

Vegetarian

Market Vegetable Dinners

Seasonal produce in complete, flexible vegetarian meals



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A market basket offers a useful starting point for supper, but vegetables become a meal when their cooking method and supporting ingredients are chosen with care. A tender eggplant cube wants space in a hot oven; cabbage can soften beside mushrooms in a skillet; asparagus brings freshness to a pot of risotto. This collection pairs vegetables with beans, grains, eggs, or dairy so the dishes have substance as well as color. The recipes are vegetarian and specify vegetable broth. Cheese choices deserve a label check when vegetarian suitability matters, since production methods differ. The suggested substitutions address practical changes in produce rather than asking every vegetable to behave identically. If a substitute cooks faster, add it later or check it sooner. If it holds more water, allow time for that moisture to evaporate. Start with produce that looks sound, wash it thoroughly, and use the texture cues in the steps alongside the stated times. Junction Table by CrownThrive, LLC presents these original recipes as a development edition; they have not been kitchen-tested. The aim is a thoughtful, usable starting collection for everyday home cooking.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Roasted Eggplant Tomato Orzo - AI-generated realistic food artwork, not a photograph or tested result.

Roasted Eggplant Tomato Orzo

4 servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 1 large eggplant, diced
- 3 tablespoons olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can (28 ounces) crushed tomatoes
- 1 cup orzo
- 1/2 teaspoon dried oregano
- 1/4 cup grated Parmesan
- 1/4 cup torn basil

Method

1. Heat the oven to 425°F. Toss eggplant with 2 tablespoons oil and 1/2 teaspoon salt on a sheet pan. Roast 25–30 minutes, stirring once, until tender and browned.

2. Meanwhile heat remaining oil in a saucepan over medium heat. Cook onion 6 minutes, add garlic for 30 seconds, then add tomatoes, oregano, and remaining salt. Simmer 15 minutes.
3. Boil orzo in a separate pot of salted water according to the package. Drain, reserving 1/2 cup cooking water, and add the orzo to the tomato sauce.
4. Fold in eggplant and enough reserved water to keep the mixture loose. Scatter basil and vegetarian Parmesan over the servings; check cheese labels for vegetarian suitability.

Cook's tip

Eggplant needs visible space on the pan to brown.

Substitution

Use zucchini instead of eggplant, roasting for about 20 minutes, and a vegetarian hard cheese or toasted seeds instead of Parmesan.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

wheat, milk

Spring Pea and Asparagus Risotto

4 servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 1 small onion, finely diced
- 1 1/2 cups arborio rice
- 5 cups warm vegetable broth
- 1 pound asparagus, cut into 1-inch pieces
- 1 cup peas
- 2 tablespoons butter
- 1/3 cup vegetarian grated Parmesan
- 1 tablespoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Method

1. Keep broth warm in a small saucepan. Heat oil in a wide heavy pot over medium heat. Cook onion and salt 5 minutes, then stir in rice for 2 minutes.
2. Add broth one ladle at a time, stirring frequently and waiting until most liquid is absorbed before adding more. Maintain a gentle simmer for about 15 minutes.
3. Add asparagus and peas, then continue adding broth and stirring 7-10 minutes until the rice is tender with a slight bite and the asparagus is bright and tender.
4. Remove from heat. Stir in butter, cheese, lemon juice, and pepper. Add a final splash of broth so the risotto flows softly when spooned into shallow bowls.

Cook's tip

You may not need every drop of broth, or you may need a little hot water.

Substitution

Use sliced green beans instead of asparagus, adding them with the same timing.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Turn the market haul into a meal.

Market Vegetable Dinners turns seasonal produce into twelve complete vegetarian meals through several different methods. Roasted Eggplant Tomato Orzo joins an oven stage with a saucepan sauce. Zucchini Feta Fritters use careful draining before the skillet, and Cabbage Mushroom Buckwheat Skillet keeps a cooked grain distinct while the vegetables soften. Explore soups, sheet pans, bowls, pasta, and bakes without expecting every vegetable to behave alike. The techniques focus on cutting size, moisture, and gentle finishing. Two menus and a shopping list for the first menu connect the recipes to a practical evening plan. Original recipe development edition; not kitchen-tested.

- Twelve vegetarian dinners built around market vegetables, pasta, grains, soups, and bakes.
- Roasting, draining, and skillet techniques chosen for the vegetable's size and moisture.
- Substitution notes, two menus, and a consolidated shopping list for the first menu.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Cabbage Mushroom Buckwheat Skillet

AI-generated realistic food artwork