

A Month of Mondays – Recipes for Four Mondays of Meatless Meals

Going meatless doesn't have to be complicated or expensive. The recipes in this 'Month of Mondays' use ingredients that you can find at most grocery stores or supermarkets, and they don't take long to prepare.

Many of the recipes call for 2 cups of beans. If you are using canned beans, a 19 oz / 540 ml can of beans is approximately 2 cups. Drain and rinse the beans before using them in the recipes.

Serve the dinner recipes with a side of steamed vegetables, or a green salad.

All of these recipes make 4 servings. (The No-tella Spread will make more servings and can be kept in the fridge for up to two weeks.)

Happy Mondays!

Week 1: Breakfast – *Overnight Oats*

Lunch – *Veggie Hummus Wraps*

Dinner – *Black Bean and Sweet Potato Chili*

Week 2: Breakfast – *Baked Oatmeal*

Lunch – *Slow-cooker Carrot and Red Lentil Soup*

Dinner – *One-pot Chickpeas and Rice*

Week 3: Breakfast – *Toast and No-tella Spread*

Lunch – *Black Bean, Mango and Red Pepper Salad*

Dinner – *Salsa Mac and Cheese*

Week 4: Breakfast – *Easy Biscuits*

Lunch – *Mediterranean Sandwiches*

Dinner – *One-pot Lentils and Pasta*

WEEK 1

2 cups / 500 ml **oatmeal**
 2 cups/ 500 ml fresh or frozen **berries**
 2 cups / 500 ml plain or flavored **yogurt**
 2 tablespoons / 30 ml **maple syrup**
 or honey

Breakfast: Overnight Oats

- Place ½ cup / 125 ml oatmeal in 4 mason jars or bowls.
- Top with ½ cup / 125 ml fresh or frozen berries.
- Cover with ½ cup / 125 ml plain or flavored yogurt.
- Drizzle with 1-1/2 teaspoons / 7.5 ml maple syrup or honey (if using unsweetened yogurt).
- Put jars in fridge overnight. Serve cold.

4 large **tortillas**
 ½ cup / 125 ml **hummus**
 ¼ cup / 60 ml **salsa**
 1 **avocado**, peeled, pitted and sliced
 1 cup / 250 ml shredded **lettuce**
Ground pepper
 2 teaspoons / 10 ml **hot sauce** (optional)
 ½ cup / 125 ml chopped **cucumber**
 1 green onion, **chopped**
 4 teaspoons / 20 ml **lime juice**

Lunch: Veggie Hummus Wraps

- Lay 4 tortillas on counter.
- Spread each tortilla with 2 tablespoons / 30 ml hummus.
- Spread 1 tablespoon / 15 ml salsa over.
- Top with ¼ of an avocado, sliced. Sprinkle with pepper and ½ teaspoon / 2.5 ml hot sauce.
- Mash avocado slices over hummus and salsa.
- Top with lettuce, cucumber and green onion.
- Drizzle 1 teaspoon / 5 ml lime juice over.
- Fold in ends of burrito and roll the open side to create a closed wrap.

1 tablespoon / 15 ml **vegetable oil**
 1 **onion**, chopped (1 cup / 250 ml)
 2-3 cloves **garlic**, minced
 3 tablespoons / 45 ml **taco seasoning**
 2 cups / 500 ml cooked **black beans** (or one 540 ml can)
 1 cup / 250 ml **salsa**
 1 (28 oz / 796 ml) can **diced tomatoes**
 2 teaspoons / 10 ml **oregano**
 1 tablespoon / 15 ml **brown sugar**
 2 cups / 500 ml canned or frozen **corn kernels**
 1 large **sweet potato**, peeled and diced
 1 large **red bell pepper**, cored and diced
 2 cups / 500 ml **cooked rice**
Grated cheese, sour cream and salsa for serving

Dinner: Black Bean and Sweet Potato Chili

- Heat pan over medium heat. When pan is hot, add oil.
- Add onions to pan and cook for 2-3 minutes until onions have softened.
- Add garlic and cook 1-2 minutes longer. Do not let onions and garlic brown. If they start to brown, turn down the heat.
- Add taco seasoning to pan. Stir to coat veggies.
- Add black beans, salsa, tomatoes, oregano and brown sugar. Bring to a boil. Reduce heat to a simmer, and cook for 5 minutes.
- Add corn, sweet potatoes, and diced peppers. Simmer for an additional 15 minutes, or until sweet potatoes have softened.
- Serve over rice with cheese, sour cream and additional salsa.

WEEK 2

2 cups / 500 ml **oatmeal**
 ¼ cup / 60 ml **brown sugar**
 1 teaspoon / 5 ml **baking powder**
 ½ teaspoon / 2.5 ml **salt**
 ½ cup raisins / 125 ml **raisins**
 1 cup / 250 ml **milk**
 ¼ cup oil / 60 ml **oil**
 1 large **egg**
 ½ cup / 125 ml **applesauce**

Breakfast: Baked Oatmeal

- Preheat oven to 350 degrees F / 176 degrees C. Lightly grease an 8x8 inch / 20x20 cm baking dish.
- In mixing bowl, stir together oats, brown sugar, baking powder, salt and raisins.
- In separate bowl, beat milk, egg, oil and applesauce.
- Stir milk mixture into oats until blended.
- Spoon mixture into prepared pan. Bake for 25-30 minutes in preheated oven.

You can prepare the batter the night before. Refrigerate it and bake in the morning.

1 large **onion**, coarsely chopped (about 1 cup / 250 ml)
 8 medium **carrots**, cut in large chunks
 8 cups / 2 liters **vegetable stock**
 ½ cup / 125 ml **red lentils**
 1 teaspoon / 5 ml **salt**
 ¼ teaspoon / 1.25 ml **ground pepper**
 2 teaspoons / 10 ml **ground ginger**
 ½ cup / 125 ml **whipping cream or milk**

Lunch: Slow-cooker Carrot and Red Lentil Soup

- Place all ingredients except cream in slow cooker.
- Cook on low for 6-8 hours (depending on your cooker) until carrots are very soft.
- Cool soup and blend in batches until smooth.
- Put pureed soup in saucepan and bring to boiling point. Add cream and heat just until soup returns to simmering point.
- Serve hot.

1 tablespoon / 15 ml **olive oil**
 1 medium **onion**, finely chopped (about 1 cup / 250 ml)
 2 cloves **garlic**, minced
 1 teaspoon / 5 ml **salt**
 2 tablespoons / 30 ml **curry powder**
 1 cup / 250 ml uncooked **brown rice**
 2 cups / 500 ml cooked **chickpeas**
 1 medium **apple**, peeled, cored and chopped (about 1 cup / 250 ml)
 ½ cup / 125 ml **raisins**
 3 cups / 750 ml **vegetable stock**

Dinner: One Pot Chickpeas and Rice

- Heat pan over medium heat. When pan is hot, add oil.
- Add onions to pan and cook for 2-3 minutes until onions have softened. Add garlic and cook 1-2 minutes longer. Do not let onions and garlic brown. If they start to brown, turn down the heat.
- Add salt and curry powder to pan. Stir to coat onions with spices, then cook for 1 minute. Stir frequently to keep spices from sticking and burning.
- Add remaining ingredients. Bring mixture to a boil.
- Reduce heat to medium-low. Cover and simmer until rice is cooked. This should take about 35-40 minutes.
- Remove rice from the heat and let sit for 5 minutes with the lid on. Remove lid and fluff up rice with a fork before serving.

WEEK 3

12 oz / 375 g **dates**, roughly chopped
(about 2 cups / 500 ml)
1 cup / 250 ml **water**
1 teaspoon / 5 ml **instant coffee powder**
1/2 teaspoon / 2.5 ml **cinnamon**
Pinch **salt**
1 tablespoon / 15 ml **honey**
1/3-1/2 cup / 80-125 ml **cocoa**

Breakfast: Toast and No-tella Spread

- Place dates, water, coffee, cinnamon and salt in a saucepan and bring to a simmer over medium-low heat.
- Stir frequently until the dates are very soft and can be mashed easily with the back of a spoon. Depending on the type of dates and the age of the dates, the time this takes will vary. If you are using the hard-packed dates, it could take up to 12-15 minutes.
- If the date mixture starts sticking to the pan, add a few tablespoons / [i]30-45 ml[/i] of water as needed until the dates have reached the right consistency. The water will be absorbed so the mixture will not be runny.
- Add the honey and cocoa and cook for about 1/2 minute.
- Remove from the heat and let cool.
- Whizz it in a food processor until very smooth, or mash and beat with a spoon until smooth. Spoon into a storage container and refrigerate for up to a month.
- Spread on toast.

2 cups / 500 ml cooked **black beans**
1 cup / 250 ml chopped fresh or frozen **mango**
1 **red bell pepper**, diced (1cup / 250 ml)
1 **green onion**, chopped
2 tablespoons / 30 ml **olive oil**
¼ cup / 60 ml **lemon juice**
¼ cup / 60 ml **salsa**
2 teaspoons / 10 ml **cumin**
½ teaspoon / 2.5 ml **salt**
¼ teaspoon / 1.25 ml **ground pepper**

Lunch: Black Bean, Mango and Red Pepper Salad

- Mix all ingredients in a large bowl.
- Serve with tortilla chips.

2 tablespoons / 30 ml **butter**
2 tablespoons / 30 ml **flour**
½ teaspoon / 2.5 ml **salt**
¼ teaspoon / 1.25 ml **ground pepper**
2 cups / 500 ml **milk**, warmed
1 cup / 250 ml grated **cheddar cheese**
2/3 cup / 160 ml **salsa**
4 cups / 1 liter cooked **pasta** (macaroni, rotini or penne)

Dinner: Salsa Mac and Cheese

- Heat pan over medium-low heat. When pan is hot, add butter.
- When butter has melted, add flour. Cook, stirring, for 1-2 minutes until mixture has thickened slightly. Add salt and pepper.
- Whisk in warm milk until mixture is smooth. Cook until the sauce has started to thicken. (If the milk is warm, this should only take a couple of minutes.)
- Add cheese and stir until melted.
- Stir in salsa and pour over cooked pasta. Stir to coat pasta and serve.
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WEEK 4

1 cup / 250 ml **whole wheat flour**
 1 cup / 250 ml **all-purpose flour**
 1 tablespoon / 15 ml **baking powder**
 1 teaspoon / 5 ml **salt**
 2 tablespoons / 30 ml **sugar**
 1/3 cup / 80 ml **olive oil**
 2/3 cup / 160 ml **milk**

Breakfast: Easy Biscuits

- Preheat oven to 400 degrees F / 204 degrees C.
- Mix together flour, baking powder, salt and sugar.
- Pour olive oil over flour mixture and use pastry cutter to blend thoroughly until the mixture looks crumbly.
- Add milk and stir together until a soft dough is formed.
- Turn onto lightly floured board and knead a few times until dough is smooth.
- Pat to 1/2 inch / 1.25 cm thickness and cut into 2-inch / 5 cm rounds.
- Place on ungreased or parchment lined tray.
- Bake 10 to 12 minutes until lightly browned.
- Makes 18 2-inch / 5 cm tea biscuits.

1 cup / 250 ml cooked **cannellini (or white kidney) beans**
 1 **green onion**, chopped
 ¼ teaspoon / 1.25 ml **garlic powder**
 3 tablespoons / 45 ml **lemon juice**
 ¼ cup / 60 ml **chopped parsley**
 1 teaspoon / 5 ml **dried oregano**
 ½ teaspoon / 2.5 ml **salt**
 ¼ teaspoon / 1.25 ml **ground pepper**
 2 tablespoons / 30 ml **chopped sun-dried tomato (optional)**

Lunch: Mediterranean Sandwiches

- Mash all ingredients together, or process in food processor until mixed, but still with some texture.
- Spread on whole wheat bread, and top with sliced vegetables and lettuce.
- The mixture will taste best if you let it sit for at least 30 minutes to give the flavors time to blend.

1 tablespoon / 15 ml **vegetable oil**
 1 **onion**, chopped (1 cup / 250 ml)
 2-3 cloves **garlic**, minced
 ½ teaspoon / 2.5 ml **salt**
 1 cup / 250 ml **uncooked pasta**
 ½ cup / 125 ml **red lentils**
 4 cups / 1 liter **vegetable stock**
 2 teaspoons / 10 ml **dried oregano**
 1 teaspoon / 5 ml **dried thyme**
 ¼ teaspoon / 1.25 ml **ground pepper**
 1 tablespoon / 15 ml **lemon juice**
 ¼ cup / 60 ml **chopped parsley**
 2 cups / 500 ml **chopped spinach (optional)**
 ½ cup / 125 ml **grated Parmesan (optional)**

Dinner: One-pot Lentils and Pasta

- Heat pan over medium heat. When pan is hot, add oil.
- Add onions to pan and cook for 2-3 minutes until onions have softened. Add garlic and cook 1-2 minutes longer. Do not let onions and garlic brown. If they start to brown, turn down the heat.
- Add salt. Stir to mix in with onions, then add pasta, lentils, vegetable stock, oregano, thyme, pepper and lemon juice.
- Bring mixture to boiling point, then reduce heat to medium-low and cover. Simmer for 20 minutes, stirring occasionally to make sure mixture doesn't stick.
- Remove lid. Add parsley (and spinach and Parmesan if using). Heat for one minute longer (or until cheese has melted, if using). Remove from heat and serve.