



Dear Chef Tidbits,

It's the beginning of the month and I like to plan ahead for my Meatless Monday dinners. I've got the first Monday covered, but I am at a loss for what to make for the other three! I'm tired of the same old thing! I want to try something new and different, but I also want to be able to utilize the following ingredients that I've already purchased: one can of red kidney beans, one can of green pigeon peas and one can of garbanzo beans. Please help me out by suggesting at least three different recipes that I could make using ordinary, inexpensive ingredients. Also, I need to be able to make and eat this in less than 43 minutes!

*~Signed Struggling with Meatless Mondays*

Help "Chef Tidbits" solve "Struggling with Meatless Mondays" dinner dilemma by creating a Google Slide-Show presentation of 3 Meatless Monday options you'd recommend for each of the purchased ingredients mentioned above. Each slide option should include:

- Name of the Dish or Meal
- A Picture of the Dish or Meal
- The Total Time (prep and cook) to Prepare
- Hyperlink the Recipe Instructions/Website to the Name of the Dish or Meal
- A Breakout of the Recipe by Food Groups

**Sample:**

Meatless Monday Option #1:

### [Spicy Garlic Spinach Pasta with Chickpeas](#)

20 minutes

*Vegetables:* Garlic & Spinach

*Grains:* Pasta (Angel Hair substituted for the Ditalini)

*Proteins:* Chickpeas

*Dairy:* Romano Cheese

*Misc:* Butter, Herbs, Olive Oil

