

Dinner With a Doc Recipes

Submitted by Dr. Deb Harrell - Original recipe by Dr. Deb, altered by Chef Dawn



Mexican Lasagna

INGREDIENTS

2 quinoa tortillas (or your favorite tortillas), or enough for two layers of tortillas
2 15-ounce cans vegan refried beans
1 large container of salsa
1 batch cashew cheese or Violife cheddar shreds
Veggies of choice: I used spinach, mushrooms, sautéed onions, garlic and peppers (as many as you want)

DIRECTIONS

1. Layer salsa on the bottom of the baking dish.
2. Top with a quinoa tortilla
3. Top with refried beans, cheese, veggies, salsa (leave enough salsa to cover the top tortilla)
4. Top with another quinoa tortilla
5. Cover and bake at 350F for 45 minutes

Dinner With a Doc Recipes

Submitted by Megan Weigel, APRN - Majorly adapted from "The Self-Care Cookbook" by Gemma Ogston



HEARTY ASIAN PASTA

INGREDIENTS

1 lb butternut squash, but into 1 inch cubes
1 medium white or sweet onion
Shitakes, chopped
Bok choy, chopped
2 cups chopped fresh spinach
10 oz pasta (We use gluten free in my house)
3-5 garlic cloves according to your taste
1 tbsp EVOO
2 tbsp tamari
1 tbsp rice vinegar
1 tbsp chili garlic paste
3 tbsp almond butter
Sea salt and fresh ground pepper
Juice of 2 Limes
1 cup sliced almonds, toasted

DIRECTIONS

1. Preheat oven to 400. Line a roasting pan with parchment paper and roast butternut squash for 25 min or until soft
2. While squash is in the oven, cook pasta according to package instructions and drain.
3. In a large skillet, sauté the garlic and onion in olive oil. Add in bok choy, spinach, and shitakes and cook until wilted.
4. In a small bowl, mix the tamari, chili paste, rice vinegar and almond butter
5. Add butternut squash to large skillet.
6. Add sauce to skillet. Sprinkle with salt and pepper, and mix well. Add lime juice and mix again.
7. Serve over pasta. Sprinkle toasted almonds on top.

Dinner With a Doc Recipes

Submitted by Dr. Lindsey Merritt - Original Recipe by Wanderlust Kitchen



Tuscan White Bean Skillet

INGREDIENTS

2 tablespoons extra virgin olive oil - divided
8 ounces brown mushrooms - sliced
1 1/2 cups diced yellow onion - about 1 large onion
3 cloves garlic - minced
2/3 cup drained and chopped oil-packed sun dried tomatoes
2 14.5 ounce cans fire-roasted diced tomatoes
2 14.5 ounce cans drained and rinsed Cannelini beans
14.5- ounce can quartered artichoke hearts - rinsed
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1 teaspoon sugar
Parsley for garnish

INSTRUCTIONS

1. Heat one tablespoon of the oil in a 10-inch or 12-inch cast iron skillet set over medium-high heat until shimmering. Working in batches, add the mushrooms to the pan in a single layer. Brown for 1 to 2 minutes per side; transfer to a bowl and repeat with remaining mushrooms.
2. Add the remaining tablespoon of oil to the pan; add the onions and sauté until lightly browned, about 3 minutes. Add the garlic and sun-dried tomatoes and cook until fragrant and softened, another 2 minutes.
3. Add the diced tomatoes to the pan, along with the beans, artichoke hearts, salt, pepper, oregano, thyme, and sugar. Cover the pan and turn the heat down to medium. Let cook for about 10 minutes, until hot. Return the mushrooms to the pan and cook for another minute or two to warm them up. Garnish with chopped parsley and serve with plenty of crusty bread.

Dinner With a Doc Recipes

Submitted by Liz Winings, APRN, Original Recipe, www.winingswellness.com



I'll Have Seconds Soup

INGREDIENTS

- 1 medium yellow onion diced
- 2 packages of portabello mushrooms sliced
- 1 green bell pepper diced
- 2 medium tomatoes diced
- 2 cloves garlic minced/chopped
- 1 can white kidney beans
- 1 can coconut milk (unsweetened)
- 1 cup red lentils
- 3 cups veggie broth
- 1/4 cup tamari (used for sautéing onion and mushroom & the rest in sauce)
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- Sprinkle Italian seasoning
- Hearty sprinkle of black pepper
- Dash of crushed red pepper
- Optional, 10 oz spinach!

INSTRUCTIONS

1. Chop all the things
2. In a large pan or pot
3. Sauté onion with tamari and water as needed
4. Add sliced mushrooms once onion is clear
5. Sauté together, add remaining tamari
6. Add garlic
7. Once mushrooms have cooked down add bell peppers, beans, coconut milk, stir well and cover until a slight bubble (don't let it boil) uncover, if not using a pot, transfer everything to pot now add tomatoes, lentils, veggie broth, nutritional yeast, lemon juice and seasonings. Cover and bring to a boil, stir so things don't stick, turn heat down to low and simmer for 20 minutes.
8. Turn off heat and stir in spinach, if using.