

CLEVELAND COOKING

Meatless Eats





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The grilled caprese sandwich is based on the caprese salad. My family loves grilled cheese sandwiches and I thought this would be a perfect combination. The basil sauce is not a proper pesto. I did not include any nuts in the sauce to make it a pesto. The hit of garlic, parmesan, and basil is definitely there. The sandwich comes together like any other grilled cheese sandwich. I even put the sandwiches in the oven at a low temperature to get the cheese a little bit more melty. These sandwiches travel well and would be a great addition to your or your kids lunch boxes.

Grilled Caprese Sandwiches

INGREDIENTS

For the basil spread:

- 1/4 teaspoon of sea salt
- 1/4 cup of shredded parmesan cheese
- 1/2 cup of basil leaves
- 1/4 cup of olive oil

For the rest of the sandwich:

- 3 tablespoons of butter, divided
- 2 tablespoons of balsamic vinegar
- 2 tablespoons of olive oil
- 8 slices of good bread
- 16 slices of tomato
- 8 ounces of sliced mozzarella

DIRECTIONS

1. Add sea salt, parmesan cheese, basil, and olive oil to a food processor and blend until smooth.
2. Preheat a nonstick skillet over medium heat.
3. Butter one side of slices of bread. Place bread butter-side down in the hot skillet.
4. Add cheese, 2 slices of tomato, roughly two tablespoons of the basil sauce, and a drizzle of balsamic vinegar.
5. Butter a second slice of bread on one side and place butter-side up on top of basil sauce.
6. Cook until lightly browned on one side; flip over and continue cooking until the cheese is melted..



We use this recipe when we have lots of veggies in the fridge. The choice is up to you which veggies you use, however, the cherry or grape tomatoes are a must. The tomatoes will get soft and juicy after baking. Pressing the tomatoes will release their juices, and after mixing with the spices and olive oil, make a great sauce for the pasta. You can use your favorite pasta or I have an easy pasta recipe on my site.

Sheet Pan Veggie Pasta

INGREDIENTS

2 sweet potatoes
peeled and cut to ½
inch cubes
½ medium red onion
sliced
3 bell peppers sliced
2 cups grape or
cherry tomatoes
1 pound brussels
sprouts cleaned and
halved
6 ounces banana
peppers
¼ cup of olive oil
1 teaspoon cracked
black pepper and
sea salt
1 tablespoon garlic
powder
1 pound of your
favorite pasta

DIRECTIONS

1. Prepare your pasta according to manufacturer's direction or try my [fresh pasta recipe](#).
2. Line a large baking sheet with parchment paper.
3. Place sweet potatoes, onion, bell peppers, tomatoes, brussels sprouts, banana peppers, olive oil, and spices in a single layer o
4. Bake at 400 degrees F for 25 minutes.
5. Place baked vegetables in a large bowl and flatten tomatoes so juice mixes with olive oil to form a sauce for the pasta.
6. Add pasta to bowl and combine.



Burgers are an easy dinner and I go to them weekly. Both beef burgers and turkey burgers are on our menu. I needed to change things up and the portobello mushroom burgers did the trick. Two portobellos fit neatly on the bun if you want to double things up. The combination of the feta cheese, pickled onion, and everything sauce, really makes this a great meal. The burger is like any other burger. You can add your favorite toppings and make it your own!

Portobello Mushroom Burger

INGREDIENTS

- 1 tablespoon of butter
- 3 tablespoons of olive oil divided
- 2 tablespoons of white wine vinegar
- ½ teaspoon of sea salt
- ½ teaspoon of cracked black pepper
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- portobello mushroom caps
- 8 ounces of crumbled feta cheese
- ½ cup of Everything Sauce or other burger sauce
- 1 cup of your favorite greens
- Pickled red onions
- 8 of your favorite buns

DIRECTIONS

1. Place caps on a plate and brush the tops with olive oil and vinegar.
2. Season the tops of the mushroom caps with salt, pepper, garlic powder, and onion powder.
3. Let set for about 10 minutes.
4. Add one tablespoon of butter and one tablespoon of olive oil to a skillet at medium high heat.
5. Place mushroom caps side down in the skillet. Cook covered for five minutes.
6. Flip the mushrooms over and cook for an additional 3 minutes.
7. Construct burgers using mushrooms, feta cheese, everything sauce, greens, and pickled onions.



This is an easy pizza recipe! When my son and daughter come home from school this is the one pizza recipe they ask me to make. The spicy sweet cauliflower mixed with the cool ranch and the cheesy goodness, it is a great combination! You can use our [pizza dough recipe](#) or one of your own. I also have a [ranch dressing recipe](#) on my site.

Cauliflower Honey Sriracha Pizza

INGREDIENTS

- 1 head of cauliflower cut into florets
- 2 tablespoons of olive oil
- 1/3 cup of honey
- 2-4 tablespoons of sriracha (depending on how hot you want it)
- 1/2 cup of ranch
- 8 ounces of shredded monterey jack cheese
- 1 pizza dough (I have a [pizza dough recipe here](#) or you can use store bought)

DIRECTIONS

1. Cover cauliflower florets with olive oil and bake on a lined baking sheet for 10 minutes at 350 degrees F.
2. Place baked cauliflower, honey, and sriracha in a bowl and mix until well combined. Tasting for your heat preference.
3. Spread the ranch on top of your pizza dough.
4. Spread cauliflower mixture over the ranch.
5. Sprinkle on monterey jack cheese.
6. Bake at 425 for 8-10 minutes or until the dough is golden brown and cheese is melted. Making sure to rotate the pizza halfway through the baking time.



Roasted beets with red plum goat cheese recipe is a favorite of the family. It makes a great addition to any meal! I used yellow beets for this recipe, however any beet will do. The recipe could not be any easier to put together and makes a great presentation. I used this as a recipe to have my kids try beets. The red plum goat cheese on its own makes a great cheese spread.

Roasted Yellow Beets with Plum Goat Cheese

INGREDIENTS

2 yellow or any color beets
peeled and sliced to 1/2 to
3/4 inch
2 tablespoons of olive oil
Salt and pepper to taste
6 ounces of goat cheese
2 small and very ripe red
plums
1 tablespoon of pure maple
syrup (not pancake syrup)

DIRECTIONS

1. Toss beets, olive oil, and salt and pepper.
2. Roast beets on a parchment lined baking sheet in a 400 degree oven for 15-20 minutes or to desired tenderness. Set aside to cool
3. While roasting beets, scoop out flesh of plums and place in a food processor with the pure maple syrup, and goat cheese. combine until smooth
4. Once the beets are cool, layer with the goat cheese mixture.



This is a very easy olive tapenade recipe. The olives, garlic, and sun dried tomatoes are chopped and diced, then mixed with the remaining ingredients. It is delicious! Put it on bread, crackers, chicken, or whatever you please. At my house we like to add it sandwiches for extra flavor. You can add your favorite olives to the recipe. This is a very versatile tapenade. Make it your own!

Olive and Sun-dried Tomato Tapenade

INGREDIENTS

1 tablespoon of olive oil
2 tablespoons of balsamic
vinegar
1/2 cup of sun dried
tomatoes packed in oil
drained and diced
1/3 cup green olives diced
1/3 cup of kalamata olives
diced
3 cloves of garlic diced
1/8 teaspoon fresh ground
pepper
1/4 teaspoon of chipotle
chili powder

DIRECTIONS

1. Mix all ingredients well in a bowl
and chill for at least 30 minutes
before serving.

Hi I'm Dan Harper! Thanks for visiting! Here is a little bit about me. My wife, Gayle, and I have been married for 26 years. It has been an incredible journey. I was a stay at home dad of twins and a self taught home cook. I learned how to cook from YouTube videos, cookbooks, and PBS cooking shows.

When our kids were young I enjoyed finding recipes to make mealtime fun and that encouraged our children to be adventurous eaters within our budget. Aaron and Maggie are all grown up now, so I decided to share our favorite recipes we have loved over the years along and new ones I have created along the way. Again, thanks for stopping by! Enough about me, I hope you enjoy the recipes!