

January 6th, 2016

Meatless Entrees

One of the most popular New Year's resolutions is to "eat better", and for some, choosing a more plant-based diet can be the first step. Others choose to eat less meat to help the environment, to protect animals, or just because of personal taste. Whatever the reason, it's always a good idea to have some vegetarian standbys on hand.

Our Roasted Squash and Spinach Cannelloni uses earthy, sweet acorn squash – feel free to substitute with butternut or kabocha – instead of meat. With four different cheeses in the filling, it is still a decadent treat!

Our Vegetarian Sloppy Joes use bulgur (cracked wheat) and black beans as a stand-in for beef. The dish is heavily spiced, so we can guarantee you and your family won't miss a thing!

ROASTED SQUASH AND SPINACH CANNELLONI

Ingredients:

2 cups (500 mL) cubed peeled acorn squash (1 inch/2.5 cm)
1 cup (250 mL) cubed red onion (1 inch/2.5 cm)
2 tsp (10 mL) oil
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1 can (680 mL) tomato sauce with juice
16 oz (500 g) ricotta cheese
1 pkg (10 oz / 300 g) frozen chopped spinach, thawed and squeezed dry
1/2 cup (125 mL) freshly grated Parmesan cheese
1 egg
1 pkg (200 g) oven-ready cannelloni tubes
1 cup (250 mL) shredded provolone cheese



1 cup (250 mL) freshly grated Romano cheese

Method:

1. Preheat oven to 400°F (200°C). Grease a rimmed baking sheet or line with nonstick foil.
 2. Combine squash, onion, oil, salt and pepper in a bowl; toss until squash and onion are coated. Place squash mixture in a single layer on prepared pan.
 3. Bake, uncovered, stirring occasionally, for 45 minutes or just until squash and onion are tender and lightly browned; cool.
 4. Reduce oven temperature to 350°F (180°C). Spread 1 cup (250 mL) tomato sauce in bottom of a greased 9x13 inch (23x33 cm) baking dish; set baking dish and remaining tomato sauce aside.
 5. To prepare filling, place squash mixture in a food processor. Process, using an on/off motion, until well combined. Add ricotta cheese, spinach, parmesan cheese and egg; process until almost smooth. Spoon filling into a pastry bag fitted with a large plain tip. Pipe filling into cannelloni tubes. Alternatively, filling may be spooned into cannelloni tubes. Place filled cannelloni in a single layer on top of tomato sauce in baking dish. Pour remaining tomato sauce over top.
 6. Bake, covered, for 45 minutes. Remove baking dish from oven. Uncover and sprinkle with provolone cheese and Romano cheese. Continue baking, uncovered, for 15 - 20 minutes or until bubbly, heated through and cannelloni tubes are tender. Let stand for 5 minutes before serving.
- Serves 8 - 10.*

Cook's Note: ATCO Blue Flame Kitchen used Hunt's Tomato Sauce with Onion, Herbs and Spices and Catelli Express Oven-Ready Cannelloni in this recipe. These cannelloni tubes do not need to be cooked prior to filling.

VEGETARIAN SLOPPY JOES

Ingredients:

- 1 cup (250 mL) tomato juice
- 1/2 cup (125 mL) bulgur
- 2 tbsp (25 mL) canola oil
- 1 1/2 cups (375 mL) chopped onions



1/2 tsp (2 mL) chili powder
1/4 tsp (1 mL) ground allspice
1/4 tsp (1 mL) ground ginger
1/4 tsp (1 mL) nutmeg
1 cup (250 mL) chopped green bell pepper
2 cloves garlic, finely chopped
1 1/2 cups (375 mL) water
1/4 cup (50 mL) tomato paste
3 tbsp (40 mL) apple cider vinegar
2 tbsp (25 mL) packed golden brown sugar
1 tbsp (15 mL) Dijon mustard
1 3/4 cups (425 mL) canned black beans, rinsed and drained
6 Sesame Hamburger Buns halved or hamburger buns

Method:

1. Bring tomato juice to a boil in a small non-reactive saucepan. Remove from heat.
2. Stir in bulgur. Let stand, covered, for 20 minutes.
3. Heat oil in a large deep frypan over medium heat. Add onions, chili powder, allspice, ginger and nutmeg; sauté for 2 minutes.
4. Add green pepper and garlic; sauté until green pepper is tender, about 5 minutes.
5. Add water, tomato paste, vinegar, brown sugar and mustard; stir until blended.
6. Fluff bulgur with a fork. Add bulgur and beans to onion mixture; stir to combine. Bring to a boil.
7. Reduce heat and simmer, stirring frequently, until slightly thickened.
8. Spoon about 3/4 cup (175 mL) of mixture onto bottom half of each Sesame Hamburger Bun. Cover with top halves of buns. *Serves 6.*