

# Vegetarian Recipes

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October 1st is World Vegetarian Day and a perfect way to celebrate would be to try some of these recipes. People tend to have a preconceived notion that all vegetarian or vegan food is gross but that is not true! I have been vegetarian since the beginning of 2020, that's over 9 months! This time was my second go at being vegetarian but I must say, now that I've been doing it for so long, I can't imagine going back. Whether you're looking to become vegetarian or you just want some fun recipes for World Vegetarian Day, I have you covered with these five delicious vegetarian recipes!

1. [French Onion Grilled Sandwich](#)

This amazing sandwich is very simple and tasty too! All you need is some french bread (yes, that could be a baguette), onions, and some shredded gruyere. However, gruyere is uber expensive so according to the cheese guy at Kroger's, any cheese from Switzerland is a good substitute. I personally use provolone that is from Italy, but I think it tastes okay too!

2. [Traditional French Ratatouille](#)

Ratatouille is a delicious traditional French dish that is very famous. Most of this fame comes from the movie Ratatouille which we all know and love, however, the actual food is really good too! Ratatouille is basically a bunch of vegetables with the main ingredient being eggplant. Luckily, if you don't actually like eggplant, there are plenty of alternative recipes that don't include it!

3. [Roasted Cauliflower Pasta](#)

This delicious pasta dish sounds and looks very fancy but is actually super simple to make! You just have to season and garnish the cauliflower, pop it in the oven, cook the pasta, and mix it all together with a few other ingredients. This recipe could be one of my favorite pasta dishes I've ever had or made. The best part is that when you're eating it, it's delicious, but you feel accomplished because you know you made it! And it's totally vegan too!



4. [Vegan Veggie Sandwich](#)

I don't know about you, but I love a good sandwich. Before I was vegetarian, I considered myself a sandwich connoisseur and I enjoyed trying to make new fancy

sandwiches on the weekends. However, my love of sandwiches was tested when I went vegetarian because I struggled to figure out how to make a delicious sandwich without using meat. This all changed when I went to Jersey Mike's and tried their delicious veggie sandwich. There are endless possibilities for amazing sandwiches that are completely vegetarian too, just like the one linked above!



#### 5. [Boca Burgers](#)

Boca burgers are quite possibly my favorite vegetarian option. They are my ride or die veggie burger. During my time as a vegetarian, I've tried many veggie burgers but Boca Burgers are probably the best. They're incredibly simple to make, I personally just put the stove on medium to high heat and cook both sides until they look done. From there, you can put the burger toppings of your choice and enjoy. If anyone was wondering about my toppings of choice, my favorite is a brioche bun, onions, tomatoes, maybe some lettuce, ketchup, and avocado. And the best part about Boca Burgers is that they come frozen and packaged in multiple quantities at your local grocery store!

Cooking is a fun activity that anyone can do, so why not try some new vegetarian recipes for World Vegetarian Day? Whether you're vegetarian or not, it's always nice to try something new and maybe even find some new recipes to make!