

# Teen Vegetarians

## Recipes Bulletin #4056

The key to a successful vegetarian diet is VARIETY!

### Special Bean Burrito

- 1 flour tortilla
- 1 yam
- 1/2 cup canned black beans, rinsed
- 2 tablespoons salsa
- 1 tablespoon cheese, grated

1. Bake yam in oven or microwave until soft; peel and mash.
2. In center of tortilla, place 1/2 cup mashed yam, black beans and 1 tablespoon salsa. Roll up tortilla.
3. Add remaining salsa on top of tortilla. Microwave on high for 2 minutes or until hot, or heat 15-20 minutes in an oven preheated to 350 degrees F. Sprinkle grated cheese on top and heat until melted (only 30 seconds in microwave).

*Makes 1 serving*

Nutritional content per serving: 326 calories, 13 grams protein, 59 grams carbohydrate, 5 grams fat, 4.3 grams dietary fiber, and 134 milligrams calcium.

### Chunky Tomato and Bean Soup

- 3 medium fresh tomatoes (about 1 pound)
- 1 tablespoon vegetable oil
- 1 1/2 cups chopped onions
- 2 teaspoons minced garlic
- 2 1/2 cups cooked white kidney beans, or 2 cans (10 1/2 ounces each) white kidney (cannellini) beans, drained and rinsed.
- 1 can (13 3/4 ounces) low sodium ready-to-serve vegetable broth
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon Italian seasoning, crushed
- 3 cups spinach leaves
- 4 slices toasted Italian bread

1. Core tomatoes; coarsely chop (makes about 3 cups); set aside.

2. In a 4-quart saucepan heat oil until hot. Add onion and garlic; cook and stir 3 to 4 minutes until softened.
3. Add beans, broth, 1 cup water, black pepper, Italian seasoning and reserved tomatoes. Bring to boil; reduce heat and simmer, cover for 15 minutes.
4. Stir in spinach; cook 2-3 minutes until spinach is tender.
5. To serve: place a slice of bread in each bowl; ladle in soup. Sprinkle with Parmesan cheese if desired.

*Makes 4 (1 cup) servings*

Nutritional content per serving: 337 calories, 19 grams protein, 58 grams carbohydrate, 4 grams fat, 4.3 grams dietary fiber, and 170 milligrams calcium.

### Hummus

- 2 cups cooked or canned chickpeas (garbanzo beans), drained
- 1/3 cup tahini (sesame paste)
- 2-3 cloves garlic, minced
- 1/3 cup lemon juice
- dash of onion powder
- 2-3 dashes soy sauce (use reduced-sodium, if possible)

1. In a food processor or blender (or by hand with masher), puree all ingredients until well blended.
2. Cover and chill (best made ahead so flavors have time to blend).
3. Serve with small triangles of pita bread, crackers and raw veggies.

*Makes 6 (1/4 cup) servings*

Nutritional content per serving: 133 calories, 5 grams protein, 16 grams carbohydrate, 6 grams fat, 5.5 grams dietary fiber, 128 milligrams calcium.

## Greens Quiche

2 packages (10.5 ounces each) silken firm tofu  
1/8 teaspoon garlic powder  
1 small onion, coarsely chopped  
pinch of tumeric (optional for color)  
2 tablespoons prepared mustard  
1 cup vegetable broth  
1/2 teaspoon cumin  
salt and pepper to taste  
1 pound greens, such as spinach or kale, rinsed, finely chopped and cooked, and drained well

1. Coat a 9-inch pie plate with vegetable cooking spray. Set aside.
2. Preheat oven to 350 degrees F.
3. In a food processor or blender, process all ingredients except greens until smooth.
4. In large bowl, combine with greens. Spoon into greased pie plate.
5. Bake quiche about 65 minutes, or until golden and knife inserted in center comes out clean.

*Makes 6 servings.*

Nutritional content per serving: 105 calories, 11 grams protein, 6 grams carbohydrate, 5 grams fat, 2.2 grams fiber, and 187 milligrams calcium.

## Chilled Rice Salad

*Serve this colorful salad as a side dish.*

2 cups cooked brown rice  
1/2 cup raisins  
1/2 cup shredded carrots  
1 tablespoon sesame seeds  
2 tablespoons pumpkin seeds  
1 tablespoon minced onion  
3 tablespoons rice wine vinegar  
2 tablespoons maple syrup

1. In large bowl, combine all ingredients.
2. Refrigerate at least 1 hour before serving to allow flavors to blend.

*Makes 6 servings*

Nutritional content per serving: 146 calories, 2.5 grams protein, 32 grams carbohydrate, 1.6 grams fat, 1.8 grams dietary fiber, 32 milligrams calcium.

## Banana Oat Muffins

*Topping:*

1 teaspoon cinnamon  
1/2 cup brown sugar, lightly packed  
1 tablespoon margarine or oil  
3/4 cup rolled oats

*Muffins:*

1 1/2 cups whole-wheat pastry flour  
1 cup unbleached white flour  
1 teaspoon nutmeg  
1/4 cup chopped walnuts (optional)  
1 teaspoon baking powder  
1 1/2 teaspoons baking soda  
1/4 teaspoon salt  
1/2 cup liquid sweetener (such as honey or maple syrup)  
1 cup mashed, very ripe banana (about 2 medium-large bananas)  
2 tablespoons oil  
1/4 teaspoon lemon extract  
water

1. Stir together topping ingredients and set aside.
2. Heat oven to 350 degrees F.
3. In a bowl, mix together flours, nutmeg, walnuts (if using), baking powder, baking soda, and salt.
4. In a separate bowl, mix together sweetener, bananas, oil, vanilla, lemon extract, and enough water to make 2 1/4 cups of liquid (about 5/8 cup of water).
5. Mix together wet and dry mixtures just until blended and spoon into lightly oiled or non-stick muffin pans.
6. Sprinkle with topping and bake until muffin tops spring back when lightly touched, about 25 minutes.

*Makes 10–12 muffins*

Nutritional content per serving: 222 calories, 4 grams protein, 44 grams carbohydrate, 4 grams fat, 2.7 grams dietary fiber, and 26 milligrams calcium.

## Mexicali Corn and Squash Bake

4 cups yellow squash  
1 large yellow onion, chopped  
1/2 cup raw green pepper bits  
1 tablespoon corn oil  
1 1/2 cups cream style corn  
1/2 cup (or 4-ounce can) roasted and peeled green chilies, chopped  
2 tablespoons prepared pimientos  
1 clove garlic, crushed  
1/4 cup cilantro leaves, finely chopped  
1/4 cup cornmeal  
salt and pepper to taste

1. Cut squash into thin rounds and steam until tender.
2. Drain well, set aside, and reserve some liquid.
3. Sauté onion and green pepper in oil until soft.
4. Combine all seasonings and vegetables.
5. Layer half of mix into lightly oiled casserole and sprinkle with half the cornmeal. Layer rest of mix and top with rest of cornmeal.
6. Bake covered at 350 degrees F for about 15 minutes, and then uncovered for 5 minutes. Add squash liquid if needed.

*Makes 4 servings*

Nutritional content per serving: 190 calories, 5 grams protein, 37 grams carbohydrate, 5 grams fat, 6 grams dietary fiber, and 78 milligrams calcium.

## Chocolate Peanut Butter Graham Cracker Treats

1 1/2 cups fat-free or low-fat milk  
1 small package instant chocolate pudding mix  
1 1/2 cups peanut butter  
1 box graham crackers

1. Mix milk with pudding.
2. Stir in peanut butter
3. Spread liberally on graham crackers.
4. Freeze if desired.

*Makes 24 servings*

Nutritional content per serving: 163 calories, 6 grams protein, 16 grams carbohydrate, 9 grams fat, 1.4 grams dietary fiber, and 31 milligrams calcium.

## Homemade Veggie Burgers

1 cup texturized vegetable protein (TVP), also called meat substitute  
3/4 cup hot water  
1 tablespoon olive oil  
1/4 cup finely shredded carrot  
1/4 cup minced green bell pepper  
2 teaspoons minced garlic  
2 large eggs  
1/4 cup dry breadcrumbs  
2 tablespoons low-sodium soy sauce  
1 teaspoon dried parsley  
1/2 teaspoon ground sage  
1/2 teaspoon black pepper  
nonstick cooking spray

1. Stir together the texturized vegetable protein and hot water in a medium bowl; allow to stand until the water is absorbed and the TVP is softened – about 5 minutes.
2. Heat the olive oil in a large nonstick sauté pan over medium heat. Add the carrots and green pepper; cook, stirring occasionally, until tender, about 4 minutes. Add the garlic during the last minute. Remove from heat.
3. Lightly beat the eggs in a medium bowl. Stir in the bread crumbs, soy sauce, parsley, sage, and pepper. Then stir in the softened TVP and the cooked vegetables. Form the mixture into 4 round patties, about 4 inches in diameter and 1/2 inch thick.
4. Coat a large non-stick skillet with the cooking spray; heat over medium heat. Cook the patties until lightly browned and cooked through, about 4 minutes on each side.
5. Serve with sliced tomatoes and lettuce on toasted buns.
6. These patties may also be grilled.
7. If there isn't enough time to make these homemade patties, premade versions are available in the freezer aisle of the grocery store.

*Makes 4 large patties*

Nutritional content per serving: 175 calories, 13 grams protein, 16 grams carbohydrate, 7 grams fat, 0.7 grams dietary fiber, and 76 milligrams calcium.

## Vegetarian Shepherd's Pie

1. Cook 2 large potatoes (in their skins) in boiling water until soft. Drain, and mash (including skins) with the following ingredients:
    - 1 tablespoon margarine
    - 1/2 cup yogurt
    - 1/2 cup freshly minced chives
    - 1/2 cup freshly minced parsley
    - salt and pepper to taste.Set aside.
  - 1 1/2 tablespoons butter or margarine
  - 1 1/2 cups chopped onions
  - 1 large clove of garlic, crushed
  - 1 teaspoon salt and pepper
  - 1 stalk finely minced celery
  - 12 ounces chopped mushrooms
  - 1 tablespoon cider vinegar
  - 1 1-pound eggplant, in small cubes
  - 1 green pepper, minced
  - 1/4 teaspoon thyme
  - 1/2 teaspoon each basil and oregano
  - 1 cup raw fresh or frozen peas
  - 1/2 cup packed grated low-fat cheddar cheese
  - 3 tablespoons wheat germ
2. In a large skillet sauté the onions and garlic in 1 1/2 tablespoons butter with the salt and pepper until the onions are soft.
  3. Add the celery, mushrooms, and eggplant. Cook over low heat, stirring occasionally. When the eggplant is cooked through add green pepper, herbs and peas. Continue cooking about 5 minutes longer.
  4. Remove from heat. Toss with cheese, wheat germ and vinegar. Spread this mixture into buttered deep-dish casserole. Spread the mashed potatoes on top as a crust. Optional: sprinkle extra cheese plus some paprika on top.
  5. Bake uncovered at 350 degrees F for 35 minutes.

*Makes 4 servings*

Nutritional content per serving: 306 calories, 16 grams protein, 43 grams carbohydrate, 10 grams fat, 5 grams dietary fiber, and 127 milligrams calcium.

## Tangy Fruit Salsa with Cinnamon Chips

*Cinnamon chips:*

- 1 tablespoon sugar
  - 1/4 teaspoon ground cinnamon
  - 4 7-inch flour tortillas
1. Preheat oven to 400 degrees F.
  2. Combine sugar and cinnamon in a shaker or small bowl.
  3. Lightly spray tortillas with water then sprinkle with cinnamon-sugar mixture.
  4. Cut each tortilla into 8 wedges and place in single layer on cookie sheet.
  5. Bake 8-10 minutes or until lightly browned and crisp.
  6. Remove to cooking rack and cool completely.

*Salsa:*

- 1 cup frozen raspberries
  - 2 peaches, peeled and chopped or 1 15-ounce can peaches, drained and chopped
  - 2 kiwifruits, peeled, sliced and quartered
  - 1 teaspoon lime zest
  - 2 teaspoons lime juice
  - 1 teaspoon sugar
1. Place all ingredients in bowl. Mix gently. Serve with cinnamon chips.

*Makes 8 servings:*

Nutritional content per serving: 109 calories, 1.8 grams protein, 24 grams carbohydrate, 1 gram fat, 2.7 grams fiber, 35 milligrams calcium.



## Vegetarian Chili

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 medium stalk celery, chopped
- 1 (28-ounce) can tomatoes, undrained
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 1-lb can of kidney beans, undrained
- 1/2 cup uncooked macaroni or rice
- 1/4 pound (1 cup) low-fat cheddar cheese, shredded

1. In a heavy 2-1/2 quart saucepan, heat oil, then add onion, green pepper and celery. Sauté until tender, but not brown.
2. Add tomatoes, chili powder, and cumin and simmer uncovered about 30 minutes.
3. Add kidney beans and uncooked macaroni or rice.
4. Simmer 12-13 minutes, stirring frequently or just until macaroni or rice is tender.
5. Serve topped with cheese.

*Makes 6 servings.*

Nutritional content per serving: 437 calories, 32 grams protein, 38 grams carbohydrate, 19 grams fat, 6 grams dietary fiber, and 79 milligrams calcium.

## Tempeh Wraps

- 8 ounces tempeh, crumbled
- 1 teaspoon canola oil
- 1 clove garlic, minced
- 1 16-ounce bag of frozen vegetable medley, any variety
- 1/4 cup low-sodium soy sauce
- 1 teaspoon ground ginger
- 1 tablespoon cornstarch
- 1/3 cup water
- 4 tortilla wraps

1. Sauté tempeh and garlic in oil for 3-5 minutes over medium heat in a large fry pan.
2. Add frozen vegetable medley to fry pan. Cover fry pan and continue to cook for 5-7 minutes or until vegetables are heated.
3. Combine soy sauce, ginger, cornstarch and water. Pour over vegetables and tempeh in the fry pan. Continue to cook and stir constantly for 3 minutes.
4. Place 1 cup of mixture on a tortilla wrap and roll up.

*Makes 4 servings.*

Nutritional content per serving: 304 calories, 18 grams protein, 46 grams carbohydrate, 7 grams fat, 5 grams dietary fiber, and 132 milligrams calcium.



## Granola

- 3 cups rolled oats
- 1 1/2 cups wheat germ
- 1/2 cup nonfat dry milk solids
- 1 cup chopped nuts (mixed favorites)
- 1 cup coconut, shredded (optional)
- 1/3 cup vegetable oil
- 1/2 cup honey
- 1/2 cup brown sugar
- 1 cup sunflower seeds

1. Mix the first 5 ingredients in a large bowl.
2. In a saucepan, slowly heat the oil and honey.
3. Add the brown sugar.
4. Add the mixture to other ingredients and mix until well blended.
5. Spread mixture evenly on a cookie sheet.
6. Bake at 300 degrees F for 15-20 minutes for a soft granola, and 25-30 minutes for a crunchier variety.
7. Stir granola every 5 minutes. (If you like lumps in your granola, let the cereal cook without stirring.)
9. Serve granola with your favorite yogurt and fruit.

*Makes 8 cups or 16 (1/2 cup) servings.*

Nutritional content per serving: 331 calories, 9.5 grams protein, 37 grams carbohydrate, 18 grams fat, 3 grams dietary fiber, and 55 milligrams calcium.



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