

Vegetarian Mushroom Shawarma Pitas

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Ingredients

$\frac{3}{4}$ lb. portobello mushroom caps, sliced 1/2-inch thick
1 medium red onion, halved and cut into 1/3-inch wedges
3 tablespoons plus 2 teaspoons extra-virgin olive oil
1 teaspoon ground cumin
 $\frac{3}{4}$ teaspoon ground coriander
 $\frac{1}{2}$ teaspoon ground sweet or smoked paprika (optional)
Kosher salt and black pepper
4 pitas
2 packed cups very thinly sliced red cabbage (about 6 ounces)
 $\frac{3}{4}$ cup low-fat or whole-milk Greek yogurt
 $\frac{3}{4}$ teaspoon ground turmeric
Cilantro or mint, for serving

Method

1. Heat the oven to 425 degrees. On a large rimmed sheet pan, drizzle the mushrooms and red onion with 3 tablespoons oil. Sprinkle with cumin, coriander, paprika (if using), 1 teaspoon salt and 1/2 teaspoon pepper; toss to coat. Arrange in an even layer and roast until tender and browned, about 20 minutes. Add the pitas directly to the oven rack to warm during the last 5 minutes of cooking.
2. Meanwhile, toss cabbage with remaining 2 teaspoons oil in a medium bowl; toss to coat. Season generously with salt and pepper. In a small bowl, stir together yogurt and turmeric; season with salt and pepper.
3. To serve, slather yogurt over warm pitas. Top with cabbage, mushroom mixture and herbs, and serve immediately.

Notes

7 WW SmartPoints

Source: NYT Cooking (4 servings)

Pearl Couscous with Creamy Feta and Chickpeas



A

tasty

vegetarian recipe!

Pearl Couscous with Creamy Feta and Chickpeas

Ingredients

- 1 pint grape tomatoes
- $\frac{1}{4}$ cup sliced scallions
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 fat garlic
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 3 oregano

2 cups vegetable stock
 $\frac{1}{3}$ cup chopped cilantro
 $\frac{1}{2}$ teaspoon finely grated lemon zest
 $\frac{3}{4}$ teaspoon ground cumin
8 ounces pearl couscous
1 (15-ounce) can chickpeas
1 cup feta
 $\frac{1}{3}$ cup freshly grated Parmesan

Method

1. Heat oven to 450 degrees. In a 9-inch baking dish, cake pan or gratin dish, toss together tomatoes, scallions, 2 tablespoons oil, 1 tablespoon vinegar, garlic, $\frac{1}{2}$ teaspoon salt, pepper and oregano sprigs. Roast until tomatoes are tender, about 15 minutes.
2. While tomatoes roast, heat the stock until it boils, then stir in remaining 1 teaspoon salt, adding more to taste. (You want a well-seasoned broth here to flavor the couscous.) Stir in cilantro, lemon zest and cumin.
3. Remove tomatoes from oven and fold in couscous, chickpeas and hot stock mixture. Cover pan tightly with foil, and return to oven for 20 minutes.
4. Remove foil and fold in about $\frac{3}{4}$ ths of the feta (save the rest for garnish) and Parmesan. Bake uncovered until feta starts to melt, another 5 minutes.
5. To serve, pull out and discard herb sprigs if you like, and spoon couscous into bowls. Top with remaining feta, lots more herbs, pepper and a drizzle of olive oil and balsamic vinegar.

Source: NYT Cooking (4 servings)

Orecchiette with Roasted Brussels Sprouts & Grapes



Orecchiette with Roasted Brussels Sprouts & Grapes

Roasted fruit and veggies bulk out this dish, making it light on the pasta but full of delicious flavor.

Ingredients

- 1 lb. uncooked brussels sprouts, halved or quartered if large
- 2 cups grapes, red seedless variety
- 1 large onion, chopped
- 2 medium garlic cloves, minced
- 1 tablespoon fresh thyme
- 2 teaspoons olive oil
- 1 teaspoon table salt
- 1 teaspoon black pepper
- 1 cup uncooked orecchiette pasta
- 4 tablespoons soft-type goat cheese, crumbled
- 4 teaspoons balsamic vinegar

Method

1. Preheat oven to 400°F.
2. Toss Brussels sprouts, grapes, onion, garlic, thyme, oil, salt and pepper on a large rimmed baking pan; roast until Brussels sprouts are tender and grapes are juicy, stirring

once or twice, 35-40 minutes.

3. Meanwhile, cook pasta according to package directions, omitting salt if desired. Drain pasta; return to pot. Add everything from baking sheet, including juices, to pot; stir well.

4. Garnish each portion with 1 Tbsp goat cheese and 1 tsp vinegar before serving.

Notes

Cut all the Brussels sprouts a similar size so they roast evenly. You can substitute shredded Pecorino Romano if you don't like the tang of goat cheese.

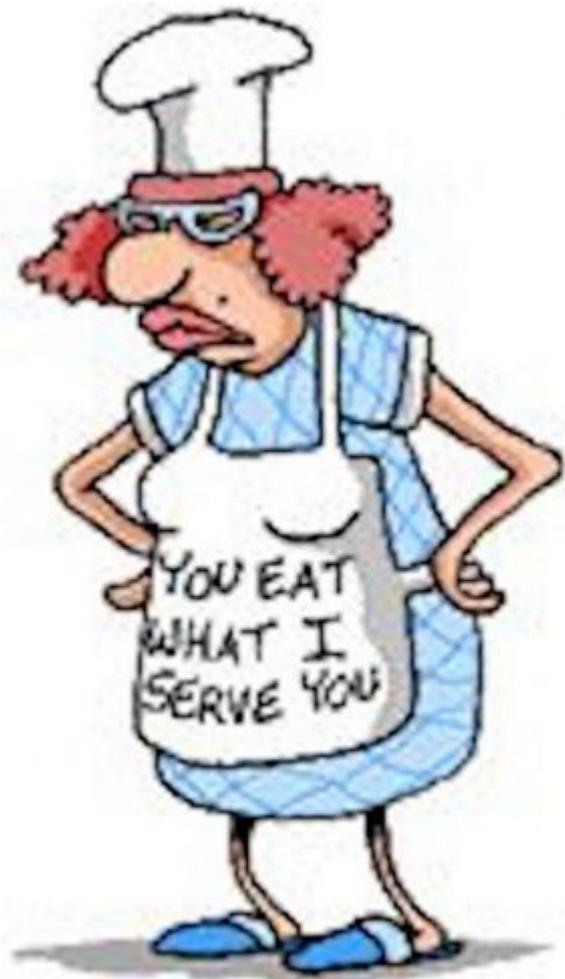
6 WW Freestyle SmartPoints

Prep

- Prep: 20 Minutes
- Cook: 40 Minutes
- Total Time: 60 Minutes

(Servings: 4 | Yield: approx 1 1/2 cups per serving)

[Shakshuka with Feta](#)



Shakshuka with Feta

Ingredients

3 tablespoons extra-virgin olive oil
1 large onion
1 large red bell pepper
3 garlic
1 teaspoon ground cumin
1 teaspoon sweet paprika
 $\frac{1}{8}$ teaspoon cayenne
1 (28-ounce) can whole plum tomatoes
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
5 ounces feta cheese
6 large eggs
Chopped cilantro
Hot sauce

Method

1. Heat oven to 375 degrees.
2. Heat oil in a large skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Stir in crumbled feta.
3. Gently crack eggs into skillet over tomatoes. Season with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

Prep

- Total Time: 50 Minutes

Source: New York Times (6 servings)

[Cheesy Hash Brown Quiche](#)



Cheesy Hash Brown Quiche

This EASY quiche uses crispy hash browns as the crust and is topped with cheesy eggs!! The ultimate comfort food brunch or breakfast-for-dinner recipe that everyone LOVES!!

Ingredients

about 4 tablespoons olive oil, divided
16-ounce s hash browns, thawed and seasoned with salt and pepper
10 large eggs
2 cups shredded mozzarella cheese, divided
 $\frac{1}{2}$ cup half-and-half (whole milk or heavy cream may be substituted)
2 or 3 green onions, sliced into thin rounds
1 teaspoon kosher salt, or to taste
1 teaspoon freshly ground black pepper, or to taste

Method

1. Preheat oven to 375F and add 1 tablespoon olive oil to a 9-inch cast iron or oven-safe skillet and swirl around to coat evenly.
2. Add the hash browns and make sure to pat them in place around the sides of the pan and not just on the bottom.
3. Evenly drizzle the hashbrowns with about 3 tablespoons olive oil, season with salt and pepper, and bake for about 45 minutes or until lightly golden browned.
4. While the hash browns are baking, to a large bowl add the eggs and whisk to break them up.
5. Add 1 1/2 cups cheese, half-and-half, green onions, salt, pepper, and whisk to combine.
6. Pour the egg mixture over the hash browns, evenly sprinkle the remaining 1/2 cup cheese, return the skillet to the oven, and bake for about 30 to 35 minutes, or until eggs are set and cheese is as golden browned as desired. Baking time will vary based on type of pan used, oven variance, etc.

Notes

Tip – If your skillet is very full like mine was, place a baking sheet underneath the skillet just in case of a slight bubble-over so it's contained on the baking sheet and not on the bottom of your oven; the quiche rises slightly during baking. Allow quiche to cool for about 5 minutes before slicing and serving. Quiche is best fresh but will keep airtight in the fridge for up to 5 days.

Source: Averie Cooks (8 servings)

[Ratatouille Pie](#)



Ratatouille Pie

In this buttery, rustic pie, chunks of eggplant, zucchini and tomato are roasted with olive oil until velvety soft, then covered in a cheesy, mayonnaise-spiked custard. Chopped olives scattered on top cut through the richness and give the whole thing a salty tang. It's the perfect next-day use for ratatouille, should you have some. Use it here instead of roasting the vegetables. You'll need about 3 to 4 cups (enough to fill the pie crust two-thirds of the way up). You can parbake the crust, roast the vegetables and make the custard the day before, but don't bake everything together until the day of serving.

Ingredients

FOR THE CRUST:

160 grams all purpose flour

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

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

113 grams unsalted butter, cut into cubes, plus more for buttering foil

$\frac{1}{3}$ cup ice water, plus more if needed

FOR THE FILLING:

1 $\frac{1}{2}$ pounds eggplant, cut into 3/4-inch cubes

$\frac{1}{2}$ cup extra virgin olive oil
5 cloves garlic, smashed and peeled
1 tablespoon rosemary leaves, chopped
1 tablespoon thyme
Kosher salt, as needed
1 cup cherry tomatoes, cut in half
1 large white onion, sliced $\frac{1}{4}$ -inch thick
7 ounces small zucchini or summer squash, cut into $\frac{3}{4}$ -inch cubes (about 7 ounces)
1 large egg
 $\frac{3}{4}$ cup cheddar cheese, or gruyere, shredded
 $\frac{1}{4}$ cup freshly grated parmesan
 $\frac{1}{3}$ cup mayonnaise
 $\frac{1}{4}$ teaspoon black pepper, plus more as needed
 $\frac{1}{2}$ cup basil leaves, chopped
1 small plum tomatoes, sliced $\frac{1}{4}$ -inch thick (optional)
1 tablespoon black olives, chopped, moroccan or other

Method

1. Make the dough: In a large bowl, mix together flour, salt and sugar to combine. Mix in cubed butter with your hands, pinching and squeezing the butter cubes (or use a pastry blender or food processor) until the largest pieces are the size of lima beans. Drizzle in the water a little at a time, mixing until the dough starts to come together into a mass. You may not need all the water, or you may need to add more.
2. When dough is starting to hold together but is still somewhat crumbly, transfer it to a lightly floured surface and press and knead it together into a smooth ball. Flatten into disk, wrap in plastic wrap and chill for 1 hour. While dough chills, heat oven to 400 degrees.
3. On a rimmed baking sheet, toss together eggplant, $\frac{1}{4}$ cup oil, 2 garlic cloves, 1 $\frac{1}{2}$ teaspoons rosemary, 1 $\frac{1}{2}$ teaspoons thyme and $\frac{1}{4}$ teaspoon salt. On a second rimmed baking sheet, toss together the cherry tomatoes, onion slices, 2 tablespoons oil, 2 garlic cloves, 1 teaspoon rosemary, 1 teaspoon thyme and $\frac{1}{4}$ teaspoon salt. On a third rimmed baking

sheet (or roasting pan if you don't have any more baking sheets), toss together zucchini, 2 tablespoons oil, 1 garlic clove, 1/2 teaspoon rosemary, 1/2 teaspoon thyme and a large pinch of salt.

4. Place all the pans in the oven (or work in batches if they don't fit at once) and roast until vegetables are browned, tossing every 10 minutes or so; about 35 minutes for onions, tomatoes and zucchini, and 45 minutes for eggplant. Remove from oven and let cool.

5. On a floured surface, roll out dough to a 12-inch circle, then transfer to a 9-inch pie pan. Crimp edges to make a decorative crust. Use a fork to prick holes in bottom and sides of dough. Chill for 30 minutes.

6. Raise oven temperature to 425 degrees. Place pie shell on a rimmed baking sheet. Line dough with foil, fill with pie weights and bake for 15 minutes. Remove foil and weights, and continue baking until the dough is just baked through and barely turning golden on the edges, 5 to 10 minutes longer. Transfer to a wire rack to cool. Reduce oven temperature to 375 degrees.

7. In a medium bowl, beat egg until well mixed, then fold in both cheeses, mayonnaise, a pinch of salt and 1/4 teaspoon pepper.

8. Scrape all roasted vegetables into a large bowl, add basil, and toss well. Taste and season with more salt and pepper if needed. Spoon mixture into the baked pie shell, then top with cheese mixture. Arrange plum tomato slices on top, if using, and scatter with olives.

9. Bake until filling is lightly golden, about 30 minutes. Cool for at least 20 minutes before serving warm or at room temperature.

Source: NYT Cooking (8 servings)

Vegetarian Fried Rice Recipe



Vegetarian Fried Rice Recipe

Ingredients

Stir Fry Sauce

- 1 tablespoon soy sauce
- 1 tablespoon Chinese rice wine
- 1 tablespoons vegetarian oyster sauce
- 1 teaspoon sesame oil
- $\frac{1}{4}$ teaspoon ground pepper

Fried Rice

- 2 tablespoons oil
- 3 large eggs lightly beaten
- 2 teaspoons ginger finely minced
- 2 cloves garlic finely chopped
- 2 scallions finely chopped
- 4 cups cooked brown rice

1 cup frozen peas

Method

1. Mix together Stir Fry Sauce ingredients in a small bowl. Set aside. Heat 1 tablespoon oil over medium heat in a large skillet or wok. Add beaten eggs and scramble, using spatula to break egg into pieces. Remove and set aside.

2. Heat remaining tablespoon of oil in the same skillet. Add ginger, garlic, and scallions. Stir until fragrant, about 15 seconds. Add rice, using fingers to break up any clumps. Toss well; add Stir Fry Sauce and continue to toss until rice is heated through. Add peas and toss until peas are just done, about 2 minutes.

Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Jeanette's Healthy Living (6 servings)