

ITALIAN VEGETABLE BAKE

Vegetarian Dishes

Ingredients

- 1 can (28 oz.) whole tomatoes
- 1 medium onion, sliced
- 1/2 lb. fresh green beans, sliced
- 1/2 lb. fresh okra, cut into 1/2" pieces or 3/4 cup (1/2 10 oz. pkg) frozen okra
- 3/4 cup finely chopped green pepper
- 2 tablespoon lemon juice
- 1 teaspoon chopped fresh basil, or 1 teaspoon dried basil, crushed
- 1-1/2 teaspoon chopped fresh oregano leaves, or 1/2 teaspoon dried oregano, crushed
- 3 medium (7" long) zucchini, cut into 1" cubes
- 1 medium eggplant, pared and cut into 1" cubes
- 2 tablespoon grated parmesan cheese

Nutritional Info

- Fat: **0.2g**
- Carbohydrates: **8.6g**
- Calories: **37.2g**
- Protein: **1.8g**
- **Makes 18 servings**
(1/2 cup per serving)

This colorful low-sodium cholesterol-free dish is prepared without any added fat.

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° F for 15 minutes.
2. Mix in zucchini and eggplant and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with parmesan cheese just before serving.



BLACK BEANS & RICE

Vegetarian Dishes

Ingredients

- 1 lb. dry black beans
- 7 cups water
- 1 medium green pepper, coarsely chopped
- 1-1/2 cups chopped onion
- 1 tablespoon olive oil
- 2 bay leaves
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1 tablespoon vinegar (or lemon juice)
- 6 cups rice, cooked in unsalted water
- 1 jar (4 oz.) sliced pimento, drained
- 1 lemon cut into wedges

Nutritional Info

- Fat: **3.9g**
- Carbohydrates: **91.6g**
- Calories: **479.6g**
- Protein: **20.3g**
- **Makes 6 Servings**

A delicious Caribbean favorite that is cholesterol free and made with very little added fat.

1. Pick through beans to remove bad beans. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or dutch oven stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil 1 hour.
3. Reduce heat and simmer, covered, 3-4 hours or until beans are very tender. Stir occasionally and add water if needed.
4. Remove about 1/3 of the beans, mash and return to pot. Stir and heat through.
5. Remove bay leaves and stir in vinegar or lemon juice when ready to serve.
6. Serve over rice. Garnish with sliced pimento and lemon wedges.



SCALLOP KABOBS

Vegetarian Dishes

Ingredients

- 3 medium green peppers, cut into 1-1/2" squares
- 1-1/2 lb. fresh bay scallops
- 1 pint cherry tomatoes
- 1/4 cup dry white wine
- 1/4 cup olive oil
- 3 tablespoon lemon juice
- dash garlic powder
- black pepper to taste

Nutritional Info

- Fat: **5.8g**
- Carbohydrates: **14.0g**
- Calories: **224.4g**
- Protein: **25.1g**
- **Make 4 Servings**
(Serving Size 6 oz. scallop kabob)

These colorful skewers contain scallops, which are naturally low in total and saturated fat.

1. Boil green peppers for 2 minutes.
2. Alternately thread first three ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine/oil/lemon mixture, place on grill (or under broiler).
5. Grill 15 minutes, turning and basting frequently.



TOFU & VEGGIE STIR FRY

Vegetarian Dishes

Ingredients

- 1/4 cup stir-fry sauce
- 2 tablespoons orange juice
- 1 tablespoon honey
- 3/4 teaspoon Chinese five-spice powder
- 1 14 oz. package firm tofu, cut into 1/2 inch cubes
- 1 small red or white onion, cut into thin wedges
- 1 10 oz. bag frozen blend of carrots and snow peas
- 1 8 oz. can water chestnuts, drained
- 1/4 cup water

Nutritional Info

- Fat: **9.2g**
- Carbohydrates: **34.8g**
- Calories: **275.5g**
- Protein: **19.5g**
- **Makes 4 Servings**

Try this delicious meal with brown rice.

1. In a medium bowl, mix the stir-fry sauce, orange juice, honey and five-spice powder. Press the tofu between paper towels to remove excess liquid then add to the sauce mixture. Marinate for 10 minutes.
2. Spray a 12-inch skillet with low-fat cooking spray and heat over medium-high heat. Remove tofu from sauce and cook tofu in skillet for 3-4 minutes or until light golden brown then remove from skillet. Reserve sauce mixture.
3. Add onion to skillet and cook for 2 minutes, stirring constantly.
4. Add carrots, snow peas, water chestnuts and water and bring to boiling. Reduce heat to medium then cover and cook for 7-8 minutes or until vegetables are tender-crisp.
5. Add remaining sauce mixture and tofu and continue to cook for 2-3 minutes or until sauce is slightly thickened.

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