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2007
READER RECIPE CONTEST

A GUIDE TO
COOKING
WITH SQUASH

THE ULTIMATE
CHILI FEAST

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THE BEST
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SAUSAGES (p.16)



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GOIN' *dutch*

With a Dutch oven and a simple layering technique, you can build brilliant one-pot meals

Several years ago, I was searching for a way to prepare healthful meals that wouldn't demand hours of kitchen prep—or worse, hours of cleanup. Inspired by the cast-iron Dutch oven I'd received as a wedding gift and a late-night infomercial for a countertop gadget, I came up with the idea for Glorious One-Pot Meals. I was so pleased with the results that I patented the process based on this simple layering technique: Start with a base layer of grains, add a layer of protein, and top with veggies. Pop the pot into a hot oven for an hour (or less) and ... presto! The liquid released by the vegetables cooks the rest of the ingredients for a satisfying one-dish meal that's so easy to make, you almost don't need to set a timer. The delicious aroma wafting out of the oven will tell you exactly when dinner's ready.

POTATO & CHICKPEA CURRY WITH RICEServes 8 • *Vegan*

For the full Indian curry experience, serve this dish with warmed naan (Indian flat bread), sliced green onion, and a bowl of spicy chutney. Be sure the lid to the Dutch oven closes tightly over the spinach so no steam escapes while the dish is cooking.

- 3 cups jasmine rice**
- 3 cups low-sodium vegetable broth, divided**
- 3 large russet potatoes, cut into ½-inch cubes (6 cups)**
- 3 15-oz. cans chickpeas, rinsed and drained**
- 3 14.5-oz. cans diced tomatoes, drained**
- 1 medium onion, diced (1 cup)**

- 9 cloves garlic, chopped (3 Tbs.)**
- 3 Tbs. curry powder**
- 3 cups tightly packed baby spinach leaves, roughly chopped (4 oz.)**

- 1.** Preheat oven to 450°F. Generously spray inside of 5½- or 6-quart Dutch oven with cooking spray.
- 2.** Stir together rice and 2¼ cups broth in pot. Top with potatoes, season with salt and pepper, then add chickpeas.
- 3.** Combine tomatoes, onion, garlic, curry powder, and remaining ¼ cup broth in bowl. Season with salt and pepper. Spread tomato mixture over chickpeas, then top with spinach. Cover pot, and bake 53 minutes, or about 3 minutes after aroma wafts from oven.

PER SERVING: 415 CAL; 14 G PROT; 2.5 G TOTAL FAT (0 G SAT. FAT); 85 G CARB; 0 MG CHOL; 798 MG SOD; 13 G FIBER; 7 G SUGARS

SEDONA PEPPERS & PORTOBELLOS WITH BARLEY

Serves 8

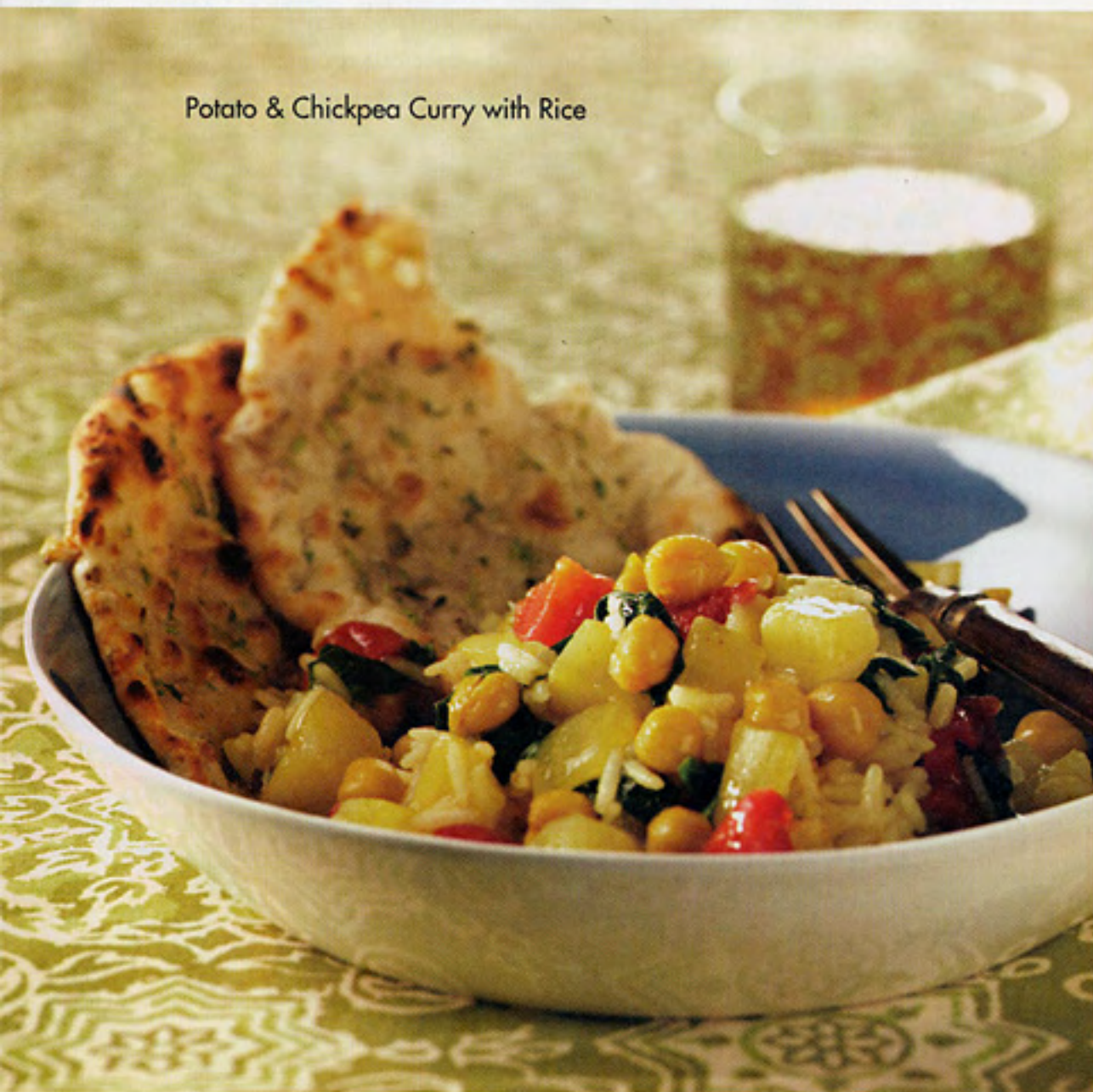
This recipe gets its unique taste and texture from a combination of raw, roasted, and jarred chiles and peppers. If you're not a fan of goat cheese, use sliced fresh mozzarella or shredded Monterey Jack cheese instead.

- 5 Anaheim or poblano chiles**
- ¼ cup barley**
- 2 red bell peppers, cut into 1-inch pieces (3 cups)**
- 2 green bell peppers, cut into 1-inch pieces (3 cups)**
- 2 yellow bell peppers, cut into 1-inch pieces (3 cups)**
- 12 oz. goat cheese, cut into 16 thin slices**
- 9 cloves garlic, minced (3 Tbs.), divided**
- 6 portobello mushrooms, thickly sliced**
- 1 12-oz. jar roasted red peppers, rinsed, drained, and sliced**

- 1.** Place chiles directly over flame on gas stove and cook until skin is charred, turning with tongs. (If you have an electric stove, broil chiles on baking sheet until skin is blackened, turning occasionally). Cool in plastic bag, then peel, seed, and chop.
- 2.** Preheat oven to 450°F. Generously spray inside of 5½- or 6-quart Dutch oven with cooking spray. Combine barley and ¼ cup water in pot. Layer red, green, and yellow bell peppers over top. Place half of goat cheese slices over peppers. Sprinkle with 1½ Tbs. garlic and half of chopped chiles. Arrange portobello mushrooms on top, then layer with remaining goat cheese, chiles, and garlic. Top with roasted red peppers. Cover pot, and bake 60 minutes, or about 3 minutes after aroma wafts from oven.

PER SERVING: 277 CAL; 15 G PROT; 10.5 G TOTAL FAT (6.5 G SAT. FAT); 34 G CARB; 20 MG CHOL; 265 MG SOD; 9 G FIBER; 8 G SUGARS

Potato & Chickpea Curry with Rice



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1 pot

AGEAN EGGPLANT WITH LENTILS

Serves 6 • Vegan

The intriguing flavors and textures of Swiss chard—mild, spinach-like leaves and crunchy, slightly sweet stems—work well in this dish, but you can also substitute spinach, kale, or any other leafy green.

- 2 15-oz. cans lentils, rinsed and drained
- 1 small onion, halved and thinly sliced (1 cup)
- 1 medium eggplant, quartered and cut into ½-inch slices
- 6 cloves garlic, minced (2 Tbs.)
- 2 Tbs. chopped fresh parsley
- 4 tsp. capers, drained
- 1 tsp. paprika
- 8 Swiss chard leaves (6 oz.)
- 4 Tbs. red wine vinegar

1. Preheat oven to 450°F. Generously spray inside of 3½- or 4-quart Dutch oven with cooking spray.
2. Spread lentils in even layer over bottom of pot. Top with onion, then eggplant. Sprinkle with garlic, parsley, capers, and paprika. Season with salt and pepper.
3. Separate stems from chard leaves. Chop stems and add to pot. Drizzle with vinegar. Chop leaves and pack into pot. Season with salt and pepper once more. Press down on leaves, and cover pot. Bake 45 minutes, or about 3 minutes after aroma wafts from oven.

PER SERVING: 164 CAL; 11 G PROT; 0.5 G TOTAL FAT (0 G SAT. FAT); 31 G CARB; 0 MG CHOL; 674 MG SOD; 14 G FIBER; 7 G SUGARS

LAKE CUOMO PASTA

Serves 8

Radiatore pasta is a ridged variety that holds up well when paired with chunky sauces. You can also use rotini or fusilli in this recipe.

- 3 cups radiatore pasta (8 oz.)
- 3 14.5-oz. cans diced tomatoes, drained, liquid reserved
- 2 Tbs. olive oil
- 3 Tbs. basil, chopped
- 6 small zucchini, sliced in rounds (2 lb.)
- 3 cups low-fat ricotta cheese
- 9 cloves garlic, minced (3 Tbs.)
- ¾ tsp. red pepper flakes
- ¾ tsp. ground nutmeg
- ½ tsp. salt
- 1½ cups porcini or shiitake mushrooms, sliced

1. Preheat oven to 450°F. Generously spray inside of 5½- or 6-quart Dutch oven with cooking spray.
2. Spread pasta in even layer in bottom of pot. Add enough water to tomato liquid to make 1 cup. Stir liquid into pasta with olive oil. Toss tomatoes with basil in separate bowl; season with salt and pepper. Spread over pasta. Top with half of zucchini rounds.
3. Combine ricotta, garlic, red pepper flakes, nutmeg, and salt in small bowl. Spread over zucchini. Layer mushrooms and remaining zucchini over ricotta mixture. Cover pot, and bake 53 minutes, or about 3 minutes after aroma wafts from oven.

PER SERVING: 276 CAL; 17 G PROT; 9 G TOTAL FAT (3.5 G SAT. FAT); 37 G CARB; 30 MG CHOL; 653 MG SOD; 5 G FIBER; 11 G SUGARS

Elizabeth Yarnell's Dutch ovens never find their way back to the cupboard these days—she's busy working on her second cookbook and developing e-booklets for kids and cooks with multiple sclerosis (Elizabeth was diagnosed with MS in 1999). ■