



## Healthy Vegetarian Recipes: The Foodie Physician

Spaghetti Squash Lasagna

Sweet Potato and Kale Quesadillas

Mac and Cheese with Roasted Cauliflower

Tuscan Kale and Apple Salad

Roasted Beet and Arugula Salad with Orange Beet Vinaigrette

### Produce

- large spaghetti squash (1, about 3.5 lbs)
- onion (1 medium)
- garlic cloves (3) (1)
- frozen chopped spinach (10 oz)
- sweet potatoes (2 medium)
- Tuscan/Lacinato Kale (3 C) (1 bunch)
- avocado (optional topping)
- cauliflower florets (3 C)
- apple, honecris or fuji (1 medium)
- golden or red beets (4 medium)
- baby arugula (4 oz)

### Juice

- orange {beet} juice (1/2 C)

### Herbs

- parsley (optional garnish)

### Spices

- Italian seasoning (2 t)
- red pepper flakes (1/4 t)
- chili powder (3/4 t)
- cumin (1/4 t)

### Dairy

- ricotta cheese (15 oz)
- egg (1 large)
- mozzarella cheese (6 oz)
- Parmigiano-Reggiano (1/3 C) (1 oz)
- cheddar (3 oz) (5 oz)
- greek yogurt or sour cream (topping)
- milk (2 C)
- goat cheese (1 oz)

### Pasta & Grains

- elbow macaroni noodles (8 oz)

### Dried Fruit, Nuts & Seeds

- dried cranberries (2 T)
- sunflower seeds (4 t)
- sliced almonds (2 T)
- walnuts (1/4 C)

### Bread & Tortillas

- whole wheat tortillas (4 large)

### Pantry Items

- olive oil (3 t) (3 t) (1 T) (2 T) (1/2 C)
- crushed tomatoes (28 oz)
- black beans (1/2 C)
- salsa (topping)
- unsalted butter (2 T)
- flour (2 T)
- dijon mustard (1/2 t) (1 t) (1 t)
- cider vinegar (1 T)
- honey (1 t)
- balsamic vinegar (2 t)