

## Main Courses with Side Dishes

In this chapter we present the main courses accompanied by side dishes; in this sense, this cookbook is unlike others. Thus, in the interest of efficiency, the recipe steps are laid out in the order in which they need to be prepared when you're cooking the entire course.

Depending on the recipe, side dishes might be listed before the main dish: Beans might need to be soaked and cooked in advance, an item might need to marinate for several hours, etc.

A quick look into the recipe will give you an idea of how to proceed if you're not making the entire meal; you can go directly to the dish(es) you want and skip the rest.

Happy cooking!

Borscht & Buckwheat Blinis with Herbed Cashew Cream	106
Served with Waldorf Salad & Split Pea Smash	
Vegetable Strudel with Tomato-Dijon Sauce	112
Served with Warm Roasted Vegetable Lentil Salad	
Asparagus, Spinach & Summer Squash Crêpes with Dijon Sauce	118
Served with Salad Niçoise, French Lentil Salad, and Lentil Walnut Pâté	
Winter Red Beet Tarte Tatin	124
Served with Brussels Sprouts with Roasted Hazelnuts and Lima Beans with Thym	ie
ල්∙ Cherry Tomatoes	
Summer Red Beet Tarte Tatin	130
Served with Fava Beans, Artichokes & Caramelized Leeks in Lemon Sauce	
and Beet Greens with Herbed Bread Crumbs	
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and Raisins in Sherry Vinaigrette	

Classic Lasagna with Vegetable Bolognese Sauce,	140
Cashew Ricotta & Wilted Spinach	
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Served with Rosemary Broccolini and Braised Radicchio	
Moussaka (Greek Eggplant & Potato Casserole)	152
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Cauliflower Chermoula	164
Served with Broiled Butternut Squash and Red Lentil Cream	
Indian-Style Lentil Loaf	170
Served with Mango Chutney, Aromatic Kale and Coconut Yogurt–Sesame Potatoe.	s
(or Turmeric Vegetable Rice)	
Vegetable Coconut Curry	176
Served with Rice and Mung Beans	
Chana Masala Stuffed Yams (or Winter Squash)	182
Served with Indian-Spiced Cauliflower Wedges	
Ramen Noodles with Spinach-Cilantro-Ginger Sauce	188
Served with Vegetable Stir-Fry and Black Bean Tempeh	
Pad Thai with Chickpea Tempeh	194
Celery Root Medallions with Tahitian Salad	200
Served with Spinach in Curry Coconut Sauce, Coconut Rice and Tempeh	
Tacos Supreme with Butternut Squash and Jackfruit Filling	206
Served with Two-Color Cabbage, Avocado-Cilantro Sauce, Pinto Beans with	
Sofrito and Mexican Rice	
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Served with Avocados and Crema	
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