

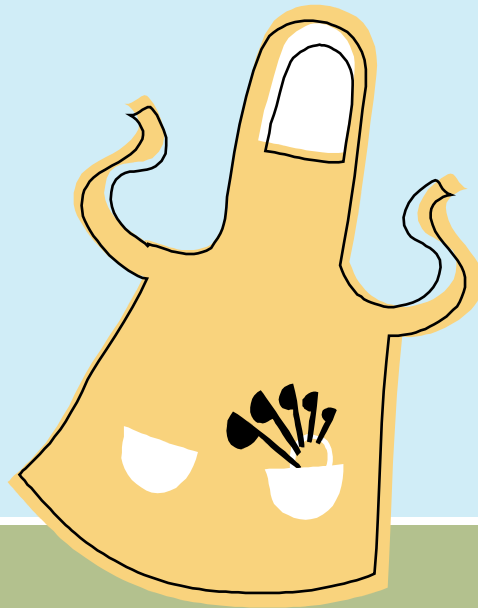
## ***MEAT ME IN THE MIDDLE***

***COLLECTION OF STORIES, RECIPES AND HELPFUL HINTS WRITTEN FOR  
MISMATCHED MEAL MATES.***

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Do you and your mate have mismatched eating habits?

In my case, I'm the meat eater in the relationship, which can be pretty embarrassing when my husband and I go out to dinner and I order a big, juicy rib-eye and he orders the salad - because it's either that, or ordering every side dish on the menu for around \$30 a plate.

My husband has been a vegetarian his entire life. He has never had a McDonald's hamburger or mom's homemade meatloaf and he'll never understand what crispy, bacon really taste like. He's never had it. He might have been mistakenly slipped chicken broth in his Hot 'n Sour soup at the local Chinese restaurant, but believe me he has quickly spit it out and been up all night sick from even the smell of chicken, which apparently smells "rotten" to someone who has never eaten it.

Don't get me wrong I enjoy eating meat on an occasion, but that doesn't mean I'm trying to convert my husband to the evil ways of eating meat and believe me he's also not getting all high and mighty trying to convince me that soy products are the way of the world. They're not - sorry, there is absolutely no substitute for real bacon, but I can and have been learning to compromise on my veggie/soy/tofu intake, and avoiding steakhouses. But, what I'm not willing to compromise is on the taste.

It's definitely not hard to find a vegetarian restaurant (especially if you live in LA where they're about as common as a Starbucks), but it is hard to find one that both a vegetarian and a meat eater consider to be worthy of a second go-around. And these days, we know no one has the time or money to spend making two meals, going to a so-so veggie restaurant or buying double groceries.

I'm not saying I love every restaurant or recipe my husband made me try, but I can say I honestly didn't hate them. And lately, I actually like (dare I say prefer) the taste of chicken-less nuggets and meatless ribs ... wrapped in bacon of course.



INTRODUCTION

**CHAPTER ONE  
THE RABBIT  
PLATE**

VEGETABLES ...  
NOT JUST FOR  
SIDE DISHES  
ANYMORE.

**FARMERS' MARKET ROASTED VEGETABLES WITH WHIPPED RICOTTA CHEESE**

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1-3/4 pound of baby red, white, or purple potatoes - cut in half</li> <li>• 1 medium onion - cut in 1/2 inch pieces</li> <li>• 3 large carrots - cut in 1 inch pieces</li> <li>• 10 thick asparagus spears - break off tough ends and discard</li> <li>• 1 15-ounce container of ricotta cheese</li> <li>• 4 tablespoons of your favorite chopped herbs (thyme, chives, parsley or rosemary work well)</li> <li>• 4 tablespoons of olive oil</li> <li>• 2 cloves of garlic - minced</li> <li>• Salt and pepper to taste</li> <li>• 1 baguette</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400 degrees F.</li> <li>2. In a roasting pan toss the vegetables with 2 tablespoons of olive oil and 2 tablespoons of the herbs</li> <li>3. Roast for one hour until vegetables are tender, stirring occasionally</li> <li>4. In a mixing bowl, mix the ricotta cheese with the remaining herbs with a spoon</li> <li>5. Add salt and pepper to taste</li> <li>6. For extra creamy, use a hand mixer to blend until desired consistency and drizzle a tablespoon of olive oil while mixing</li> <li>7. Transfer the cheese to a serving bowl and drizzle some olive oil on top</li> <li>8. Next, slice the baguette into pieces and place on a baking sheet</li> <li>9. Toast them in the same oven on lower rack for eight to ten minutes</li> <li>10. Once completed, let guests serve themselves with plates of veggies, bread and cheese for dipping</li> </ol>

**STEAMED BATH CORN AND ARTICHOKE**

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 pieces of corn on the cob - shucked and cleaned</li> <li>• 1 medium artichoke - trimmed and cleaned</li> <li>• 1-2 tablespoons of olive oil</li> <li>• 1 tablespoon of seasoned salt</li> <li>• 1 tablespoon of lemon pepper</li> <li>• 1-2 teaspoons of butter</li> <li>• 1/2 cup of mayonnaise</li> <li>• 1 teaspoon of parsley - chopped</li> <li>• 1 teaspoon of chives- chopped</li> <li>• Salt and pepper - to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. Fill up a large pot of water half way</li> <li>2. Place a colander on top of the pot</li> <li>3. Place the two pieces of corn and the artichoke in the colander</li> <li>4. Rub a small amount of olive oil, seasoned salt on both the corn and artichoke</li> <li>5. Place a lid on top of the pot and colander and steam on medium-high heat for around 20 minutes</li> <li>6. Take corn out and leave artichoke in pot steaming for an additional 5-10 minutes - until dark in color and tender</li> <li>7. Mix butter and lemon butter in a small ramekin or bowl and microwave for 15 seconds</li> <li>8. Drizzle lemon pepper mixture on corn</li> <li>9. Mix mayonnaise and herbs together, add salt and pepper to taste</li> <li>10. Take out artichoke and serve with herb mayonnaise</li> </ol>

## YUMMY IN THE TUMMY VEGGIE SOUP

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 3 cups of vegetable broth</li> <li>• 2 cups of water</li> <li>• 1 cup of tomato juice</li> <li>• 2 medium potatoes</li> <li>• 3 carrots - diced</li> <li>• 1 small onion - diced</li> <li>• 2 celery stalks - diced</li> <li>• 1 green pepper - diced</li> <li>• 1/2 cup of lima beans – frozen or fresh</li> <li>• 1/2 cup of corn – frozen or fresh</li> <li>• 4 tablespoons of butter</li> <li>• Salt and pepper – for taste</li> </ul>	<ol style="list-style-type: none"> <li>1. Melt the butter in a large pot, and add the chopped green peppers, carrots, celery and onion</li> <li>2. Sauté on low heat until vegetables are softened and add in vegetable broth.</li> <li>3. Add to this the potatoes, lima beans and corn</li> <li>4. Cover and simmer for about 45 minutes, add the salt and pepper.</li> <li>5. Remove about 2 cups of the mixture and put into blender and puree for a few minutes.</li> <li>6. Add this mixture to pot with rest of soup and turn off heat and cover soup.</li> <li>7. Let set for 1 hour before serving.</li> </ol>

TIP: Get the smell of garlic or onion out of your hands by rubbing a tablespoon of salt with a little water

## NUTTY VEGAN STIR FRY

Ingredients	Directions
<ul style="list-style-type: none"> <li>• ½ cup of vegetable broth</li> <li>• 1 jalapeno – seeded and finely chopped</li> <li>• 1 clove of garlic - minced</li> <li>• 1 cup of brown rice - cooked</li> <li>• 1 yellow onion - sliced thinly</li> <li>• 1 carrot – chopped</li> <li>• 2 cups of cabbage – shredded</li> <li>• 1 small cucumber - cubed</li> <li>• ¼ cup of unsalted peanuts - chopped</li> <li>• ¼ cup of peanut butter</li> <li>• 2 tablespoons of rice vinegar</li> <li>• 2 tablespoons of soy sauce</li> <li>• 1 teaspoon of sesame oil</li> <li>• 1 tablespoon of vegetable oil</li> </ul>	<ol style="list-style-type: none"> <li>1. For sauce, in a small saucepan stir together broth, jalapeño pepper and garlic and bring to a boil.</li> <li>2. Reduce heat and simmer, covered, for around two minutes.</li> <li>3. Add the peanut butter and stir to combine.</li> <li>4. Remove from heat and stir in rice vinegar, soy sauce, and sesame oil.</li> <li>5. Next, pour vegetable oil into a wok or large skillet and heat on medium-high heat.</li> <li>6. Stir-fry carrots and onion in hot oil for about 5 minutes.</li> <li>7. Add the sauce, cabbage and cucumber.</li> <li>8. Reduce heat to medium-low and cook for additional 2 minutes.</li> <li>9. Serve immediately over rice.</li> <li>10. Sprinkle each serving with peanuts.</li> </ol>

## MAMA'S MEATLESS CROISSANT PEPPERONI BREAD

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 can of Pillsbury Crescent rolls or any brand</li> <li>• 1 package of Yves sliced pepperoni or any meatless brand</li> <li>• 4 ounces of shredded mozzarella cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees.</li> <li>2. Separate dough on perforations.</li> <li>3. Place 3-4 pepperoni slices per roll.</li> <li>4. Sprinkle each with some shredded cheese - not too much so you can still roll it up.</li> <li>5. Starting at shortest side, tightly roll up each one</li> <li>6. Place on a baking or cookie sheet.</li> <li>7. Bake for 10-12 minutes.</li> </ol>

## HOMEMADE SPAGHETTI SQUASH AND MARINARA MEAT(LESS)BALLS

Ingredients	Directions
<p>Spaghetti Ingredients:</p> <ul style="list-style-type: none"> <li>• 1 spaghetti squash</li> <li>• 2 tablespoons olive oil</li> </ul> <p>Salt and pepper to taste</p> <p>Meat(less)ball Ingredients:</p> <ul style="list-style-type: none"> <li>• 1 onion - chopped</li> <li>• 6 tablespoons of olive oil</li> <li>• 2 cloves garlic - chopped</li> <li>• 1 cup bread crumbs</li> <li>• 1/2 cup mixed nuts - chopped in blender or food processor</li> <li>• 1 egg</li> <li>• 1/4 cup fresh parmesan cheese</li> <li>• 1/2 tablespoon of parsley</li> </ul> <p>Salt and pepper to taste</p> <p>Marinara Sauce Ingredients:</p> <ul style="list-style-type: none"> <li>• 2 large yellow onions - diced</li> <li>• 2 tablespoons of olive oil</li> <li>• 6 cloves of garlic - chopped minced</li> <li>• 2 tablespoons of dried Italian herbs (examples: basil, oregano)</li> <li>• 1/2 cup of red wine (not cooking wine)</li> <li>• 12 medium tomatoes - peeled and seeded</li> <li>• Salt and pepper to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large pot, heat up the olive oil. Add the onions and cook on medium heat until they are translucent.</li> <li>2. Add the garlic and dried herbs and cook for additional 5 minutes.</li> <li>3. Deglaze the pan with the 1/2 cup of red wine and cook for 5 minutes more. Add the tomatoes and mix together.</li> <li>4. Bring to a simmer and cook on low, stirring occasionally for about 2 hours. Add salt and pepper to taste. After about an hour, preheat your oven to 350 degrees F for the spaghetti squash.</li> <li>5. Spray a large baking casserole dish with a nonstick cooking spray. Wash the squash and cut it in half lengthwise.</li> <li>6. Use a large spoon to remove seeds on each side.</li> <li>7. Rub with a bit of oil and sprinkle with salt and pepper. Place the squash - flesh side down - in the baking dish. Poke a few holes in the skin. Bake for around an hour or until tender. Once tender, take the squash out and let cool for 5 minutes.</li> <li>8. Use a fork to remove the inside of the squash - it will look like noodles. Place the squash in a large bowl and cover. For the meatballs, heat two tablespoons of the olive oil in a large pan over medium heat.</li> <li>9. Sauté the onions and garlic until the onions are translucent, about 6 minutes. Pour onion and garlic mixture into a large bowl. Mix in remaining meat(less)ball ingredients. Form into balls of your desired size. Heat the rest of the olive oil in the same pan, and cook the balls until they are brown all over.</li> <li>10. Pour half of the marinara sauce over them, and turn the heat to low. Let them simmer until they are warmed through, about 10 minutes. Pour meat(less)balls, sauce over spaghetti squash</li> </ol>

## CHAPTER TWO MAMBO ITALIANO

*Hey Mambo,  
Mambo Italiano*

**TIP:** Try replacing meat with beans in your favorite recipes like black beans in burgers or kidney beans in lasagna.

## DAVE'S NUTTIN' TO IT NUT ROAST

### Ingredients

- 1 onion - chopped
- 4 cloves of garlic - chopped
- 2 cups of mixed nuts (peanuts, walnuts, almonds, etc.)
- 1 package of vegetable stock
- 2-3 slices of bread (wheat, sour dough)
- 1 pint of heavy cream
- 2 tablespoons of sugar

### Directions

1. Preheat oven to 550 degrees.
2. Chop the onion and garlic and sauté in a large pan or pot.
3. Wait till the onion and garlic are golden brown and then mix in nuts.
4. Fill the large pot or pan to the top with water - just above the mixture.
5. Boil on high with a tablespoon of salt - around 10-15 minutes - until nuts are soft. Keep putting water in as it evaporates.
6. Add the one package of vegetable stock to the mixture - for taste.
7. Take mixture and add to food processor or large blender with bread and cream - gradually add to smooth consistency.
8. Season with salt and pepper and 2 tablespoons of sugar - blend till smooth.
9. Place in oven. Cook for around 40 minutes or until brown on top. Check with a toothpick or knife to make sure inside is cooked.
10. Let cool and serve with gravy, roasted vegetables and potatoes.

## EASY AS PIE, SHEPHERD'S PIE

### Ingredients

- 1 1/2 pounds of soy meatless ground (Boca or Yves work best)
  - 1 large onion - chopped
  - 1/2 cup of carrots - chopped
  - 1 cup of peas (can also use corn or both. just use 1/2 cup of each)
  - 3 large potatoes
  - 1/2 cup of cream or milk (for mashed potatoes)
  - 1 stick of butter
  - 1/2 cup of vegetable broth
  - 1 teaspoon of Worcestershire sauce
  - 1 tablespoon of parsley
  - 1/2 teaspoon of thyme
  - 1/2 teaspoon of sage
- OR
- 1 package of shepherd's pie seasoning mix

### Directions

1. Preheat the oven to 400 degrees and wash and peel the potatoes.
2. Cut them into quarters and boil in salted water (around a 1/2 tablespoon) until soft - around 20 to 25 minutes. While the potatoes are cooking, you can melt a 1/2 stick of butter in a large skillet or frying pan.
3. Put the onions in the pan and cook on medium heat for 15 minutes.
4. Next, add your carrots because they will need more cooking time than your meatless ground, peas or corn - even if you choose to use frozen peas or corn.
5. Cook carrots until they are tender, another 10 minutes or so, and then add meatless ground, peas and/or corn.
6. Add the Worcestershire sauce and vegetable broth and cook, uncovered, over low heat for about 15 minutes - add more vegetable broth if necessary to keep moist.
7. While your meatless ground and veggies are cooking, mash your potatoes in a bowl with the rest of the butter and the cream or milk - you can also use an electric mixer to make them extra creamy. Once the meatless ground is cooked, place the mixture on the bottom of a casserole or baking dish and the mashed potatoes on top.

## BAKED EGGS & CHEESE

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 eggs</li> <li>• Butter</li> <li>• Salt</li> <li>• Pepper</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F.</li> <li>2. Grease two ramekins with butter and break one egg into each.</li> <li>3. Sprinkle with salt and pepper and a teaspoon of butter.</li> <li>4. Bake them in the oven for 15-20 minutes until the egg is firm.</li> <li>5. Can served with toast points.</li> </ol>

## BBQ PORTOBELLO BEER BURGERS

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 3 whole Portobello mushrooms - cut into halves</li> <li>• 2 tablespoons of onions - chopped</li> <li>• 2 tablespoons of green pepper - chopped</li> <li>• 2 tablespoons of butter</li> <li>• 1/2 cup of ketchup</li> <li>• 1 teaspoon of Worcestershire sauce</li> <li>• 1/2 cup of beer - (Miller Lite, Bud Lite)</li> <li>• 6 hamburger buns</li> </ul>	<ol style="list-style-type: none"> <li>1. In small saucepan cook the chopped onions and green peppers on medium heat in the butter till tender</li> <li>2. Next, stir in the ketchup, Worcestershire sauce and the can of beer and bring to a boil.</li> <li>3. Brush each Portobello mushroom with beer mixture.</li> <li>4. Grill the mushrooms over medium-hot coals till dark brown - around 5-7 minutes on each side.</li> <li>5. Brush occasionally with the leftover beer mixture.</li> <li>6. Serve burgers on toasted buns and spoon on some of the beer mixture before serving.</li> </ol>

## TOP OF THE MORNING TEA SANDWICHES

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 6 slices of bread - white, wheat, sourdough, rye (your favorite is best)</li> <li>• Cream cheese</li> <li>• English cucumber - or any type thinly sliced</li> </ul>	<ol style="list-style-type: none"> <li>1. Spread the cream cheese on each slice of bread.</li> <li>2. Place the cucumber slices on each slice - one layer, around 6-8.</li> <li>3. Cut the crusts from each slice of bread off with a sharp knife.</li> </ol>

## MOM'S TACO DIP

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 8-ounce cream cheese softened</li> <li>• 1 12-ounce mixed taco sauce</li> <li>• 1 tomato - diced</li> <li>• Sliced black olives (how many you like) Green onions (how many you like)</li> <li>• Grated Monterey cheese, cheddar cheese (or any other cheese you like)</li> <li>• Tortilla chips</li> </ul>	<ol style="list-style-type: none"> <li>1. Mix together the cream cheese a taco mix sauce together.</li> <li>2. Spread on a plate</li> <li>3. On top of the mixture, sprinkle the cheese, tomato, onions and olives.</li> <li>4. Serve with tortilla chips</li> </ol>

