



VEGGIE MAINS

BY KATE SHERWOOD

Vegetarians among your dinner guests? Here are three veggie main dishes that have their protein built in. Just don't tell the carnivores...unless you're looking for some leftover chicken for your lunch tomorrow.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Roasted Butternut Squash & Lentils

Total Time: 30 minutes



- 1 cup French lentils
- 500 g butternut squash, cut into ½" cubes
- 4 Tbs. extra-virgin olive oil, divided
- 2 Tbs. whole-grain Dijon mustard
- 1 Tbs. red wine vinegar
- 2 Tbs. minced red onion
- 1 tsp. honey
- ½ tsp. salt
- Freshly ground black pepper
- ¼ cup chopped walnuts

Great warm or cold. To keep the flavour intense, don't add the dressing until you're ready to serve the dish.

Preheat the oven to 400°F. In a large pot, bring the lentils and enough water to cover by 2" to a boil. Simmer until just tender, 18-20 minutes. Drain and return to the pot. Cover and keep warm. Meanwhile, toss the butternut squash in 1 Tbs. of the oil. Roast on a rimmed baking sheet until tender, about 15 minutes. Whisk together the mustard, vinegar, onion, honey, and remaining 3 Tbs. of oil. Gently toss with the lentils and squash. Season with up to ½ tsp. of salt and plenty of pepper. Sprinkle with the walnuts. Serves 4.

Per Serving (1½ cups): Calories 410; Total Fat 19 g; Sat Fat 2.5 g; Protein 15 g; Carbs 47 g; Fibre 17 g; Cholesterol 0 mg; Sodium 430 mg

Spinach Pearl Barley Risotto

Total Time: 40 minutes



- 3 cloves garlic, minced
- 2 Tbs. extra-virgin olive oil
- 1 cup pearl barley
- 3 cups skim milk
- 1 142 g (5 oz.) container baby spinach
- ¼ cup diced sun-dried tomatoes
- ½ cup dry vermouth or dry white wine
- 3 green onions, sliced
- ½ cup grated Parmesan cheese, divided

Want more spinach? Stir it in. Don't like garlic? Use onion instead. Tired of Parmesan? Try Gorgonzola or pecorino.

In a large, deep skillet, sauté the garlic in the oil until lightly golden, 1 minute. Stir in the barley. Add the milk and bring to a boil. Reduce to a simmer and cook, stirring often, until the milk is absorbed and the barley is just starting to stick to the skillet, about 20 minutes. Stir in 1 cup of water and continue cooking until the barley is tender, 5-10 minutes. Add more water, ½ cup at a time as needed, to keep the risotto moist. Stir in the spinach, tomatoes, vermouth, green onions, and ¼ cup of the Parmesan. Serve the remaining ¼ cup of Parmesan on the side to sprinkle on at the table. Serves 4.

Per Serving (1½ cups): Calories 440; Total Fat 12 g; Sat Fat 3 g; Protein 17 g; Carbs 59 g; Fibre 11 g; Cholesterol 15 mg; Sodium 400 mg

Sicilian Chickpeas

Total Time: 20 minutes



- 2 Italian eggplants (about 375 g)
- 3 Tbs. extra-virgin olive oil
- 3 Tbs. tomato paste
- 3 cloves garlic, chopped
- ¼ tsp. red pepper flakes, more to taste
- ½ cup water
- 2 398 mL cans no-salt-added chickpeas
- ½ tsp. kosher salt
- 3 Tbs. chopped fresh mint

Italian (baby) eggplants have a thinish skin and their flesh is never bitter. You can also use Japanese eggplants...or replace the 2 eggplants with one large onion. Just stay away from ordinary eggplants.

Dice the eggplant into ½" pieces. Sauté in a large non-stick skillet in the oil until golden brown, 5-7 minutes. Stir in the tomato paste, garlic, and red pepper flakes and cook, stirring often, for 2 more minutes. Stir in the water and chickpeas and heat through. Season with up to ½ tsp. of salt. Remove from the heat and stir in the mint. Serves 4.

Per Serving (1½ cups): Calories 340; Total Fat 12 g; Sat Fat 1.5 g; Protein 13 g; Carbs 46 g; Fibre 12 g; Cholesterol 0 mg; Sodium 300 mg