

Asian Style Vegetable Stir-Fry

Broccoli, carrots, mushrooms and onions stir-fried with a sauce of honey, red pepper flakes and peanut oil.

Eggplant Torte with Pesto and Sun-Dried Tomatoes

Broiled eggplant layered with lasagna noodles, provolone cheese, pesto and sun-dried tomatoes served at room temperature with crusty French baguette.

Leek, Potato and Fontina Tart

Sautéed leeks, potatoes and garlic combined with Fontina cheese, egg milk and baked in a tart shell.

Mushroom Lasagna

Mixture of mushroom, leeks, spinach, parsley and oregano and layered between lasagna noodles, sprinkled with Parmesan and Fontina cheese and oven-baked.

Garden Ratatouille

Onions, garlic, green and red peppers, mushrooms, eggplant, zucchini, basil, sautéed until tender and oven-baked in tomato sauce.

Baked Polenta with Wild Mushrooms

Hearty, baked grain dish originally comes from the northern Italian countryside served with a delicious sauce of wild mushrooms, garlic and onions.

Garden Style Stuffed Potatoes

Baked potatoes stuffed with onion, garlic, sunflower seeds, mushrooms, broccoli, basil and scallions served with Barley Soup and Tossed Salad.

Spinach Stuffed Shells

Large shell pasta filled with a stuffing of spinach, onion, cottage cheese and egg and baked in tomato sauce sprinkled with mozzarella cheese.

Lentil Rice Curry with Fragrant Basmati Rice

Sautéed onions, garlic, ginger, curry, cumin and turmeric and simmered with tomatoes, lentils and cauliflower served with fragrant Basmati rice.

Lentil Stew

Lentils, celery, onion, carrots and garlic simmered with red wine and tomatoes.

Mediterranean Stew

Okra, butternut squash, onion, eggplant, zucchini, carrots, chickpeas and tomatoes simmered in vegetable broth and served over couscous.

Minestrone Soup

Grandma's favorite minestrone soup service with crusty Italian bread and tossed salad.

Mixed Vegetable Curry

Onions, new potatoes, garlic, tomatoes, eggplant, green beans, carrots, cauliflower and green peas simmered with Indian spices.

Neat Loaf

A vegetarian loaf prepared with brown rice, wheat germ, oats, walnuts, mushrooms, onions, bell pepper and carrots and seasoned with thyme, marjoram, sage, soy sauce and topped with tomato sauce.

Greek Spinach Pie (Spanokopita)

Spinach, scallions, fresh herbs, onion, feta, Parmesan cheese layered in phyllo dough and baked until crispy and golden.

Eight Vegetable Curry

Potatoes, carrots, butternut squash, cauliflower and peas seasoned with curry, cumin, coriander, and jalapeno pepper and garnished with a dollop of yogurt, cilantro and red pepper.

