

# Thanksgiving Vegetarian Menu

Winter Vegetable Soup

Roasted Pear with Goat Cheese Brie on Red Leaf Lettuce drizzled with Balsamic Vinegar Dressing

Apple Slaw

Steamed or Roasted Vegetables (Brussels spout and Cauliflower) with

Bengali – Style Tomato Chutney

Tempeh and Wild Mushroom Fricassee

Baked Sweet Potato

Cranberry Orange Sauce\*

Tofu Pumpkin Pie\*

**\*RECIPES can be found in** Linda Arpino's Eat Fit, Be Fit: Health and Weight Management Solutions or on the following pages:

## **Root Vegetable Soup with Croutons by Linda Arpino, MA,RD,CDN**

Winter root vegetables are slightly sweet flavors which complement each other to create a tasty flavor. Stir in more water or broth if you prefer a thinner consistency.

### Ingredients

1 tablespoons olive oil, divided

1 cup chopped yellow onion

¾ cup chopped scallion

¾ cup chopped celery

3 cups coarsely chopped parsnip (about 1 pound)

1 cup (about 3 baby turnips), peeled and chopped into bite size pieces

2 1/2 cups coarsely chopped carrot (about 1 pound)

½ cup fresh flat parsley(chopped)

3 cups water

2 (14-ounce) cans fat-free, less-sodium vegetable broth

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

1/2 cup croutons

¼ cup chopped fresh parsley

Place oil, onion and celery in a 3 quart pot and sauté until onion is translucent. Add remaining ingredients and simmer about one hour on a low heat or until vegetables are soft. Serving topped with croutons and parsley. Serves 6

# **Roasted Pear with Melted Goat Cheese Brie On Red Leaf Lettuce & Balsamic Vinegar Dressing**

**Serves 6**

## **Ingredients:**

### **Roasted Pears**

3 Comice pears  
Olive oil, for drizzle  
Honey, for drizzle  
1 tablespoon allspice  
Butter, one pat

### **Brie Goat Cheese**

6 ounces Brie( Goat optional) Cheese

### **Red Leaf Lettuce**

1 head Red Leaf Lettuce, washed and dried leaving leaves long

### **Crusty Bread**

#### **Preparation**

1. Peel the pears, cut them in half and trim to remove the seeds. Reserve one uncooked pear to finish the salad, and roast the remaining two. Preheat oven to 400 degrees Fahrenheit. Place the two pears cut side down on a baking sheet lined with parchment paper. Drizzle pears with olive oil, honey and allspice and top with a small pat of butter. Cover with aluminum foil and bake for 20 minutes. Set aside.

#### **Balsamic Vinegar Dressing:**

1 teaspoon lemon juice  
4 tablespoons Balsamic vinegar (white balsamic vinegar may be substituted)  
2 tablespoons olive oil  
Salt & Pepper to taste

2. Make the dressing. In a bowl, combine all ingredients and mix well. Add salt and pepper to taste.
3. Place washed and dried red leaf lettuce on 6 inch plate arranging curly tends facing outside of plate.
4. Immediately before serving place 1-2 tablespoons of brie in center of pears on baking pan and heat at 350F until cheese melts.
5. While pears are heating drizzle dressing on each plate over lettuce.
6. Place pears halve in center on top of lettuce on each plate. Serve immediately with crusty bread.

## Apple Slaw

Source: NY Times- Mark Bittman (from "Food Matters")

Yield: 6 servings.

This dish of chopped radishes, cabbage and apples creates a fresh, crunchy and juicy salad for your table.

### Ingredients

1/4 cup olive oil  
1 heaping teaspoon Dijon or other good-quality mustard, or to taste  
1 tablespoon lemon juice  
1 tablespoon honey  
3 cups cored and shredded red cabbage (about 8 ounces)  
2 medium Granny Smith or other tart, crisp apples, cored and shredded or grated  
8 radishes, chopped  
1 red onion, chopped or grated

### Salt Preparation

Black pepper  
1/2 cup chopped fresh parsley

1. Put the oil, mustard, lemon juice and honey in a large bowl and whisk until well combined.
2. Add the cabbage, apples, radishes and onion and toss until thoroughly combined. Sprinkle with salt and pepper and refrigerate until ready to serve. (It's best to let the slaw rest for an hour or so to allow the flavors to mellow. You can let it sit even longer, up to a few hours, before the apples start to discolor; just drain the slaw before continuing.)
3. Just before serving, toss with the parsley. Adjust seasoning to taste.

## Bengali-Style Tomato Chutney

Source: NY Times November 2011

At Bengali banquets, this chutney, along with deep-fried, puffed white-flour breads (looichis) and pappadoms, is served as the penultimate course, just before the dessert. "Here in the Western world, I tend to serve it with the main meal," says Ms. Jaffrey.

Serves 6-8

### Ingredients

2 tablespoons olive, canola, or peanut oil  
1/2 teaspoon whole cumin seeds  
1/2 teaspoon whole brown or yellow mustard seeds  
1/4 teaspoon whole fennel seeds  
2 cups tomato puree, canned or homemade  
1 1/2 teaspoons very finely grated peeled fresh ginger  
3/4 cup apple cider vinegar  
1 cup sugar  
3/4 teaspoon red pepper flakes  
1 1/4 teaspoons salt  
2 tablespoons golden raisins (optional)

Mix all ingredients and serve at room temperature. This can be made a few days ahead and stored in the refrigerator.

### Steamed or Roasted Vegetables

1 package fresh Brussels sprouts

1 small head cauliflower cut into pieces

Steam vegetables in a pot or roast on grill or in oven until tender.

Serve hot or cold.

### Tempeh and Wild Mushroom Fricassee

Source: "Cooking Light Way to Cook Vegetarian"

Yield: 6 servings (serving size: 1 cup)

#### Ingredients

Cooking spray

12 ounces tempeh, cut into 1/2-inch cubes

1/4 cup dry white wine

2 tablespoons less-sodium soy sauce

4 cups thinly sliced leeks (about 4 large)

2 cups sliced button mushrooms

2 cups sliced cremini mushrooms

2 cups diced shiitake mushroom caps (about 4 ounces)

2 (4-inch) Portobello mushroom caps, gills removed, chopped

1 tablespoon all-purpose flour

1/3 cup celery leaves

2 thyme sprigs

1 parsley sprig

1/2 cup thinly sliced garlic (about 20 cloves)

1 (14 1/2-ounce) can organic vegetable broth

1 tablespoon fresh lemon juice

1/4 teaspoon fine sea salt

1/4 teaspoon freshly ground black pepper

2 tablespoons chopped fresh parsley

1 tablespoon grated lemon rind (optional)



#### Preparation

1. Heat a Dutch oven coated with cooking spray over medium-high heat. Add tempeh; sauté 8 minutes or until golden brown. Add wine and soy sauce; cook 15 seconds or until liquid almost evaporates. Remove tempeh from pan.
2. Add leeks and mushrooms to pan; sauté 5 minutes. Stir in flour; cook 1 minute, stirring frequently. Tie celery leaves, thyme sprigs and parsley sprig together securely with string. Add herbs, garlic and broth to pan; bring to a boil. Add tempeh, stirring well. Cover, reduce heat and simmer 15 minutes.
3. Uncover and cook 3 minutes or until thick. Discard herbs. Stir in lemon juice, salt and pepper; sprinkle with parsley. Garnish each serving with 1/2 teaspoon lemon rind, if desired.

