

Veggie Delight

MAKE MEATLESS MONDAY AN EVERYDAY MANTRA. THESE PLANT-BASED DISHES ARE PACKED WITH FLAVOUR AND COME TOGETHER QUICK AND EASY.

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OPPOSITE PAGE: RADUGA GREZ VEGGIES SET: MODERNRASCAL S.CA
THIS PAGE: RADUGA GREZ VEGGIES SET: MODERNRASCAL S.CA SMALL STONEWARE BOWL IN DARK GREEN: HM.CA

Veggie Noodle Pad Thai

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**Butternut
Squash Pizza**

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OPPOSITE PAGE: RADUGA GREZ VEGGIES SET: MODERNRASCALS.CA
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**Baked Sweet Potato
with Roasted Chickpeas**

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OPPOSITE PAGE: RADUGA GREZ VEGGIES SET: MODERNRASCAL.S.CA BEABA SILICONE BOWL: WESTCOASTKIDS.CA
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**Grilled Eggplant on
Coconut Rice**

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Veggie Noodle Pad Thai



PREP 15 MIN TOTAL 25 MIN

- 1/3 cup hoisin sauce
- 1/3 cup lime juice
- 1/3 cup natural peanut butter
- 1 tbsp sriracha hot sauce (optional)
- 210-g pkg smoked tofu
- 3 tsp canola oil, divided
- 4 garlic cloves, minced
- 1 tbsp minced ginger
- 2 340-g pkg spiralized zucchini noodles
- 2 cups matchstick carrots
- 2 cups bean sprouts
- 1/2 cup chopped cilantro
- 1/4 cup roasted peanuts, chopped (optional)
- 1/2 cup Thai basil leaves (optional)

1. Whisk hoisin sauce with lime juice, peanut butter and sriracha (if desired) in a medium bowl. Set aside. Pat tofu dry with paper towels, then cut crosswise into 1/4-in.-thin slices. Heat a very large frying pan or grill pan over medium. Add 2 tsp oil, then tofu. Cook until golden, 2 to 3 min per side. Transfer to a plate.

2. Add remaining 1 tsp oil to a pan, then garlic and ginger. Stir for 30 sec. Add zucchini noodles and carrots. Cook, stirring, until vegetables are just tender, 2 to 3 min. Stir in reserved sauce to coat vegetables. Divide among plates. Top with tofu, bean sprouts, cilantro and peanuts, if using. Squeeze more lime juice overtop, if desired, and finish with Thai basil leaves.

MAKES 4 SERVINGS. PER SERVING: CALORIES 341, PROTEIN 18 G, CARBS 27 G, FAT 20 G, FIBRE 6 G, IRON 3 MG, SODIUM 529 MG

Kitchen tip If you own a spiralizer, make your own zucchini noodles using two large zucchinis.

Butternut Squash Pizza



PREP 30 MIN TOTAL 35 MIN

- 750-g pkg frozen butternut squash pieces, thawed
- 5 tsp canola oil, divided
- 4 garlic cloves, minced
- 156-mL can tomato paste
- 1 cup vegetable broth
- 3/4 tsp sweet paprika, divided
- 1/8 tsp salt
- 1 small red onion, thinly sliced
- 170 g broccolini, cut into thin strips
- 2 store-bought thin pizza crusts
- 1/2 cup crumbled feta
- 1/2 tsp hot pepper flakes (optional)

1. Reserve 2 cups butternut squash in a medium bowl and set aside.

2. Heat a large non-stick frying pan over medium-high. Add 2 tsp oil, remaining butternut squash, garlic, tomato paste, broth and 1/2 tsp paprika. Cook, stirring often, until thickened, 10 to 12 min. Transfer mixture to a blender and blend until smooth. This will make about 2 cups of sauce.

3. Add 2 tsp oil to same pan, then onion and broccolini. Cook until Broccolini is tender-crisp, 3 to 4 min. Transfer to a bowl. Add remaining 1 tsp oil to pan, then reserved squash, salt and remaining 1/4 tsp paprika. Cook, stirring occasionally, until just warmed through, 1 to 2 min.

4. Position rack in centre of oven, then preheat to broil. Arrange pizza crusts on baking sheets and spread about 1 cup sauce over each crust, then top with onion, broccolini and squash pieces, dividing evenly. Sprinkle each with 1/4 cup feta and 1/4 tsp hot pepper flakes, if desired. Bake until warmed through, 4 to 5 min.

MAKES 4 SERVINGS. PER SERVING: CALORIES 506, PROTEIN 17 G, CARBS 85 G, FAT 14 G, FIBRE 11 G, IRON 6 MG, SODIUM 1,028 MG

Baked Sweet Potato with Roasted Chickpeas



PREP 10 MIN TOTAL 30 MIN

- 540-mL can chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp sweet paprika
- 1/2 tsp salt, divided
- 4 medium sweet potatoes (about 250 g each)
- 1 cup sour cream
- 6 tbsp chopped chives
- 1/4 cup store-bought crispy onions

1. Position rack in centre of oven, then preheat to 400F. Pat chickpeas dry with paper towels. Toss chickpeas with oil, paprika and 1/4 tsp salt on a rimmed baking sheet. Spread out in an even layer. Roast, gently shaking and rotating sheet halfway through, until golden, about 20 min.

2. Meanwhile, wash and scrub sweet potatoes well. Prick each unpeeled sweet potato several times with a fork. Microwave on high heat until tender, turning halfway through, 8 to 10 min. Transfer sweet potatoes to a platter. Let sit until they are cool enough to handle.

3. Stir sour cream with chives and remaining 1/4 tsp salt in a small bowl. To serve, cut an X along the top of each potato. Push from both ends until the flesh pops out slightly. Fluff the flesh with a fork. Scoop 1/4 cup sour cream mixture onto each potato. Top with roasted chickpeas and sprinkle with crispy onions. If desired, garnish with additional paprika and more chives and serve with a green salad.

MAKES 4 SERVINGS. PER SERVING: CALORIES 543, PROTEIN 15 G, CARBS 77 G, FAT 21 G, FIBRE 14 G, IRON 3 MG, SODIUM 641 MG

Kitchen tip If your sweet potatoes are larger than 250 g, you may need to increase microwave cooking time by 2 to 4 more min.

Refried Bean Tostadas with Queso Fresco



PREP 10 MIN TOTAL 35 MIN

- 1 red bell pepper, halved and thinly sliced
- 1 small red onion, thinly sliced
- 3 tbsp canola oil, divided
- 1/4 tsp salt
- 1 tbsp tomato paste
- 1 tbsp Tex-Mex seasoning (such as Club House)
- 540-mL can black beans, including liquid
- 8 small flour tortillas
- 2 cups shredded iceberg lettuce
- 1/4 cup finely chopped cilantro
- 1/2 cup crumbled queso fresco or feta
- 1 lime, cut into wedges (optional)

1. Position rack in centre of oven, then preheat to 450F. Toss peppers and onion with 1 tbsp oil and salt on a large baking sheet. Roast, stirring halfway through, until golden, 12 to 13 min.

2. Heat a large non-stick frying pan over medium. Add 1 tbsp oil, tomato paste and seasoning. Stir for 30 sec. Add beans and their liquid. Cook, stirring, until warmed through, about 8 min. Coarsely mash the beans in the pan using a non-metal potato masher. Transfer to a bowl.

3. Brush both sides of each tortilla using remaining 1 tbsp oil. Rinse and wipe pan clean, then return to stovetop over medium. Fry tortillas until golden and toasted, 1 to 2 min per side.

4. Top tostadas with refried beans and pepper mixture. Mix lettuce with cilantro and sprinkle over tostadas along with queso fresco. Squeeze lime wedge overtop.

MAKES 4 SERVINGS. PER SERVING: CALORIES 459, PROTEIN 17 G, CARBS 60 G, FAT 18 G, FIBRE 12 G, IRON 5 MG, SODIUM 1,337 MG

Grilled Eggplant on Coconut Rice



PREP 10 MIN TOTAL 35 MIN

- Coconut rice**
- 400-mL can coconut milk
- 1 1/2 cups basmati rice
- Eggplant**
- 5 tbsp low-sodium soy sauce
- 3 tbsp canola oil
- 1 tsp mild curry powder
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp ground allspice
- 4 baby eggplants (about 650 g each)
- 2 tbsp honey
- 1 tbsp fresh thyme
- 2 tsp lime juice, remaining lime cut into wedges
- 1/2 cup chopped cilantro (optional)

1. In a medium sauce pan, combine coconut milk and 1 3/4 cups water and bring to a boil. Stir in rice, then reduce to low and simmer, covered, until liquid is absorbed, 12 to 15 min.

2. Stir soy sauce with oil, curry powder, onion powder, garlic powder and allspice in a large shallow dish. Slice eggplants lengthwise into 1/4-in. slices and dip each slice into the marinade. Set aside.

3. Heat barbecue to medium. Arrange eggplant slices on an oiled grill. Barbecue until eggplant slices are tender and grill marks form, 1 to 2 min per side.

4. Meanwhile, pour remaining marinade into a small saucepan set over medium-high. Stir in honey, thyme and lime juice. Boil, stirring, for 1 min.

5. Stir cilantro into coconut rice. Serve eggplant slices over scoop of rice. Top with sauce, cilantro and lime, if desired.

MAKES 4 SERVINGS. PER SERVING: CALORIES 634, PROTEIN 10 G, CARBS 83 G, FAT 32 G, FIBRE 6 G, IRON 5 MG, SODIUM 767 MG

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RHUBARB PIE

PREP 35 MIN TOTAL 50 MIN PLUS 2 HOURS COOLING TIME

- 2 frozen deep-dish pie crusts (such as Tenderflake), at room temperature
- 600-g pkg frozen chopped rhubarb, thawed in fridge overnight
- 1 1/4 cups granulated sugar
- 1 tbsp vanilla
- 2 tsp cornstarch
- 1 tbsp coarse sugar

1. Position rack in lower third of oven, then preheat to 375F. Line a baking sheet with parchment paper. Remove one pie crust from foil pan and lay flat on prepared sheet. Refrigerate both pie crusts in the fridge until ready to use.

2. Combine rhubarb and granulated sugar in a large saucepan set over medium-high. Bring to a boil, 8 to 9 min. Reduce heat to medium. Cook, stirring often, until mixture thickens, 13 to 15 min. (Time will depend on water content of rhubarb—thickened mixture should measure about 2 cups.) Stir vanilla with cornstarch and 1 tbsp water in a small bowl. Stir into rhubarb mixture.

3. Remove baking sheet from fridge. Transfer crust and parchment to counter. Use cookie cutters to cut out desired shapes from flat pastry and set aside.

4. Place chilled pie crust still in foil on baking sheet and pour in rhubarb mixture. Top with cut-outs. Brush cut-outs with 1/2 tsp water, then sprinkle with coarse sugar.

5. Bake until crust is golden brown, 18 to 20 min. Transfer pie to a rack to cool completely. Refrigerate until filling is firm, about 1 hour.

MAKES 4 SERVINGS. PER SERVING: CALORIES 319, PROTEIN 2 G, CARBS 53 G, FAT 11 G, FIBRE 1 G, IRON 1 MG, SODIUM 113 MG

