

# Forest Lake Presbyterian – Vegetarian Favorites

Earth Sunday 2026

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# From Cindy Welborn

## Easy Black Bean Soup

### **Ingredients:**

2 (15OZ) cans black beans, drained

1 ½ cups vegetable broth

1 cup chunky salsa

1 teaspoon ground cumin

Juice of ½ of a lime

Dash of cooking sherry

### **Instructions:**

1. Combine ingredients in a blender or food processor.
2. Heat mixture in a saucepan until thoroughly heated.
3. Can add sour cream as a topping with sliced green onions

## Pomegranate Barley Salad

### **Ingredients:**

1 cup barley (or bulgur)

1 cube vegetable bouillon

1 teaspoon salt

½ cup finely chopped white or green onion

1 cup pomegranate seeds (or dried cranberries)

2 tablespoons fresh lemon juice

2 tablespoons balsamic vinegar

Fresh ground pepper

Optional: golden raisins, mint leaves and crushed garlic

### **Instructions:**

1. In 2 ½ cups of boiling water add bouillon and barley cook for 25 minutes.
2. After cooling add remaining ingredients to the cooked barley.

## Asparagus Salad

### **Ingredients:**

One bunch asparagus

¼ cup sugar

¼ cup white wine vinegar

¼ cup soy sauce

¼ cup walnuts or pecans (for topping)

### **Instructions:**

1. Boil asparagus 2 to 3 minutes. Drain and pat dry.
2. Place in a 13 x 9 dish.
3. Mix remaining ingredients (except nuts) and pour over asparagus.
4. Add nuts over asparagus and chill 8 hours

## Orzo Salad

### **Ingredients:**

$\frac{3}{4}$  cup orzo

1 cup pitted kalamata olives

3  $\frac{1}{2}$  ounces feta cheese, crumbled

3 spring onions (can be left out)

5 Campari tomatoes, sliced or 1 whole tomato, chopped

### **Dressing**

$\frac{1}{4}$  cup packed fresh dill

3 tablespoons lemon juice

3 tablespoons olive oil

1  $\frac{1}{2}$  tablespoons red wine vinegar

1  $\frac{1}{2}$  cloves garlic

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon freshly ground pepper

### **Instructions:**

1. Cook the pasta according to directions on its package. Drain and cool.
2. Process all dressing ingredients in a blender until smooth
3. Combine pasta, olives, feta cheese and onions in a bowl and mix gently. Add the dressing, tossing to coat
4. Chill, covered, for 3 hours

Makes 4 servings

# From Stuart Hunter

## Three Pea Pistachio Pesto Salad

### Ingredients:

#### Pesto

½ cup pistachios  
2-3 garlic cloves  
2 tablespoons nutritional yeast  
1 tablespoon fresh lemon juice  
2 cups packed fresh basil  
2 tablespoons EVOO  
3 – 4 tablespoons vegetable broth, divided  
Salt and pepper to taste

#### Salad

1 ½ cups dry orzo, cooked according to package directions to al dente and rinsed well  
1 cup green peas (defrosted or using frozen)  
15 oz. can of black-eyed peas (rinsed and drained)  
15 oz can chickpeas (rinsed and drained)  
1 cup sliced or chopped sun-dried tomatoes (if hard, rehydrate in water until soft)  
Crumbled feta cheese

### Instructions:

1. To make the pesto, place the pistachios and garlic in a food processor and process until
2. crumbled. Add the nutritional yeast, lemon juice, basil, and oil and process until smooth. Add the broth by the tablespoon to thin the sauce to your desired thickness. Taste and add salt and pepper. Set aside.
3. In a large bowl, combine the orzo, peas, chickpeas, black-eyed peas, and sundried tomatoes.
4. Toss with the pesto. Serve at room temperature or chill until ready to use.
5. Serve topped with feta cheese if desired.

## Mexican Elote Corn Pasta Salad

(recipe from Weight Watchers)

### Ingredients:

Cooking spray

4 oz penne, fusilli, ditalini, or radiator pasta

3 cups sweet yellow corn (about 4 ears)

½ cup chopped scallions

1 medium jalapeno, seeded and finely chopped

2 medium garlic cloves, finely chopped

3 tablespoons light mayonnaise

1 tablespoon fresh lime juice

½ teaspoon salt

2 oz. crumbled cotija cheese

¼ cup chopped cilantro

¾ teaspoon chili powder

### Instructions:

1. Cook pasta according to package directions. Drain and rinse with cold water, drain well again.
2. Meanwhile, coat a 12-inch nonstick skillet with cooking spray and heat over medium heat. Add the corn, scallions, and jalapeno and cook until the corn is browned (about 6 minutes) stirring occasionally.
3. Add the garlic and cook for 2 minutes stirring often. Remove from heat and let cool slightly.
4. In a large bowl, whisk the mayonnaise, lime juice, and salt. Add the pasta, corn and toss to combine. Stir in the cheese and cilantro. Sprinkle with the chili powder.
5. Refrigerate at least 30 minutes before serving.

## Yummy and Easy Vegetarian Enchiladas

### Ingredients:

15 oz. can of black beans, drained and rinsed  
12 oz. bag frozen corn  
1 teaspoon cumin  
½ teaspoon chili powder  
2 stalks of green onion, thinly sliced  
8 oz. shredded pepper jack cheese  
4 oz. shredded sharp cheddar cheese  
10-12 smallish burrito size tortillas  
3 cups enchilada sauce  
Kosher salt  
Fresh cracked pepper  
Optional garnishes to taste – cilantro, queso fresco, sour cream, salsa

### Instructions:

1. Preheat oven to 400 degrees
2. In a large bowl, combine beans, corn, cumin, most of the green onions, pepper jack cheese, ½ cup enchilada sauce, and salt and pepper. Stir to mix well.
3. Pour 1 cup of the enchilada sauce into the bottom of a 9x13 baking dish
4. Fill tortilla with about 1/3 cup filling, roll up, and place them in the baking dish seam side down.
5. Continue with the remaining tortillas until they are all filled.
6. Pour remaining 1 ½ cup of enchilada sauce over the rolled tortillas and top with the cheddar cheese.
7. Cover with foil and bake for 20-30 minutes or until the cheese is melted and the sauce is bubbly.
8. Garnish with remaining green onions, and choice of cilantro, queso fresco, sour cream, and salsa.

## From Anne Allison

### Red Pepper Soup with Grilled Cheese Crutons

#### Ingredients:

##### Soup

- 3 tbsp. butter
- 1 medium yellow onion, chopped
- 4 cloves garlic, minced
- 3 12 oz. jars roasted red peppers, drained
- 1 15 oz. can diced tomatoes
- 1½ cups vegetable or chicken broth
- 1½ tsp. salt + more to taste
- 1 tsp. smoked paprika
- ½ tsp. freshly ground black pepper + more to taste
- ½ cup heavy cream

##### Grilled Cheese

- Sliced sourdough
- Cheese of choice (I like sharp cheddar and gouda)
- Softened butter for cooking

#### Instructions:

1. Melt butter in a large pot and add onions. Cook for a few minutes until fragrant and add the garlic, then cook for an additional few minutes.
2. Drain and roughly chop the peppers and add them to the pot. Add in the tomatoes, broth, salt, paprika, and pepper. Bring to a simmer.
3. Transfer the mixture to a high speed blender or use an immersion blender to blend until smooth. Return the mixture to the pot and add the cream. Bring to a simmer until heated through, taste and add more salt and pepper as needed.
4. While the soup is simmering, make the grilled cheese. Spread softened butter on one side of two pieces of bread for as many sandwiches as you need. Place the butter side down on the griddle before adding the cheese and the second slice of bread, butter side up. Cook for a few minutes until golden brown, then flip and cook until golden brown on the second side.
5. Remove from the pan and allow to cool. Cut into bite-sized pieces if you're making crutons, or serve as a whole sandwich for dunking

## Veggie Pasta Bake

### Ingredients:

400 g (14 oz) dried pasta shapes I used rigatoni  
1 tbsp oil (I use avocado oil or olive oil)  
1 large red onion peeled and chopped into wedges  
1 red bell pepper de-seeded and chopped into large chunks  
1 yellow bell pepper de-seeded and chopped into large chunks  
1 large or 2 small courgette (zucchini) chopped into chunks  
¼ tsp salt  
¼ tsp pepper  
2 cloves garlic peeled and minced  
1 tbsp tomato puree paste for US  
½ tsp dried oregano  
½ tsp dried thyme  
2 x 400 g (2 x 14 oz) tinned chopped tomatoes  
120 ml (1/2 cup) double (heavy) cream  
100 g (3 packed cups) fresh baby spinach  
100 g (1 cup) strong cheddar cheese grated  
100 g (1 cup) mozzarella grated  
Small bunch parsley roughly torn

### Instructions:

1. Preheat the oven to 190C/375F (fan). Boil a large pan of water and cook the pasta for 1 minute less than recommended on the pack. Drain.
2. While the pasta is cooking, heat the oil on a medium heat, in a large frying pan. Add the red onion and cook for 3-4 minutes until the onion starts to soften.
3. Add the chopped peppers, courgette, salt, pepper, garlic, tomato puree, oregano, and thyme. Stir and cook for 2-3 minutes.
4. Stir in the tinned tomatoes and cream, bring to a gentle bubble.
5. Once the pasta is cooked then drain and add the pasta and spinach to the sauce and veggies. Stir everything together, then transfer to a large baking dish.
6. Top with the cheddar and mozzarella, and place in the oven for 20-25 minutes, until the cheese is golden brown.
7. Take out of the oven and top with parsley before serving.

## One Pot Broccoli Mac and Cheese

### Ingredients:

2 tablespoons butter  
8 ounces baby bella mushrooms, thinly sliced  
1 small white onion, thinly sliced  
3 cloves garlic, minced  
1 pound uncooked pasta (*I recommend a shape that lists a 7-8 minute cooking time\**)  
4 cups water  
1 1/2 cups half and half  
1 teaspoon Dijon mustard  
1/8 teaspoon crushed red pepper flakes  
fine sea salt and freshly-ground black pepper  
12 ounces broccoli florets, cut into bite-sized pieces (about 1 large head of broccoli)  
2 cups (8 ounces) freshly-shredded sharp cheddar cheese  
1/2 cup (1 ounce) freshly-grated Parmesan cheese

### Instructions:

1. **Sauté veggies.** Heat butter in a large stockpot over medium-high heat. Add mushrooms and sauté, stirring occasionally, for 5-7 minutes or until most of their liquid has evaporated and the mushrooms are browned. Add onion and sauté for 3 minutes, stirring occasionally. Add garlic and sauté for 2 minutes, stirring occasionally.
2. **Cook the pasta.** Add pasta, water, half and half, Dijon, crushed red pepper flakes, a generous pinch of salt and pepper and stir to combine. Bring the pasta to a boil, stirring occasionally to break up the pasta. Once the pasta reaches a boil, stir in the broccoli. Reduce heat to medium to maintain a low boil and continue cooking the pasta uncovered until it is just al dente.
3. **Remove excess liquid (if needed).** Check to see how much liquid remains in the pot. If it seems that there is more than 1/2 cup or so, dip a heatproof measuring cup in to remove and save the excess liquid, and set it to the side.
4. **Add cheese.** Stir in the cheeses until melted and combined. If the pasta seems too dry, stir some of the reserved liquid back in as needed.
5. **Season.** Taste and season with additional salt and pepper as needed.
6. **Serve.** Serve warm and enjoy!

## Cucumber Chick Pea Salad

2 avocados, ripe, cubed  
4 mini cucumbers, sliced  
1 red onion, diced  
15 oz chickpeas, canned, drained and rinsed  
1 handful mint, diced  
½ cup vegan feta, crumbled  
¼ cup pine nuts, or chopped walnuts

### **Lemon Vinaigrette**

2 lemons, juiced  
1 clove garlic, minced  
1 tsp mustard, Dijon  
⅓ cup extra virgin olive oil  
½ tsp dried oregano  
½ tsp salt

### **Instructions:**

1. Combine the dressing ingredients in a jar.
2. Add all salad ingredients to a bowl. Drizzle over the lemon vinaigrette. Toss well. Enjoy!

## Marry Me Sundried Tomato Orzo

### Ingredients:

1 to 1 ½ cups orzo, dry  
8.5 oz chickpeas, 1 small can, drained and rinsed  
1 tbsp sun dried tomato oil  
2 tbsp tomato paste  
1 tsp dried oregano  
2 tsp paprika  
½ tsp red pepper flakes  
½ tsp garlic powder  
1 yellow onion, diced  
2 cloves garlic, minced  
⅓ cup white wine  
1½ cup vegetable broth  
1 cup coconut milk, or soy milk  
½ cup sun dried tomatoes, diced  
1 cup baby spinach  
½ lemon, zested and juiced, optional  
vegan feta, to garnish, optional

### Instructions:

1. In a skillet over medium heat, add the chickpeas and sun dried tomato oil and toss. Then add the spices and tomato paste, and toss again until covered. Simmer for 2-3 minutes until slightly crisped.
2. Add the garlic, onion and orzo and stir. Add the wine and deglaze the pan. Add 1 1/2 cups of vegetable broth, bring to a boil, and then lower heat and simmer for an additional 5 minutes.
3. Add the coconut milk, spinach and sun dried tomatoes. Stir until combined and simmer for an additional two minutes. Finish with fresh lemon juice if desired.

## Sheet Pan Gnocchi

### Ingredients:

1 pound store-bought potato gnocchi (we like Isola)  
1 bunch broccolini, ends trimmed, florets cut into big pieces and stems cut into ½-inch pieces  
1 pint cherry tomatoes  
½ small red onion, thinly sliced  
2 garlic cloves, sliced  
2 tablespoons extra-virgin olive oil  
½ teaspoon sea salt  
½ teaspoon fresh thyme leaves  
½ teaspoon za'atar  
¼ teaspoon red pepper flakes  
Freshly ground black pepper  
6 ounces feta cheese, torn into 1-inch chunks  
Fresh parsley, for garnish, optional

### Instructions:

1. Preheat the oven to 450°F and line a large rimmed baking sheet with parchment paper.
2. In a large bowl, toss together the gnocchi, broccolini, cherry tomatoes, onion, garlic, olive oil, salt, thyme, za'atar, red pepper flakes, and several grinds of pepper. Spread evenly on the baking sheet.
3. Roast for 10 minutes. Stir, then scatter the feta on top. Roast for 15 to 20 more minutes, or until the gnocchi is tender and the vegetables and feta are browned. Garnish with parsley, if desired. Season to taste and serve.

# From Natalie O'bradovich

## Sweet Potato and Black Bean Chili

2 servings; multiply as needed

### Ingredients:

Cooking spray

1 med onion, finely diced

1 med sweet potato, peeled and diced

2 cloves garlic, minced

½ T chili powder

2 t. ground cumin

1/8 t. ground chipotle chile (see Note)

1 1/3 cups water

1 15-ounce can black beans, rinsed (or black beans soaked and previously prepared)

1 cup canned diced tomatoes

2 t. lime juice

2 T chopped fresh cilantro

### Instructions:

1. Coat large saucepan with cooking spray over medium-high heat.
2. Add onion and potato and cook, stirring often, until onion is slightly softened, about 4 minutes.
3. Add garlic, chili powder, cumin and chipotle and cook, stirring constantly until fragrant, about 30 seconds.
4. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10-12 minutes.
5. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
6. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
7. Remove from heat and stir in cilantro.

Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

Make ahead tip: Add all ingredient except the cilantro; cover and refrigerate for 2 days. Reheat, stir in cilantro and add more lime if desired.

## Spinach-Black Bean Lasagna

Makes 6 servings

### Ingredients:

2 large eggs, lightly beaten  
1 15-ounce container ricotta cheese  
1 10-ounce package frozen chopped spinach, thawed and well drained  
¼ cup chopped fresh cilantro  
½ t. salt  
4 cups (16 oz) shredded Monterey Jack cheese with peppers, divided  
2 16-ounce cans black beans, rinsed and drained  
1 2-pound, 13 ounce jar pasta sauce  
½ t. ground cumin  
9 precooked lasagna noodles  
Garnish: chopped fresh cilantro

### Instructions:

1. Stir together first 5 ingredients and 1 cup Monterey Jack cheese, set aside.
2. Mash beans with a potato masher or fork in a large bowl, stir in pasta sauce and cumin.
3. Spread 1/3 of bean mixture on bottom of a lightly greased 13x9 inch baking dish.
4. Layer with 3 noodles, half of spinach mixture, and 1 cup cheese.
5. Repeat layers.
6. Spread with 1/3 bean mixture; top with remaining 3 noodles and remaining bean mixture.
7. Bake, covered, at 350 degrees for 1 hour.
8. Uncover and top with remaining cheese; bake 5 more minutes or until cheese melts;
9. Garnish if desired.

# From Jodi Beckham

## Thai Noodle Salad with Thai Peanut Sauce

Author: Sylvia Fountaine | Feasting at Home

Prep Time: 15 Cook Time: 15 Total Time: 30 minutes Yield: 6-8 1x

### Description:

A simple delicious recipe for Thai Noodle Salad with Peanut Sauce, loaded up with healthy veggies. Vegan and Gluten free, this make-ahead salad is perfect for midweek lunches or large gatherings. Add Sesame Ginger Tofu for added protein! Watch the video.

### Ingredients:

6 ounces dry noodles (brown rice noodles, pad thai style rice noodles, soba noodles, linguini)

4 cups mix of red cabbage, carrots and radish, shredded, or thinly sliced

1 red bell pepper, finely sliced

3 scallions, sliced

1/2 bunch cilantro, chopped (or sub basil and mint)

1 tablespoon (or less, or more) jalapeño, finely chopped

1/4-1/2 cup roasted, crushed peanuts (optional garnish)

Thai Peanut Sauce (You may not need all- so save extras for another use.)

5 thin slices ginger- cut across the grain, about the size of a quarter.

2 cloves garlic

1/2 cup peanut butter (or sub almond butter!)

1/2 cup fresh orange juice ( roughly 1 large orange)

1/3 cup fresh lime juice ( roughly 2 limes)

1/4 cup soy sauce or GF Braggs Liquid Amino Acids (Note: Tamari will turn this unpleasantly dark)

1/3 cup honey, agave, or maple syrup

1/4 cup toasted sesame oil

1 - 1 1/2 teaspoons cayenne pepper ( or a squirt of sriracha sauce)

1 teaspoon salt

Add this Baked Sesame Ginger Tofu (Optional)

### Instructions:

1. **Cook Noodles.** \*See notes for rice noodles. Cook pasta according to directions on the package. Drain and chill under cold running water, drain.
2. **Peanut Sauce.** While noodles are cooking, add all the peanut sauce ingredients to a blender and blend until smooth. (You can do this up to 3 days ahead and refrigerate.)

3. **Prep your veggies.** Slice, grate, and chop.
4. **Combine.** Place shredded veggies, bell pepper, scallions, cilantro and jalapeño into a serving bowl.
5. **Toss.** Add the cold noodles to the serving bowl and toss again. Pour some peanut sauce over top and toss well to combine- no need to use all, just use enough to coat it well, generously. (Save any extra sauce for any leftover salad, as it can soak up the sauce overnight.)
6. **Taste.** Adjust the salt (to your liking), add chili flakes if you want, or more lime, and serve, garnishing with roasted peanuts and cilantro and a lime wedge.

## Sweet Potatoes With Feta Basil Pistachio Crumble

### Ingredients:

1/3 cup pistachios  
1/3 cup feta cheese  
3 tbsp basil  
zest of 1/2 lemon  
Sea salt  
Pepper  
3 small sweet potatoes, halved  
Olive oil  
Salt  
1 can chickpeas/rinsed/drained

### Optional honey-tahini:

2 tbsp tahini  
1 tbsp honey  
Squeeze lemon juice  
Pinch salt  
1-2 tbsp water  
\*whisk to combine\*

### Instructions:

1. Preheat the oven to 400. Drizzle olive oil on the bottom of a sheet pan, season with salt and place the sweet potatoes face down. Drizzle the tops with the oil and season the tops with salt. Place in the oven for about 20-22 minutes.
2. While the sweet potatoes roast, make the crumble. Add the pistachios and begin to chop them, then add the feta, then the basil and continue to do the same, chopping after each ingredient is added. Add the salt, pepper and lemon zest and chop until the mixture is combined and a “crumble” is created.
3. Remove the sweet potatoes from the oven, flip them over and move them to one side of the sheet pan. Add the chickpeas to the other half of the sheet pan and spread them out. Drizzle them with the olive oil, then season with the salt, paprika and garlic powder and toss. Place the pan back in the oven for 10-13 minutes, tossing halfway, until the chickpeas begin to brown.
4. Remove the pan from the oven, remove the sweet potatoes from the pan and place them onto a plate. Add the spinach to the pan, then toss with the chickpeas. Place the pan in the oven for 2-3 minutes to let the spinach wilt.
5. Gently press down on each sweet potato with a fork. Top with the chickpea and spinach mix, the crumble and the tahini mixture (optional).

# Earth Sunday Brunch Frittata

An adaptation of this recipe was used by our kitchen coordinator/caterer Whitnee Spry for our Earth Sunday brunch on 4/26/26.

From “How to Make a Frittata” recipe at <https://www.loveandlemons.com/frittata-recipe/>

## Basic Ingredients:

6 large eggs (use 8 eggs for a 12 inch skillet)  
¼ cup unsweetened almond milk, or any milk (Whitnee used half & half)  
2 garlic cloves, minced  
¼ teaspoon sea salt, more for sprinkling  
Freshly ground black pepper  
Extra virgin olive oil for drizzling  
Additional ingredients – see below

## Variation 1: For Broccoli Feta Frittata

6 scallions (or green onions) chopped  
2 cups chopped broccoli or broccolini  
1/8 teaspoon smoked paprika  
1/4 cup crumbled feta cheese

Note: Whitnee used a blend of Gruyère, Asiago, and sharp cheddar cheese for this one.

## Variation 2: For Spring Veggie Frittata

4 spring onions or scallions, chopped  
½ cup chopped asparagus, tender parts  
½ cup frozen peas, thawed  
½ cup halved mini mozzarella balls  
¼ cup crumbled feta cheese  
¼ cup chopped tarragon or chives (optional)

## Instructions:

1. Choose a recipe variation, and start by whisking together the frittata base: a simple mixture of eggs, milk, garlic, salt, and pepper.
2. Then, sauté your veggies in a 10 or 12-inch cast iron skillet just until tender.
3. When the veggies are ready, stir in any spices or herbs before adding the eggs. Pour in the frittata base, and shake the pan gently to distribute it among the vegetables.
4. Sprinkle your frittata with cheese and transfer the pan to a 400-degree oven.
5. Bake for 15 to 20 minutes, or until the eggs are set and the top is lightly golden around the edges.
6. Allow the frittata to cool slightly before slicing and devouring!

## Frittata Tips

Follow these tips and tricks to make an A+ frittata every time:

- **Spread your veggies evenly throughout the pan before pouring in the eggs.** Once you pour the egg mixture in, you won't be moving the vegetables around much (or

you'd end up with scrambled eggs!), so make sure the veggies are spaced evenly in the pan to get a final frittata with veggies in every bite.

- **Change it up!** Play around with these flavor combinations. If you try swapping in different herbs or vegetables, keep in mind that a good veggie:egg ratio is about 1/4 cup of veggies per egg, or 2 heaping cups of vegetables for 6-8 eggs.
- **Use a cast-iron skillet.** The best choice for making frittatas, cast iron skillets can safely go from stovetop to oven, and they conduct heat well and evenly. Seasoning a cast-iron pan gives it a non-stick quality, so a well-seasoned skillet will result in the easiest slicing & serving. I like to use an enameled cast iron skillet, which does not require any pre-seasoning. If you don't have a skillet, go make this [breakfast casserole recipe](#) instead.
- **Safety first!** Don't forget that when the cast iron skillet comes out of the oven, the handle will remain hot for a while – I've learned this the hard way multiple times. Place a kitchen towel on it to remind yourself not to grab it before it cools off.