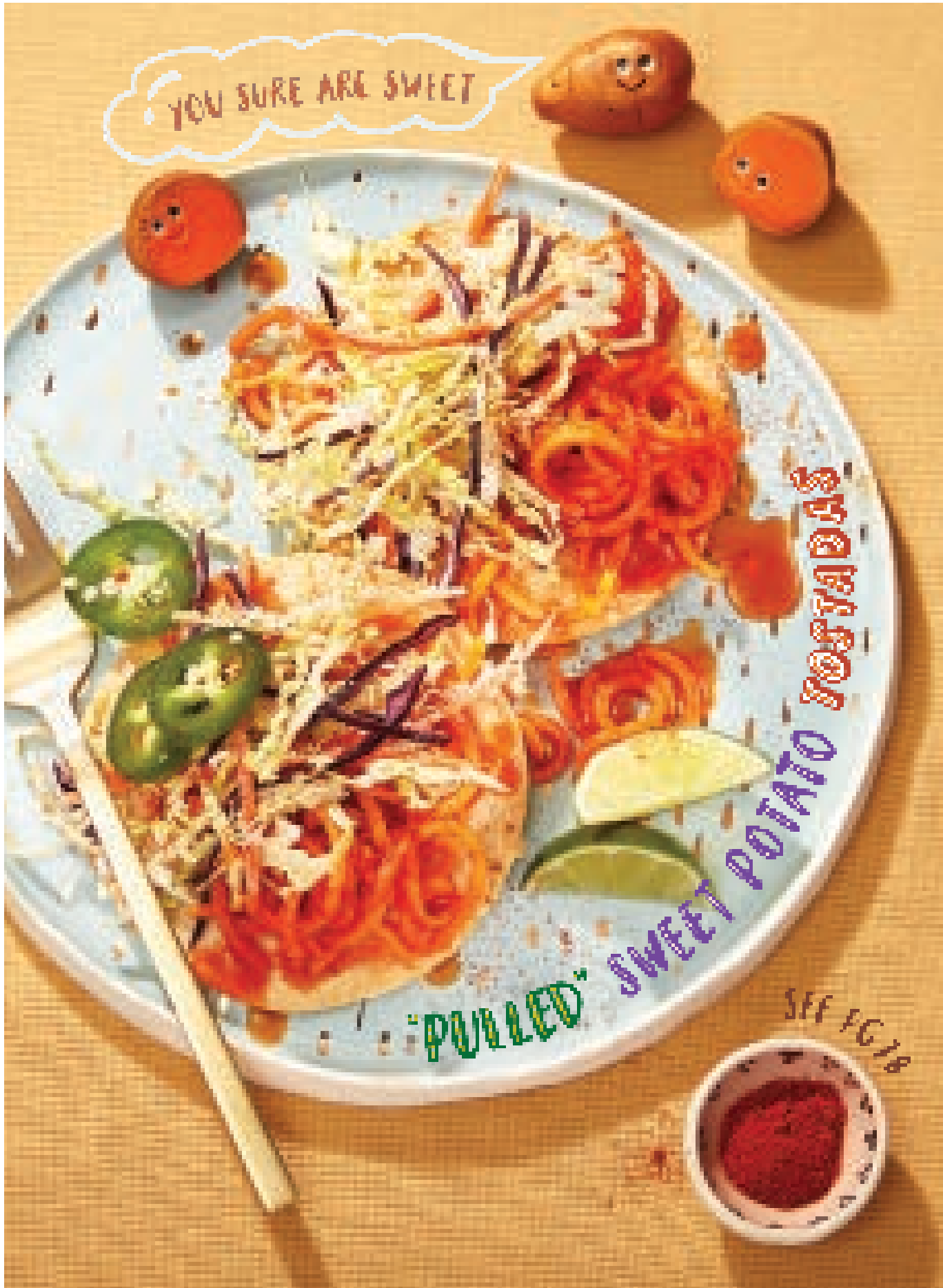
ONE-PAN

VEGETARIAN

LASAGNA



YOU SURE ARE SWEET



"PULLED" SWEET POTATO ROTIS

SEE PG 18

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PORTOBELLO + RANCH BURGERS

PREP: 15 MIN TOTAL: 40 MIN

- ¼ cup olive oil
- 3 tbsps balsamic vinegar
- 2 garlic cloves, minced
- 1 tsp honey
- ½ tsp salt
- ½ tsp pepper
- 4 portobello mushrooms, about 4 in. wide

Ranch Sauce

- ¾ cup smooth cottage cheese
- 1 tbsps lemon juice
- 1 tbsps chopped chives
- 1 tbsps chopped dill
- ¼ tsp garlic powder
- ¼ tsp salt

Topping

- 2 medium tomatoes, sliced
- 1 cup shredded lettuce
- 4 slices cheddar cheese
- 4 burger buns, halved

1. Preheat barbecue to medium. Whisk oil, vinegar, garlic, honey, salt and pepper in a 9 x 9-in. dish.

2. Remove stems and scrape gills from mushrooms with a spoon, then score a grid pattern into tops of mushrooms. Coat mushrooms in marinade and let stand for 15 min.

3. For ranch sauce, stir cottage cheese, lemon juice, chives, dill, garlic powder and salt in a small bowl.

4. Oil grill. Place mushrooms, cap down, on grill, reserving marinade. Cover and cook until grill marks appear, 4 to 5 min. Flip, brush with reserved marinade, cover and grill until very tender, 4 to 5 min.

5. Flip mushrooms again and top with cheese. Place buns on grill, cut-side down. Cover and cook until cheese melts and buns are toasted, about 1 min.

6. Stack mushrooms, tomatoes, lettuce and ranch sauce between buns.

MAKES 4 SERVINGS. PER SERVING: CALORIES 359, PROTEIN 16 G, CARBS 37 G, FAT 17 G, FIBRE 3 G, SODIUM 883 MG. EXCELLENT SOURCE OF FOLATE



To “score” means to make shallow cuts in the mushroom. This technique makes the mushrooms easier to bite into and allows them to soak up more marinade and flavour.



CHICKPEA PANCAKES WITH SUMMER VEGETABLES

PREP: 20 MIN TOTAL: 30 MIN

- ¼ cups chickpea flour, preferably Bob's Red Mill Garbanzo Bean Flour
- 1 tsp salt, divided
- ½ tsp baking powder
- ¼ cups milk
- 1 egg
- ¼ cup olive oil, divided
- 1½ cups corn kernels
- 1½ cups halved green beans
- 1 pint cherry tomatoes, halved (about 2 cups)
- ½ cup sour cream
- ¼ cup basil pesto
- 8 small bocconcini, torn into pieces

1. Whisk chickpea flour, ¾ tsp salt and baking powder in a large bowl. Add milk, egg and 2 tbsps oil, whisking until no lumps remain.

2. Heat a large non-stick frying pan over medium. Add 1 tsp oil, then pour ½ cup batter into pan and cook until bubbles form on top, 1 to 2 min. Flip, then continue to cook until bottom is golden brown, about 1 more min. Transfer pancake to a plate. Repeat with remaining batter, adding more oil as needed. Cover pancakes with foil to keep warm.

3. Heat 1 tbsps oil in the same pan over medium-high until hot. Add corn and ¼ tsp salt, and sauté until slightly charred, 3 min. Stir in green beans and continue cook for 1 min. Add ¼ cup water, then cover and steam until green beans are tender, 2 min. Stir in tomatoes just until warmed through, about 1 min.

4. Stir sour cream and pesto in a small bowl. Top pancakes with vegetables, drizzle with sour cream-sauce and top with bocconcini.

MAKES 4 SERVINGS. PER SERVING: CALORIES 539, PROTEIN 20 G, CARBS 49 G, FAT 32 G, FIBRE 10 G, SODIUM 832 MG. EXCELLENT SOURCE OF VITAMIN A



Chickpea flour, also called garbanzo bean flour, is gluten-free and high in protein. Look for it at the bulk food store, in the flour section of grocery stores or at health food stores.



POTATO AND LEEK SHEET PAN FRITTATA

PREP: 15 MIN TOTAL: 40 MIN

- 2 tbsp canola oil, divided
- 3 small yellow-fleshed potatoes, cut into ½-in. cubes (about 2 cups)
- 2 leeks, halved lengthwise and thinly sliced into ¼-in. half-moons (about 2 cups)
- 12 eggs
- ¼ cup milk
- ¾ tsp salt, divided
- ¾ tsp pepper, divided
- 1½ cups shredded Gruyère
- ¼ cup chopped parsley, optional

1. Preheat oven to 375F. Spray a rimmed baking sheet with cooking spray, then line with parchment paper, leaving overhang on all sides. Coat parchment evenly with 1 tbsp oil.

2. Toss potatoes and leeks with remaining 1 tbsp oil and ¼ tsp each salt and pepper. Spread in an even layer on prepared sheet. Bake until potato is tender, 12 to 15 min.

3. Whisk eggs, milk and remaining ½ tsp each salt and pepper in a large bowl. Pour over potatoes and leeks, and sprinkle with cheese. Bake until eggs are puffed, about 10 min. Sprinkle with parsley, if desired. Cut into squares and serve with a green salad.

MAKES 8 SERVINGS. PER SERVING: CALORIES 251, PROTEIN 15 G, CARBS 12 G, FAT 16 G, FIBRE 1 G, SODIUM 371 MG. EXCELLENT SOURCE OF VITAMIN B12

VEGETARIAN SUPERFOODS

WHEN IT COMES TO NUTRITION, MEAT ISN'T ALWAYS THE ANSWER. THESE MEAT-FREE SUPERFOODS ARE PACKED WITH FLAVOUR AND FUEL.



1. EGGS This protein powerhouse has a nifty nutrient by the name of choline that helps boost brain development.



2. LEGUMES Chickpeas, black beans and lentils all make dinners filling without a lot of fat.



3. SWEET POTATOES With immunity-boosting vitamin A, sweet potatoes are also a good source of vitamin C, potassium and dietary fibre.



4. AVOCADOS These are loaded with healthy fat, vitamin C, potassium and folate, which are just as good for little kids as they are for parents.



5. QUINOA This seed comes close to chicken in terms of protein and contains all the essential amino acids, which are vital for body function.



6. KALE Full of vitamins A, C, K and B6, plus folate and minerals like calcium and iron.

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ONE-PAN VEGETARIAN LASAGNA

PREP: 35 MIN TOTAL: 1 HR 10 MIN

- 1 tbsp olive oil
- 1 medium onion, finely chopped (2 cups)
- 227-g pkg sliced cremini mushrooms
- 3 garlic cloves, minced
- ½ tsp hot pepper flakes, optional
- 2 large zucchini, chopped into ½-in. pieces (3¾ cups)
- 650-mL jar tomato-basil pasta sauce
- 1 egg, beaten
- 454-g tub smooth ricotta
- 1½ cups finely grated Parmesan, divided
- 350-g pkg fresh lasagna sheets (6 sheets)
- 1 cup shredded part-skim mozzarella
- 2 tbsp finely chopped parsley

1. Heat oil in a large oven-safe frying pan over medium-high. Add onion and cook until almost soft, 3 min. Add mushrooms, garlic and pepper flakes, and cook until mushrooms are tender, 5 min. Stir in zucchini and pasta sauce. Add ½ cup water to jar, shake, and pour into pan. Reduce heat to medium, then gently boil until sauce is slightly reduced, 5 min. Transfer to a large bowl.

2. Stir egg, ricotta and ½ cup Parmesan in a medium bowl.

3. Spread 1½ cups sauce in bottom of frying pan. Cover with 2 lasagna noodles, cut to fit pan. Layer with 1½ cups sauce and half of ricotta mixture. Repeat layers, ending with sauce.

4. Position rack in centre of oven, preheat broiler to high.

5. Return pan with lasagna to stovetop and bring to a boil. Reduce heat to medium-low, cover and simmer until noodles are cooked through, 15 min. Remove from heat. Sprinkle with remaining 1 cup Parmesan and mozzarella.

6. Broil in centre of oven until cheese is melted and browned, 2 to 3 min. Sprinkle with parsley and let stand 5 min before serving.

MAKES 8 SERVINGS. PER SERVING: CALORIES 384, PROTEIN 20 G, CARBS 42 G, FAT 16 G, FIBRE 5 G, SODIUM 448 MG. EXCELLENT SOURCE OF VITAMIN B12



Cut any leftover lasagna sheets into ½ inch ribbons and freeze in a resealable zip-top bag. Add the noodles to your next batch of soup.



"PULLED" SWEET POTATO TOSTADAS

PREP: 15 MIN TOTAL: 30 MIN

- 8 7-in. flour tortillas
- ¼ cup canola oil, divided
- 680 g spiralized sweet potato (about 2 medium)
- 2 tsp smoked paprika
- ¾ tsp onion powder
- ¾ tsp dried oregano
- ¼ tsp salt
- 3 tbsp barbecue sauce
- 2 tbsp mayonnaise
- 2 tsp lime juice
- 2 cups coleslaw mix
- 1 jalapeno, thinly sliced, optional
- chili powder for sprinkling, optional

1. Preheat oven to 350F. Lightly brush both sides of tortillas with 1 tbsp oil and arrange on a large baking sheet. Bake, flipping halfway, until golden and crispy, about 15 min.

2. Heat remaining 3 tbsp oil in a large frying pan over medium-high. Add sweet potato, paprika, onion powder, oregano and salt. Cook, stirring occasionally, until sweet potato is golden-brown in some spots, 5 min. Spread evenly in pan and cook for another 1 min without stirring. Stir in barbecue sauce, then remove pan from heat.

3. Stir mayo and lime juice in a medium bowl. Add coleslaw mix and toss to coat.

4. Divide sweet potato mixture among tortillas and top with coleslaw mixture and jalapeno rings. Sprinkle with chili powder, if desired.

MAKES 4 SERVINGS. PER SERVING: CALORIES 496, PROTEIN 7 G, CARBS 67 G, FAT 23 G, FIBRE 7 G, SODIUM 802 MG. EXCELLENT SOURCE OF VITAMIN A



Spiralize your own sweet potatoes for this recipe, or look for spiralized sweet potatoes in the produce section of your grocery store. You can also coarsely grate 2 medium peeled sweet potatoes instead, and reduce the cooking time from 5 min to 3 min.