

VEGETARIAN RECIPES – ST. JAMES CARING FOR CREATION COMMITTEE

Spanakopita

Ingredients:

1 cup olive oil
1 lb. baby spinach, chopped
1/2 lb. feta cheese
2 cups ricotta cheese
2 eggs, whipped
1 pkge. phyllo dough

PHYLLO DOUGH NEEDS TO BE AT ROOM TEMPERATURE so start thawing by leaving in fridge overnight and then on counter.

Preheat oven to 350 degrees.

Mix chopped spinach, feta, ricotta, dill together in large bowl, add eggs and mix.

Add 1/2 cup of olive oil and mix

Oil 9"X9" baking pan. Add sheet of phyllo dough, letting it overhang pan.

Brush with oil.

Add 3 more layers brushing with oil.

Then spoon spinach-cheese mixture over top. Bring overlapped sheets over the top to seal in mixture. Add 2 to 4 more sheets on top as needed, each brushed with olive oil to seal.

Cut into 4 or 9 pieces depending on whether it is main course or side. This makes it easier to cut after it is baked.

Bake for an hour.

Cool for 20 minutes. Reslice as before and serve.

Sweet Potato and Peanut Holiday Stew

This quick and tasty stew is perfect for Kwanzaa celebrations or any chilly winter night.

Course: Lunch, Main Course

Servings: 8 cups

Calories: 180kcal

Ingredients:

- 1 tablespoon sesame oil olive, canola, or vegetable is fine
- 1.5 cups sweet potato peeled and diced small
- 2 cups kale sliced thin
- 1 15.5 ounce can garbanzo beans (chickpeas)
- 1 tablespoon natural peanut butter creamy or chunky

- 1 tablespoon smoked paprika
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon molasses
- 1 cup fire-roasted crushed tomatoes plain will also work
- 2 cups chicken or vegetable broth
- 6 ounces sliced portobello mushrooms

Instructions:

1. In a large pot over medium heat, add the oil. Allow the oil to heat for 2-3 minutes.
2. Once the oil is hot, add the sweet potatoes and cook for 5-7 minutes. Next, add the kale into the pot and cook for another 2-3 minutes. At this time add the peanut butter, smoked paprika, soy sauce, molasses, and garbanzo beans. Mix until completely incorporated.
3. Add the crushed tomatoes, broth and mushrooms. Bring the stew to a low simmer and cook for 30 minutes.
4. Dish out and enjoy.

Hoppin' John

Serves 6

Popular in the American South, many variations of this old recipe now exist. The use of black-eyed peas, not a native plant in America, came over to us more than 300 years ago with the African slaves. These peas were a staple food on the slave ships, and because the peas can germinate from a dried state, they could continue to grow them on the long passage across the Atlantic. It's a combination of peas and rice which is a perfect protein, and a creamy and nutritious main dish. No one knows who John was.

Ingredients:

2 - 16 oz. cans of black-eyed peas, rinsed and drained

2 + cups vegetable broth

The following vegetables, finely chopped, in order:

2 stalks celery

1 large yellow onion

2 cloves garlic

1 small (or ½ med.) red pepper

1 small (or ½ med.) green pepper

2- 3 Tbsp. canola oil

1 - 2 Tbsp. lemon juice or vinegar

1 tsp. dried basil

¼ - ½ tsp. black pepper

½ tsp. salt (taste before adding; canned peas are often salted, as is vegetable broth)

1 ½ cups brown (or white) rice

3-3 ½ cups water

½ - ¾ tsp. salt

Instructions:

Rinse and drain the black-eyed peas and set aside.

Chop up vegetables.

In a soup pot, saute (gently fry, med. heat) the vegetables in oil, in order listed:

Celery first. Continue sauteing and stirring occasionally to prevent browning, until all vegetables become soft, about 8 to 10 minutes, then add garlic for a minute or so until it sizzles. Stir in peas, vegetable broth and seasonings with vegetables. Bring the mixture to a boil and simmer, stirring occasionally to prevent sticking, for about 45 minutes. Taste to adjust consistency and seasonings with broth, salt, pepper and lemon juice or vinegar.

Meanwhile in a 2 quart pan, bring rice, water and salt to boil. Then lower heat and simmer for 45 minutes for brown rice, 30-35 minutes for white.

To Serve:

Place serving of rice on plate or bowl and ladle serving of "Hoppin' John" mixture on top. Garnishes can be sour cream or yogurt, and pickles. Serve hot and Enjoy!

Homemade Greek Yogurt in Crockpot/Slow Cooker:

Ingredients and equipment:

1 gallon whole milk (makes it creamier)

1 container (5-6 ounces) Fage 5% yogurt (makes it creamier, can also use lowfat yogurt)

Instant read thermometer

Good cheesecloth (e.g., not too hole-y)

Instructions:

Pour the milk into a slow cooker set to HIGH and close the lid. It will take about 3.5 to four hours before the temperature of the milk is up to 180 degrees F. Check it with an instant-read thermometer. Once it's at 180 degrees, turn off the slow cooker, close the lid, and let the milk cool to 110 degrees F. This will take another 3-4 hours. Once the temperature is between 110 and

115 degrees F, add some of the warm milk to the cup of plain yogurt, stir to combine, and then gently but thoroughly stir the mixture back into the milk in the slow cooker using up and down, left and right motions (not circular). Close the lid.

Wrap the slow cooker or stock pot with a large bath towel and let it sit undisturbed in a non-drafty place at room temperature or warmer for 10-12 hours or overnight. The milk will have thickened and the whey will have started separating from the milk.

Line a colander with a cheesecloth and pour the yogurt into it. Set the colander over a large glass bowl and let it strain at room temperature for several hours (I put it in the fridge) until you've achieved the desired thickness (length of straining time will also depend on the gauge of the cheesecloth. (I keep it in the fridge about 4 hours and empty the whey halfway through.) For thick Greek yogurt plan on at least 4 hours. You'll end up with about 8 cups of whey and 7-8 cups of Greek yogurt.

Store the yogurt in the fridge in an airtight container, preferably a glass bowl for up to 2 weeks. When ready to make another batch of yogurt, use a cup of the previous batch as the starter culture.

The whey can be reserved for a variety of purposes.

Lentil Vegan Soup

Ingredients:

1 large onion (chopped)
4 cloves garlic (diced)
2 medium carrots (sliced)
6 oz mushrooms (sliced)
1 zucchini (diced)
15 oz can fire-roasted diced tomatoes
4 cups vegetable broth
1 cup brown/green lentils (uncooked)
1 ½ tsp dried basil
1 cup fresh spinach (chopped)
6 stalks of celery (chopped)
Salt to taste

Instructions:

- In a stockpot over medium heat, add onion. Sauté for about 8 minutes with 3 Tbsp of the vegetable broth.
- When onion is translucent, add garlic, zucchini, carrots, mushrooms, celery and basil. Stir and sauté for 2 minutes.
- Add diced tomatoes with juice and vegetable broth. Increase heat and bring to a light boil.
- Rinse and drain lentils and add to pot while stirring.

- Reduce heat and simmer for 25-30 minutes or until lentils are tender.
- Stir in chopped spinach during last few minutes of cooking. Add salt to taste.

Curried Quinoa Salad

Ingredients:

1 C. red quinoa
1 c. cut-up cauliflower
½ c. chopped dried apricots
12 oz. asparagus, chopped
½ c. green onions
½ c. chopped cilantro
2 Tbls. lemon juice
1 Tbls. lemon zest
4 Tbls. olive oil
2 Tbls. white balsamic vinegar
2 Tbls. agave nectar
1 Tbls. curry powder
1 ½ tsp. ground coriander

Instructions:

Cook quinoa in 2 in. water for 8 to 10 minutes. Spread to cool on baking sheet. Stir lemon juice and zest in a large bowl. Whisk oil, vinegar, agave and spices into juice. Stir in cilantro, onions and cooled quinoa. Fold in cauliflower, asparagus and apricots. Salt and pepper to taste. Serve chilled.