

About the
“Jazzy Vegetarian”
Television Series



Host, **Laura Theodore**

About the “**Jazzy Vegetarian**” Television Series

SHOW OVERVIEW

Serving **delicious “Jazzy Vegetarian”** style fare is made easy with the recipes featured in this series. Based on classic dishes, each episode focuses on learning to prepare traditionally styled meals, by using accessible, vegetarian ingredients. “Wonderful Walnut Mushroom Loaf,” is reminiscent of the classic version and is served with low calorie, high fiber Mashed “Potatoes.” Viewers may be surprised at what vegetable is used here. Our Italian Flair feast features delightful, “Quick Lasagna Rolls,” which are so tasty served with “Grandma’s Garlic Bread.” Paired with a savory side dish such as “Basil Roasted Peppers,” this meal is a favorite with kids of all ages.

A “Bountiful Brunch,” begins with “Scrumptious No-Egg Scramble,” and “Crispy Cashew French Toast” dripping with warm, organic maple syrup. For a fancy company meal, “Crispy Portabella Steaks” are encrusted in a savory crunchy coating and feature a meaty texture and mouth-watering taste. Delectable “Sunflower Avocado Wraps” highlight an eco-picnic, featuring earth-friendly fare like creamy tasting, but dairy free, “Cool Cucumber Soup,” “Country Style Red Potato Salad,” and sinfully rich tasting “Peanut Butter Fudge.”

For chocoholics, “Chocolate Truffle Trio” or “Pots De Crème,” are simply dazzling desserts. “Chocolate Ganache Pudding” is featured in another episode, while “Triple Fudge Brownies” make a rich and decadent tasting afternoon snack choice. “Sweet and Spicy Chocolate Mousse” is sure to please anyone looking for a quick to prepare, but rich tasting treat to round out any meal.

A star of the series is the authentic tasting, “**Festive Zucchini Lasagna,**” which is a lighter version of this classic dish and a real crowd pleaser. The lasagna includes a full-bodied meatless meat-sauce, adding mouth-watering taste to this traditionally inspired family favorite. This menu also features light and healthy “Carrot and Orzo Soup” and finishes with a light offering of fresh organic berries topped with “Raspberry Maple Tofu Whip.”

Anyone looking for inspiring vegetarian dishes that are perfect to serve for every day meals, family fare or festive get-togethers, will thoroughly enjoy **cooking with the Jazzy Vegetarian!**

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Jazzy Vegetarian Recipe Line-Up



Festive Lasagna Dinner

- Festive Zucchini Lasagna
- Delicious Carrot and Orzo Soup
- Organic Fresh Berries with Raspberry Maple Tofu Whip

Dazzling Chocolate Desserts

- Triple Chocolate Brownies
- Pots De Crème
- Chocolate Chip Banana Muffins
- Chocolate Truffle Trio
- “Eco” Party Favors

Meatless “MeatLoaf” Supper

- Wonderful Walnut Mushroom Loaf
- Low Calorie Mashed “Potatoes”
- Sesame Green Beans

Artful Artichokes

- Easy Artichokes with Lemon Dipping Sauce
- Baked Artichokes with Savory Walnut Stuffing
- Italian Style Stuffed Artichokes
- Caramelized Balsamic Artichokes
- Chilled Artichokes with Dill Sauce

Bountiful Brunch Buffet

- Blueberry Mini-Biscuits
- Herbed Sage Mini-Biscuits
- Tasty No-Egg Scramble with Tempeh Bacon
- Cashew French Toast with Organic Maple Syrup
- Tomato-Basil Pinwheel
- Fancy Fruit Salad

30-Minute Vegetarian

- Pasta with Broccoli and Sun-Dried Tomatoes
- Whole Grain Bakery Bread with Herbed Dipping Oil
- Avocado Cashew Omega Salad
- Frozen Banana Creamy with Cocoa Dust

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Company is Coming

- Velvety Carrot Soup
- Fancy Stuffed Peppers
- Sweet and Savory Kale
- Chocolate Ganache Pudding

Healthy Deli Delights

- Eggless Egg Salad
- Jazzy Vegetarian Chopped “Liver”
- Hearty Rubeen Sandwich
- Zesty Zucchini Oven Fries
- Yummy Upside Down Apple Cake

Summer Eco-Picnic

- Cool Cucumber Soup in Crusty Bread Bowls
- Sunflower Avocado Roll-Ups
- Country Style Red Potato Salad
- Easy Peanut Butter Fudge

Farm Market Fresh

- Garden Vegetable Basil Gazpacho
- Zucchini Fettuccini with Fresh Tomato Salsa
- Zesty Arugula and Walnut Pesto Pasta
- Autumn Apple Crisp

Italian Flair

- Quick Lasagna Rolls
- Grandmas Garlic Bread
- Basil Roasted Peppers
- Broccoli Rabe with Garlic
- Balsamic Strawberry Delight

Party Portabella Dinner

- Crispy Portabella Steaks
- Roast Asparagus with Baked Garlic and Baby Tomatoes
- Maple Sweet Potatoes
- Luscious Raspberry Parfaits

Southwestern Style Menu

- Five Ingredient Guacamole
- Jazzy Black Bean Chili
- Double-Corn Cornbread
- Nutritious Nachos
- Sweet and Spicy Chocolate Mousse