

In The Kitchen – Meatless and Marvelous – by Marcy Lytle

We don't always have meatless meals, but we do often. And I don't think we miss out on any flavor at all. In fact, meatless meals happen to be my favorite. And my husband doesn't mind it either. So with that in mind, below are a few great meals we've had lately. (We did add crumbled bacon on one!)

Polenta Bowl

This is easy, quick, and oh so tasty! We enjoyed it for a nice lunch

- One tube of store bought polenta
- 1 can black beans, drained and rinsed
- Mexican spices
- Salsa
- Avocado
- Fresh tomatoes
- Grated cheese
- Cilantro

Place polenta in heated saucepan and add a little milk to be able to mash and heat until creamy.

Place black beans in another pan and season with Mexican spices, and add ¼ cup water, and heat.

Spread the polenta in shallow bowls then top with beans and other toppings. ENJOY.

Cauliflower Wrap/Pizza

I loved this flavor combo for lunch. It was absolutely delicious.

- 12oz small cauliflower florets
- 1 T olive oil
- Salt
- BBQ chickpea nuts (I found a trail mix bag with these)
- 2 ripe avocados
- 2 T lemon juice
- 4 flatbreads or two Naan
- 2 T roasted salted pepitas
- Green salsa
- BBQ Sauce

On large rimmed baking sheet toss cauliflower with oil and ¼ t salt, roast in 425 degree oven for 25 minutes.

Mash avocados with lemon juice and a pinch of salt. Spread over flatbread. Drizzle with BBQ Sauce. Top with roasted cauliflower, chickpeas and pepitas. Drizzle with salsa.

Spaghetti with Chickpeas

Have you tried meatless spaghetti? This is a winner!

- 1 lb cherry tomatoes
- 2 t granulated garlic
- Sea salt and black pepper
- 12 oz spaghetti (I used fresh from a market)
- 1 15oz can chickpeas, rinsed and drained
- 1 cup chopped fresh basil

Preheat oven to 350, line baking sheet with parchment. Bring pot of salted water to a boil. Cut tomatoes in half and place in a bowl. Sprinkle them with garlic and S&P. Spread on baking sheet in a single layer and roast til they start to shrivel, about 30-35 minutes. Remove from oven and set aside.

During last 10 minutes of the roasting, add the pasta to your boiling water and cook according to directions. Drain the pasta, keeping back about a cup if needed for later. Transfer pasta to a bowl, add the chickpeas, the tomatoes, the basil and reserved water if needed to moisten, and mix well. Season to taste and serve hot.

We enjoyed this with a side of green beans and toasted EBB bread.

Loaded Fries

We've ordered these out and loved them, so why not make them in?

- Frozen Fries (3/4 bag)
- Cooked bacon
- Tomatoes
- Avocados, diced
- Black beans
- Grated cheese
- Cilantro
- Salsa

Cook the fries in the oven until golden and just crispy, according to package directions. Meanwhile, drain and rinse the beans, dice the avocados and chop tomatoes, cook bacon and crumble...

These are best served in paper boats, just layer the salted fries on the bottom then top with everything, drizzling w/ salsa last.

Smoky Black Eyed Pea Hummus

A great dip to share with friends for an appetizer or take to a new mom, or enjoy yourself!

- 2 garlic cloves
- 2 15.5oz black eyed peas, drained and rinsed
- 8 T olive oil
- 3 T tahini
- 2 T fresh lemon juice
- 1 ¼ t smoked paprika
- ¾ t kosher salt
- ½ t black pepper
- Lemon zest
- Pita chips

Process garlic cloves in food processor til finely chopped, add black eyed peas, 6 T of the oil, tahini, lemon juice, 1 t smoked paprika, salt and pepper. Process til smooth.

Spoon into bowl. Top with remaining olive oil and ¼ t paprika. Top with lemon zest. Serve with chips.

To make a meal around this, we add pita chips, cucumbers and carrots, nuts, olive and dark chocolate!