

Vegetarian Recipes

And Sustainability Awareness



Sustainable



Sustainable *adjective* [suh-stey-nuh-buh-l] Pertaining to a system that maintains its own viability by using techniques that allow for continual reuse. "UWM is working its way to become a great, sustainable University."

So why is eating vegetarian a sustainable way of living?

There are *many* ways eating a vegetarian diet is sustainable, and you don't even have to become 100% vegetarian. Even switching 1-2 meals a week to vegetarian meals can help. Here are 5 ways it can help keep our world a little more green:

1. Reducing deforestation

-Many, thousands of acres of rainforests have been cut down, and not because of their timber. Most of the acres cut down are to be used for cattle herding, or other animal farming. Reducing meat in our meals, or cutting it out entirely, will help keep our forests of the world in tact, and clear up space to begin new forests.

2. Making more water available

-Growing 1 pound of wheat only takes up about 25 gallons of water, however to produce 1 pound of meat it uses 2,400 gallons! An average cow gives around 750 pounds worth of meat, which means 1.8 million gallons of water is used to raise that cow. There are places in the world where cities are in competition for water over local, large farms. The smaller the farms, the more water that will be available to the people.

3. The planet can cool down

-18% of the global emissions total is from our meat-eating resources. This is more than cars, planes, and other transports combined. These emissions are from the gases the animals emit naturally (manure), the oil it takes to transport the meat, and the electricity it takes to run the farms, keep the meat cool, etc. Producing less meat causes less harmful greenhouse gases to be emitted into the air.

4. More land for growth, both in vegetables and population

-About 30% of the earth's land is used for livestock, and livestock consume the majority of the earth's crops. If we cut back on livestock, we can make vegetables more available to people, and in turn more people can be fed. As well as using land to accommodate the growing population, which is said to increase by 3 billion people in about 50 years.

5. Less pollution

-Right now one of the biggest causes of water 'Dead Zones' is animal waste. A 'Dead Zone' is when animal waste is dumped or leaked into a body of water and it causes an algal bloom, which take up all of the oxygen in the water so nothing can live in it. This greatly disrupts the ecosystem. Also, a single farm can produce as much waste as an entire city! Less animals to farm means less pollution in our air and water.

Resources used for this information:

<http://www.theguardian.com/lifeandstyle/2010/jul/18/vegetarianism-save-planet-environment>

http://www.foe.co.uk/sites/default/files/downloads/livestock_impacts.pdf

<http://www.vrg.org>



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Hummus

Serves: 4

Prep Time: 25 Min
Cook Time: 25 Min

Instructions

- 1: Drain the chickpeas, reserving the juice in a small cup.
- 2: Remove the skins from the chickpeas and place in the blender, or food processor (throw skins away)
- 3: Pulse the chickpeas in the blender or food processor until the chickpeas are in sandy looking crumbles. You may need to stop and shake the blender or scrape the sides a few times.
- 4: Add the tahini paste, lemon juice, garlic, and salt and blend until smooth, scraping the bowl as needed.
- 5: Slowly add the chickpea water to the mix until the mixture can blend without catching and is completely smooth.
- 6: To serve, top with olive oil, parsley, and sprinkle with paprika.

Notes:

- An easy way to skin the chickpeas is to pinch the chickpea between your thumb and forefinger, with the pointy side facing your hand.
- Some tasty foods to help you enjoy your hummus are pita bread/chips, raw veggies, crackers, and you can also spread it on your favorite sandwich!

Ingredients

- 1-15 ounce can chickpeas
- 1/2 cup tahini paste
- Juice from 1/2 a lemon
- 2 small cloves of garlic
Roughly chopped
- 3/4 tsp salt
(or more to taste)
- Reserved chickpea water from the can
- Olive oil, parsley, and paprika for serving



Spinach Artichoke Dip

Serves: 8-14

Prep Time: 5 min
Cook Time: 10 min

Instructions

1: In a medium pot over medium heat, melt together cream cheese, sour cream, butter, and parmesan cheese. Stirring frequently until melted and an even consistency. It should start to bubble.

2: Stir in chopped artichoke hearts and drained spinach (and jalapenos if you choose to add them). Finally, stir in the pressed garlic cloves.

3: Serve hot!

Notes

-Be sure to squeeze the excess water from the spinach. This can be done by hand or in a towel, but be warned your towel will stain!

-You can add more garlic if you choose for a more hearty, garlic taste, and instead of adding jalapenos for heat you can put in some red paper flakes! Yum!

-Tastes amazing on toasted baguettes! You may also serve with tortilla chips and crackers.

Ingredients

14 oz Artichoke hearts
Coarsely chopped

2 Garlic Cloves
Pressed

10 oz Frozen Spinach
Thawed and drained

1 Stick of unsalted butter (8Tbsp)

8 oz Cream Cheese

1 1/2—2 cups Parmesan Cheese
Shredded

16 oz Sour Cream

(Optional)

1-4 oz can Jalapenos
Drained



Stuffed Mushrooms

Serves: 3-6

Prep Time: 20 min

Cook Time: 20 min

Instructions

- 1: Preheat oven to 350 degrees., spray a baking sheet with cooking spray.
- 2: Clean the mushrooms with a damp paper towel, and then carefully break off the stems. Dice the stems finely.
- 3: Heat oil in large skillet over medium heat. Add the minced garlic, diced onion, and diced stems. Fry until any moisture has disappeared. Set aside to cool.
- 4: When garlic and mushroom mix is no longer hot, stir in cream cheese, parmesan cheese, black pepper, and onion powder (and the cayenne pepper if you choose to do so). Mixture should be thick.
- 5: Using a small spon, fill each mushroom cap with a generous amount of filling. Arrange the caps on your prepared baking sheet.
- 6: Bake for 20 minutes or until the mushrooms are piping hot and liquid starts to form under the caps.
- 7: Enjoy!

Notes

-You can add breadcrumbs to the tops in the last 5 minutes of baking for a yummy, little crunch!

Ingredients

- 12 Whole fresh mushrooms
- 1 Tbsp extra virgin olive oil
- 1 Tbsp Garlic
Minced
- 2 Tbsp Onion
Minced
- 1-8 oz package cream cheese
Softened
- 1/4 cup Parmesan cheese
Grated
- 1/4 tsp Black pepper
Ground
- 1/4 tsp Onion powder
- (Optional)
- 1/2 tsp Cayenne pepper
Ground



Buffalo Roasted Cauliflower

Serves: 4

Prep Time: 10 min

Cook Time: 20 min

Instructions

- 1: Preheat oven to 400 degrees.
- 2: Toss the cauliflower florets in the oil, salt, and pepper. Arrange in a single layer on a baking sheet.
- 3: Roast for about 20-30 minutes or until lightly golden brown.
- 4: Once out of the oven, toss the cauliflower in the buffalo sauce.
- 5: Enjoy warm with blue cheese or ranch dressing for dipping.

Notes

-Serve with toothpicks to avoid messy fingers!

Ingredients

1 Head of cauliflower
Cut into florets

1 Tbsp Oil

Salt and Pepper
To taste

1/4 cup Buffalo sauce
Choose your favorite



Parmesan Cauliflower Bites

Serves: 4

Prep Time: 20 min

Cook Time: 10 min

Instructions

1: First you must cook the cauliflower until just crisp and tender. This can be done by steaming them on the stove top for about 6-8 minutes, or you can cook in the microwave for about 4 minutes. Set aside and allow cauliflower to cool until it's safe to touch.

2: Preheat the oven to 450 degrees.

3: Combine the flour and garlic (and cayenne pepper if you choose). Coat the cauliflower in the dry mixture by sifting it over a layer of florets flipping them and coating the other side.

4: Combine the panko crumbs and the grated parmesan and place onto a tray or dish. Dip the coated cauliflower in the beaten eggs, and then dredge them in the panko/cheese mix, pressing them so the crumbs stick.

5: Arrange the florets in a single layer on a tinfoil lined baking sheet, then drizzle (or spray them) with olive oil. Bake for 5-10 minutes or until golden brown.

6. Enjoy!

Notes

-Using an olive oil spray helps to better coat the florets before baking, but drizzling is fine too.

Ingredients

3-4 cups Cauliflower florets

1/2 cup Flour

1 tsp Garlic Powder

2 Eggs
Beaten

1/2 cup Parmesan Cheese
Grated

1 cup Panko crumbs

2 Tbsp Olive oil

Salt and Pepper
To taste

(Optional)

1/4 tsp Cayenne pepper



Black Bean Burger

Serves: 3-6
(Makes 6 burgers)

Prep Time: 15 min
Cook Time: 10-20 min

Instructions

- 1: In a food processor (or blender), add the onion, pepper, and garlic and pulse several times.
- 2: In a bowl, mash the black beans and then add the vegetable mixture. Mix with your hands until well-combined.
- 3: Add chili powder, cumin, eggs, and bread crumbs. Mix until mixture can be formed into patties.
- 4: Lay out a piece of aluminum foil and lightly grease with olive oil. Form patties with mixture, and place the patties on the foil.
- 5: If cooking on a grill, grill about 8-10 minutes on each side. If cooking in the oven, bake for about 10 minutes on a baking sheet.
- 6: Serve hot and enjoy with your favorite toppings!

Notes

- What's great about this recipe is you can be creative with it. Substitute veggies, or add more veggies. It's up to you! You can also add more spices or herbs. Adding some corn and cayenne pepper give it a nice southwestern taste!
- Be conscious of your patty texture. If your mixture seems a little too moist, add small amounts of bread crumbs to get a better 'patty forming' consistency.

Ingredients

- 3 cups Black beans
- 1/2 small Onion
Your choice type, Diced
- 1/2 Red or green pepper
Diced
- 4 Cloves garlic
- 1 1/2 Eggs
- 1 Tbsp Chili Powder
- 1 Tbsp Cumin
- 1 cup Bread Crumbs
May require more



Spinach and Feta Pasta

Serves: 4

Prep Time: 25 min

Cook Time: 15 min

Instructions

1: Cook pasta as directed on the package until al dente. Drain.

2: Meanwhile, heat olive oil in a large skillet over medium-high heat. Add the garlic and onion and cook until golden brown. Mix in the tomatoes, mushrooms, and spinach. Season with salt and pepper to taste. Cook 2 minutes more until tomatoes are heated through and the spinach is wilted.

3: Reduce heat and stir in pasta and feta cheese. Cook until heated through.

4: Serve hot and enjoy!

Notes

-Feel free to add in more veggies for a heartier meal!

-Add a pinch of red pepper flakes for a little heat.

-Pairs well with a good garlic bread!

Ingredients

1-8 oz package Penne pasta

2 Tbsp Olive oil

1/2 cup Onion
Chopped

1 clove Garlic
Minced

3 cups Tomatoes
Chopped

1 cup Fresh Mushrooms
Sliced

2 cups Spinach leaves
Packed

8 oz Feta cheese
Crumbled



Ratatouille

Serves: 4-6

Prep Time: 15 min

Cook Time: 45-55 min

Ingredients

Instructions

1: Preheat oven to 375 degrees.

2: Pour tomato puree into the bottom of an oval baking dish approximately 10 inches across the long ways. Drop the sliced garlic cloves and chopped onion into the sauce, stir in oregano, crushed red pepper, 1 Tbsp of olive oil, and season the sauce generously with salt and pepper.

3: Trim the ends off of the eggplant, zucchini, and yellow squash. Trim the top of the red pepper and remove the core. Cut the vegetables into very thin slices (approximately 1/16 inch).

4: Atop the puree, arrange the slices starting along the outside of the dish, overlapping the vegetables so only a small portion of the vegetable is visible between each slice. Alternate the vegetables in a pattern around the dish until you reach the center. You may have a handful of vegetables that don't fit.

5: Drizzle the remaining olive oil over the vegetables and season them generously with salt and pepper. Sprinkle fresh thyme over the dish.

6: Cover the dish with parchment paper, cut to fit inside of the dish. Bake for 45-55 minutes, until the vegetables have released their liquid and are clearly cooked, but with some structure left so they are not totally limp. They should not be brown around the edges, and you should see the tomato sauce bubbling up around them.

7: Enjoy!

Notes

-Serve with a dab of soft goat cheese and a slice of crusty baguette.

-You can also serve this right over polenta or couscous!

1/2 Onion

Finely chopped

2 Garlic cloves

Very thinly sliced

1 cup Tomato puree

1/4 tsp oregano

1/4 tsp Crushed red pepper flakes

2 Tbsp Olive oil

Divided

1 small Eggplant

Italian or Chinese

1 Zucchini

1 Yellow squash

1 long Red bell pepper

Fresh Thyme

Salt and Pepper



Vegetable Soup

Serves: 7

Prep Time: 15 min
Cook Time: 40 min

Ingredients

2 1/2 Tbsp Olive oil

1 Medium yellow onion
Chopped

4 Carrots
Peeled and chopped

3 Celery stalks
Chopped

4 Cloves garlic
Minced

4-14.5 oz cans Vegetable broth

2-14.5 oz cans Diced tomatoes
Undrained

3 Medium Potatoes
Peeled and diced 1/2 inch thick

1/3 cup Fresh parsley
Chopped

2 Bay leaves

1/2 tsp Dried thyme

1 1/2 cups Green beans
Fresh or frozen, chopped

1 1/4 cups Corn
Fresh or frozen

1 cup Peas
Fresh or frozen

Salt and pepper

Instructions

1: Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery. Sauté 2-4 minutes, then add garlic and sauté 30 seconds longer.

2: Pour in the broth. Add tomatoes, potatoes, parsley, bay leaves, thyme, and season with salt and pepper to taste. Bring to a boil.

3: Once boiling, add the green beans and reduce heat to medium-low, cover and simmer until the potatoes are tender (about 20-30 minutes).

4: Once potatoes are tender, add the corn and peas and cook 5 minutes longer.

5: Enjoy!

Notes

-If you would like to add more flavor to the soup you can put in more herbs and spices of your choice!

-Serve warm with crackers or crusty french bread. Perfect for colder days!



Stuffed Peppers

Serves: 6

Prep Time: 20 min

Cook Time: 30 min

Instructions

1: Cut the tops of the bell peppers and remove the core and seeds. Preheat the oven to 350 degrees. Line a 9 X 13 baking dish with parchment paper.

2: In a large bowl, combine cooked quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic powder, onion powder, and chili powder. Salt and pepper to taste.

3: Spoon the filling into the peppers. Place on the prepared baking dish, cavity side up, and bake until the filling is heated through, about 25-30 minutes.

4: Serve hot and enjoy!

Notes

-Feel free to add more to your filling!

-Substitute the cheeses out with your favorites.



Ingredients

3 cups Quinoa
Cooked

1-4 oz can Green chiles

1 cup Corn

1/2 cup canned Black beans
Drained and rinsed

1/2 cup Tomatoes
Petite diced

1/2 cup Pepper jack cheese
Shredded

1/4 cup Feta cheese
Crumbled

3 Tbsp Fresh cilantro leaves
Chopped

1 tsp Cumin

1 tsp Garlic powder

1/2 tsp Onion powder

1/2 tsp Chili powder

6 Bell Peppers

Salt and pepper
To taste

FAQ:

Q: Now wait just a minute, are you saying I have to go vegetarian?!

A: Nope! This cook book is here to help raise awareness on how eating a vegetarian diet can help keep our world sustainable, but that doesn't mean you have to stop eating meat all together. By simply cutting back on our meat consumption, we can help conserve more water and land, and help improve our atmosphere. Go back to pages 2 and 3 for more information on the environmental benefits. Eating vegetarian also has many health benefits! Going meatless once a week may reduce your risk of chronic preventable conditions like cancer, diabetes, and obesity. These recipes are provided to show that meals without meat CAN be delicious!

Q: I noticed some of these recipes have eggs. Are eggs considered vegetarian?

A: This is a great question, and one many people ask about vegetarians. Depending on the person and their beliefs, this could be answered in many ways. The word vegetarian is defined as "A diet which excludes consumption of animal flesh". So depending on your beliefs, you may choose to be an "ovo-vegetarian" which is a vegetarian who eats eggs but still does not eat chicken, beef, etc., but you may also hold beliefs, like in Hinduism, where eggs are considered the meat of an animal. Many vegetarians also choose not to consume eggs for ethical reasons, like animal rights. There are substitutions you can use for eggs in recipes, so if you choose to not eat eggs, you can still enjoy the dishes. In baking, the eggs are used as a leavening agent (to make cakes light and fluffy) and also to add moisture to the dough and hold everything together. Bananas and apple sauce are great substitutes for your baking needs, however in things like quiche or mayo, where the eggs are key to the finished product, you want something that will mimic an egg's consistency, like tofu. As a general rule, the less eggs a recipe calls for the easier it will be to substitute out. Just be sure to do your research so your dish turns out the way it should.

Q: Does the same apply for milk and cheese?

A: When it comes to milk, it can be consumed if you are a vegetarian. It is not the flesh of an animal, but a product of an animal. However if you are *vegan* then you do not consume anything that was an animal, or produced by an animal (no meat, milk, cheese, butter, etc.). Cheese on the other hand, is a different story. There is controversy on how most cheese is made, which use parts of animals. Some people deny this is common practice, while others argue it most certainly is. I will let you research that one for yourself, but in short, many vegetarians consume cheese, unless there is an ethical belief and they decide to abstain.