

ORGANIC VEGETARIAN RECIPES



There are literally thousands of recipes for organic vegetarian meals on the internet. Here we will focus on recipes that make sure you get the nutrients that are often missing if you don't eat meat and fish.

The best source of Omega 3 is fish. However, to ensure you get it in an organic vegetarian diet you need to include chia or flax seeds and walnuts. You can just snack on organic walnuts but they are delicious made into a **pesto sauce** to serve with pasta.

All ingredients should be organic

6 lovely plump cloves of garlic

50g shelled walnuts

75g of fresh basil

50g fresh parsley

90g grated Parmesan cheese

125ml Extra Virgin Olive Oil

Himalayan Salt and Black Pepper

1. Toast the unpeeled garlic and walnuts in a thick bottomed pan for approximately 5 minutes. Shake the pan to prevent them burning.
2. Peel the garlic
3. Put the garlic, walnuts, herbs, cheese and oil in a food blender. Blend until smooth.
4. Add salt and pepper.
5. Store in fridge in a sealed container.

Porridge

Another delicious way to get Omega 3 into the vegetarian diet is porridge made from organic chia seeds. It is a delicious way to start the day. Plus chia is also a great source of zinc, another nutrient often missing in a vegetarian diet. You need zinc to help your body fight illness so it is really important to get it into your diet.

40g organic chia seeds

400ml milk – almond or coconut are particularly delicious

1 tablespoon of organic ground flax seed

Organic fruit of your choice – berries work best

Organic honey – try and buy local or Manuka if you can afford it.

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1. Soak the seeds in the milk overnight. They will absorb the liquid and
2. In the morning, cook on a medium heat until the mixture bubbles and starts to thicken.
3. Serve in a warmed bowl, sprinkled with the flaxseed. Top with fruit of your choice and drizzle with honey.

Protein

Another necessary nutrient that is important to eat is protein. As meat is one of the main ways to get protein, vegetarians need to look elsewhere. A fantastic source of vegetable protein is organic chickpeas. They are tasty little balls of goodness full of vitamins, minerals and fibre as well. You can add them to curries, soups and stews but they are also delicious in this refreshing **chickpea salad**.

Organic ingredients:

400g tin chickpeas, drained

1 large avocado pear

12 black olives

12 green olives

12 cherry tomatoes, halved.

1 red onion, finely sliced

Four handfuls of baby spinach (washed),

Half a cucumber, peeled and cubed

Handful of basil leaves

70ml Extra Virgin Olive Oil

45ml freshly squeezed lemon juice

Himalayan salt

Black pepper

1. Mix the salad ingredients in a large bowl
2. Tear the basil leaves and sprinkle on top
3. Mix the oil, lemon juice, salt and pepper with a fork
4. Sprinkle dressing over the salad
5. Enjoy

Iron

Finally, iron is a very important mineral, especially for ladies. Red meat is the main source of iron and as vegetarians don't eat meat they have to look elsewhere to make sure they stay healthy. Beans and lentils are tasty ways to get iron into the diet. They also contain protein so its winner, winner Organic vegetarian Mexican chilli dinner.

1/2 an onion - chopped

1 crushed clove of garlic

100g brown or wild rice

100g lentils, rinsed (choose green red or brown)

500ml vegetable broth

1 tsp chilli powder

1/2 tsp ground cumin

Himalayan salt and black pepper

400g tinned black beans, rinsed and drained

Sauce

45ml Extra Virgin Olive Oil

3 tablespoons organic, whole wheat flour,

1 tablespoon chilli powder

1 tsp ground cumin

1 clove of crushed garlic

$\frac{1}{4}$ tsp oregano

$\frac{1}{4}$ ground cinnamon

2-3 tablespoons tomato puree

400ml vegetable stock

1 tsp apple cider vinegar

Make sauce

1. Heat oil in thick bottomed pan until adding a little flour makes it sizzle. Add flour and spices and whisk.
2. Cook for 1 minute stirring constantly.
3. Add tomato puree then vegetable stock, stirring constantly to prevent it getting lumpy.
4. Cook for 5 – 6 minutes, stirring now and again.
5. Add vinegar, salt and pepper.

Make chilli

1. Heat oil and fry chopped onion and garlic for 2 – 3 minutes, until softened.
2. Add rice and lentils.
3. Add vegetable stock and cook for 35 – 45 minutes until rice and lentils are soft.
4. Stir in the enchilada sauce.
5. Taste chilli and add more chilli, powder, salt and pepper until it is how you like it.
6. Sprinkle the cheese on top and place under a pre-heated grill until cheese melts and bubbles.
7. Serve sprinkled with chopped coriander (cilantro)

Enjoy these few organic, vegetarian recipes safe in the knowledge that you are staying healthy despite not eating meat!!