

Potluck Ideas



8 Vegetarian Recipes

FAVEHEALTHYRECIPES





Potluck Ideas: 8 Vegetarian Recipes

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Special thanks to Blair Chavis, editor of AllFreeSlowCookerRecipes.com who contributed this eCookbook's cover photo.



Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, ***Potluck Ideas: 8 Vegetarian Recipes***, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious and healthy vegetarian recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for appetizers, breakfast, lunch, dinner and dessert. Regardless of your reason for wanting healthy recipes, know that this list has recipes that are better for your overall health and wellness.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by our fan favorites. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit FaveHealthyRecipes.com. While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy potluck recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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2-Ingredient “Grilled” Cheese Dippers

By FaveHealthyRecipes.com



If there was ever a better way to eat cheese, I think we have done it! Instead of eating a grilled cheese sandwich with your nutritious tomato soup, swap it out for these lower-calorie 2-Ingredient "Grilled" Cheese Dippers. They couldn't be more fun to make. Get the kids involved and you'll be able to whip up a batch in no time. These are great accompaniments to soup, as appetizers, or for lunch boxes. Wonton wrappers decrease the amount of carbohydrates, and low-fat cheese reduces fat count. So, get wrapping and enjoy your "grilled" cheese and tomato soup.

Instructions

- Preheat the oven to 400 degrees F.
- Remove cheese from wrapper, and slice in half.
- Place half of one cheese stick at the corner end of a Wonton wrapper and begin to roll, folding the edges in.
- Spray the end of the Wonton wrapper with non-stick cooking spray to create a seal. Repeat until all cheese is wrapped. You can also spray the entire Wonton for an extra crispy texture.
- Place wrapped cheese on a non-stick cookie sheet and place in the oven for approximately 10 minutes, or until the outside is golden brown. Flip them over and cook for an additional 5 minutes.

Ingredients

- 1 package, low-fat Cheddar cheese sticks
- 1 package Wonton wrappers
- Non-stick cooking spray



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“Beef” Pot Stickers

By MATCH Meat Alternatives



Ingredients

- 1 pound beef MATCH® vegan meat alternative
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon Red Bean Paste, optional
- 1/4 cup green onions, chopped fine
- 1 tablespoon ginger, freshly minced
- 32 pot sticker wrappers

This tasty Asian food recipe comes courtesy MATCH® Meat Alternatives. Pot stickers are always a tasty food option, but this particular Asian recipe will blow you away with flavor.

Instructions

- Spread out wrappers on clean counter or butting board. Place a level Tbsp of filling in the center of each round. Brush or dab halfway around edge with a little water and fold in half, pressing edge together to seal.
- Stand each dumpling, sealed edge up, on wax paper lined tray. These can now be frozen for later use in an air tight container.
- To cook, heat a little peanut or vegetable oil in a non-stick skillet over medium heat until hot. Remove from heat, arrange dumplings in tight circular pattern, standing up but not touching each other.
- Cook uncovered over medium heat until oil sizzles and then drizzle ¼ cup warm water and cover.
- Keep steaming until brown and cooked all the way through. Add a little more water if needed to prevent drying out.
- Lift the lid and let the water cook off. Transfer dumplings to serving tray and enjoy with your favorite dipping sauce.



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“Popcorn” Roasted Cauliflower

By Kent Altena from Atkins Diet Geek



For a light and low carb alternative to popcorn, make a batch of this "Popcorn" Roasted Cauliflower. You may think that you don't like cauliflower recipes, but that's because you've never tried roasted cauliflower before. This dish is a delicious low-carb alternative to popcorn. Did you know that roasted cauliflower can be used as pizza crusts, as a substitute for mashed potatoes, or for creamy bases in soups? It's so versatile.

Ingredients

- 1 1/2 heads of cauliflower, equivalent to 6 cups
- 1/4 cup oil, preferably coconut oil
- 1 tablespoon salt
- 1 teaspoon salt free seasoning (optional)

Instructions

- Preheat oven to 425 degrees F. Line a sheet pan with parchment paper.
- Chop the cauliflower down to the florets. Remove the stems and cores.
- In a medium bowl, pour oil, salt, and salt-free seasoning. Stir until well combined. Add the cauliflower and ensure it is coated with oil.
- Spread cauliflower out on sheet pan. Place in oven for 60 minutes. Flip or rotate cauliflower every 20 minutes until the cauliflower is golden brown. They can be slightly blackened, but do not burn too many.



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Broccoli Cheddar Quiche with Brown Rice Crust

By [Kevin Lynch](#) of [Closet Cooking](#)

Wake up to a delicious morning with a slice of this Broccoli and Cheddar Quiche with a Brown Rice Crust. Broccoli and Cheddar cheese are a classic quiche recipe pairing, and you'll for sure love the rice crust. If you like Panera's Broccoli and Cheddar Soup recipe, this recipe combines the same flavors but with a healthier flare. This is an easy healthy recipe for lunch, brunch, or for a quick and easy weeknight meal.



Ingredients

- 2 cups cooked brown rice
- 1/4 cup cheddar cheese, finely grated
- 5 eggs
- 1 cup milk
- 2 cups broccoli, cut into bite sized pieces and blanched
- 1 cup sharp cheddar cheese, grated
- 4 green onions, sliced

Instructions

- Mix the rice, finely grated cheese and one egg in a bowl. Press the rice mixture into a pie plate, about 1/4-inch thick.
- Bake in a preheated 450 degree F oven until the edges and bottom just start turning golden brown, about 5 to 7 minutes.
- Mix the remaining eggs, milk, broccoli, sharp cheddar cheese and green onions in a bowl and season with salt and pepper. Pour the egg mixture into the pie crust.
- Bake in a preheated 375 degree F oven until golden brown and set in the center, about 30 to 35 minutes.



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World's Best Broccoli Salad

By FaveHealthyRecipes.com



This tangy broccoli salad recipe for the World's Best Broccoli Salad is an unbelievable treat, particularly because it tastes very fattening--and it isn't! This broccoli salad recipe has all of the flavors of a rich, broccoli bacon salad recipe, but it's deceptively a vegetarian broccoli salad recipe. It includes imitation bacon bits, rather than real bacon. And, while many broccoli salad recipes incorporate about a cup of mayonnaise, this recipe substitutes mayo with Greek yogurt.

Instructions

- Rinse and strain the broccoli, carrots, and tomatoes.
- Chop the broccoli into manageable, bite-sized pieces. Or, buy pre-chopped and pre-washed broccoli. Set aside.
- Slice the tomatoes and onion.
- Combine the broccoli with the red onion, dried cranberries, soy nuts, shredded carrots, tomatoes, and Cheddar cheese in a large bowl.
- To prepare the dressing, mix the Greek yogurt, Splenda, vinegar, and pepper together until smooth.
- Add bacon bits to the dressing mixture and stir until thoroughly combined.
- Stir and toss the dressing mixture into the vegetable mixture.
- Let salad chill for about 3 hours.
- Season with salt and pepper to taste. Serve.

Ingredients

- 3 to 4 cups of fresh broccoli, cut into bite-sized pieces
- 1/2 red onion, chopped into small pieces
- 1/2 cup dried small imitation bacon bits
- 3/4 cup dried cranberries (or raisins, if preferred)
- 1/3 cup salted soy nuts
- 1/2 cup shredded carrots
- 1 cup grape tomatoes, cut into halves
- 1 cup cubed Cheddar cheese (small cubes)
- 1 cup low-fat plain Greek yogurt
- 2 packets Splenda (or sweetener of your choice)
- 3 tablespoons white balsamic vinegar
- 1/4 teaspoon pepper, salt to taste

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Simple Spaghetti Salad

By [Averie Sunshine](#) of [Averie Cooks](#)



If you're looking for something light and filling, this is the macaroni salad for you. Often, a macaroni salad from a deli will be filled with mayonnaise and unhealthy ingredients that go against a healthy eating regimen. Curb your craving for carbohydrates with this Simple Spaghetti Salad.

Ingredients

For the Salad:

- 1 zucchini, spiralized
- 1/2 c mixed vegetables (carrots, broccoli, green beans, cucumber slices, radishes, tomatoes, peapods, bell peppers, whatever you have on hand)
- Optional: 1/2 c protein (edamame, diced tofu, garbanzo/white/navy/cannelloni beans, quinoa, etc.)

For the Dressing:

- 1/4 c mayo (regular, soy, Veganaise, etc.)
- 2 – 3 tbsp honey (to keep vegan, use maple syrup, agave, brown rice syrup)
- 1 tbsp lemon juice
- 1 tsp EVOO
- 1 tsp basil (fresh or dried)
- 1/2 tsp dill
- 1/2 tsp fresh-ground pepper, or to taste
- pinch salt, optional

Instructions

- Spiralize the zucchini.
- Add the diced vegetables and protein.
- Coat and toss with dressing. Doing this 15-20 minutes prior to eating will allow the dressing to soften the noodles and give them a more cooked taste and texture. Or simply microwave the entire plate of food for 30 seconds if you want a “hot meal.”

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Cheesy Spinach Orzo

By Jaclyn from [Cooking Classy](#)



My oh my, this recipe for Cheesy Spinach Orzo might just be my new favorite way to enjoy Alfredo sauce. Our favorite part of this recipe is the spinach. It truly adds such a wonderful flavor to this recipe. Plus, if you add chicken or shrimp, this simple pasta side dish can easily be turned into a main course. Simple substitutes can include whole wheat pasta, and low-fat cheeses.

Ingredients

- Cook orzo according to directions listed on package.
- Meanwhile in a medium saucepan, heat olive oil over medium heat. Add onions and saute until tender, about 3 minutes. Add in garlic and flour and cook, stirring constantly, 1 minute. While whisking, slowly pour in milk and cream and season with salt and pepper to taste. Bring mixture to a simmer and cook, stirring constantly, until thickened.
- Mix in chopped spinach and parsley and allow to heat just until spinach begins to wilt, about 1 minute, then remove from heat and stir in Parmesan. Stir until cheese melts (returning to warm heat if needed to help melt cheese). Stir in drained orzo and serve warm garnished with additional Parmesan if desired.

Instructions

- 2 1/2 cups uncooked whole wheat orzo
- 2 Tbsp extra virgin olive oil
- 6 Tbsp finely chopped yellow onion
- 2 cloves garlic, minced
- 2 tsp all-purpose flour
- 1 cup milk (I used 2%)
- 1/4 cup heavy cream
- Salt and freshly ground black pepper, to taste



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Easy Loaded Spaghetti

By FaveHealthyRecipes.com



For an easy and flavorful pasta recipe that is chock full of tasty veggies, give this simple pasta dish a try for your next meal. In only 30 minutes, you'll have a delicious healthy low-cal pasta recipe ready to go. For the fussy eaters in your house, add a little bit of Parmigiano cheese for extra flavor. The tomato paste in this recipe really makes you feel like this sauce has been simmering on the stove all day.!

Ingredients

- 12 ounces whole wheat spaghetti or linguini
- 5 medium tomatoes, blanched peeled and mashed
- 1 medium onion, chopped
- 1/2 red pepper, chopped
- 20 basil leaves, shredded
- 6 cloves garlic, chopped
- 3 tablespoons tomato paste
- 8 whole black pitted olives
- 2 tablespoons olive oil
- 1/4 cup water
- Reduced-fat Parmesan cheese
- Black pepper, ground

Instructions

- Fry onions, red pepper and garlic in one tablespoon olive oil until onions are clear.
- Add tomatoes, pesto, one quarter of the shredded basil leaves, capers, tomato paste, olives and water, and simmer for about 20 minutes.
- Cook pasta as directed on package. When cooked, drain and toss with one tablespoon olive oil and the rest of the shredded basil leaves.
- Serve with sauce over and topped with Parmesan cheese and ground pepper to taste.



Thanks to all the bloggers who helped make this eCookbook possible!



[Kevin Lynch](#) from [Closet Cooking](#)

"I had never really paid all that much attention to food and eating was just something that needed to be done. That all changed a few years ago when I came to realize that my meals were boring and that I had been eating the same few dishes over and over again for a long time. I had had enough and it was time for change! I dove head first into cooking and the world of food and, to my surprise, I found that I really enjoyed it! Since then cooking has become my passion and my obsession in my quest to never eat a boring meal again!"



[Averie Sunshine](#) from [Averie Cooks](#)

Averie Sunshine began blogging in 2009 as a way to share her recipes and soon discovered her love for creating eclectic desserts and sweet treats. Her blog, Averie Cooks, showcases her tasty treats and she has been named one of the Ten Best Food Bloggers by The Huffington Post. Averie's work has appeared in Better Homes and Gardens, Martha Stewart's Martha's Circle blog, Gourmet Live, Glamour, and more.



Jaclyn from [Cooking Classy](#)

"Cooking Classy houses a collection of delicious recipes all tested and approved by me, Jaclyn, creator of this food blog. Cooking is my passion so please follow along and share what I create!"

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