



LOW- FAT VEGETARIAN MENU

APPETIZERS

EDAMAME SNACKERS
TOASTED ONION DIP
PINTO BEAN AND AVOCADO DIP
SOYBEAN AND VEGGIE SPREAD
SESAME WONTON CUPS
TORTILLA WEDGES
FRUIT EMPANADAS
BAKED SPINACH BITES

SOUPS

HERBED BROCCOLI AND PASTA SOUP
FOUR BEAN AND VEGETABLE SOUP
DILLED CARROT SOUP
VIDALIA ONION SOUP
SWEET CORN SOUP WITH EPAZOTE
TORTELLINI AND MUSHROOM SOUP

STEW AND CASSEROLES

VEGGIE STEW WITH DUMPLINGS
ROOT VEGGIE STEW
ORANGE AND GINGER SQUASH STEW
OVEN BAKED VEGGIE TAJINE
VEGETARIAN TETRAZZINI
RATATOUILLE

ENTREES

SESAME ASPARAGUS STIR FRY
WHITE BEAN MASHERS WITH SAUTEED VEGGIES
EGGPLANT POLENTA STACKS
STUFFED PORTABELLA MUSHROOMS
LENTIL RAVIOLI WITH GINGERED TOMATO RELISH
ENCHILADAS WITH POBLANO CHILI SAUCE
RISOTTO WITH ROASTED VEGGIES
PASTA SANTA FE
VEGETABLE LO MEIN
ARTICHOKE TORTELLINI BAKE
SMOKED TOFU BURGERS
FALAFEL PITAS WITH TAHINI DRESSING
CANNELLINI BEAN PATTIES WITH FRESH TOMATO RELISH
TUSCAN POTATO PIZZA



SWEET FENNEL CALZONES
MEXICALI PIE

EGG AND CHEESE DISHES

SWEET POTATO HASH WITH POACHED EGGS
PASTA EGG SALAD
PASTA FRITTATA
BEAN AND CHEESE CHILI RELLENOS
NOODLES FLORENTINE

BEAN DISHES

GINGER BAKED BEANS
TUSCAN BAKED BEANS
PAN FRIED LENTILS
BRAZILIAN MASHED BLACK BEANS
STIR FRIED BEANS AND GREENS
BLACK BEAN MEATBALLS
ORANGE MARINATED BEAN SALAD

GRAINS

BARLEY AND VEGGIE MELANGE
KASHA WITH GREEN VEGGIES
CURRIED COUSCOUS
GARDEN QUINOA
FRUIT PILAF
ALL SEASON RISOTTO
WHEAT BERRY WALDORF

VEGGIE SIDE DISHES

ASPARAGUS WITH A LEMON WINE SAUCE
ORIENTAL GREEN BEANS
EL PASO SUCCOTASH
HONEY ROASTED BEETS
GINGERED CARROT PUREE
EGGPLANT SAUTE'
BRAISED PARSNIPS AND WINTER VEGGIES
POTATOES GRATIN
VEGGIE STUFFED BAKERS
ROASTED CHAYOTE WITH PUMPKIN SEEDS
SALAD GARDEN
SALADS BEAN, RICE, VEGGIE, NOODLE