

Eating vegetarian can be beneficial for your health and wellness. Looking to try some vegetarian options for your family's meals? Check out these delicious and easy vegetarian options.

Mint and Orange Salad

The bold flavors of mint and orange collide in a kaleidoscope of tastiness in this [Mint and Orange Salad](#) recipe. It's the perfect way to embrace warmer temperatures and is a refreshing break from your ordinary salads.

Eggplant Caponata

This warm and hearty [Eggplant Caponata](#) recipe is the perfect way to eat with some Italian flare. A fun break from the norm, this Eggplant Caponata is mostly eaten cold. And with a couple of days, the flavors will develop, becoming stronger and bolder.

Veggie and Kimchi Burger

Sometimes all you want is a good burger. Elevate your burger experience with this [Veggie and Kimchi Burger](#) recipe. The tang of the kimchi will transport you to a flavorful wonderland.

Zucchini Lasagna Roll-Ups

A fun take on lasagna is this [Zucchini Lasagna Roll-Ups](#) recipe. Instead of noodles, the cheesy lasagna is crafted with zucchini. This modern recipe is high in fiber and rich in protein, despite being vegetarian.

Loaded Vegan Fries

Eating a vegetarian dish doesn't mean you have to sacrifice a satisfying cheesy experience. With these [Loaded Vegan Fries](#), you'll enjoy a meat-free dish that you can customize with your favorite veggies and cheese.

Mushroom Bolognese with Spaghetti

Having enough to feed your entire family can be challenging. But with this [Mushroom Bolognese with Spaghetti](#) recipe, everyone can enjoy a flavorful, bold bolognese meat-free. And don't worry about running out, you'll have plenty to go around.

Avocado and Rice Vermicelli Salad

Looking for a meal you can whip up in a hurry? This [Avocado and Rice Vermicelli Salad](#) is the answer. In less than 10 minutes, you can have a refreshing vermicelli salad with the healthy fats and oils from the avocado.

Red Cabbage Salad

Salad is a staple side dish for any meal. But the traditional green salad can quickly become worn out. Liven up your salad game with this [Red Cabbage Salad](#) recipe. It goes great with anything and pairs exceptionally well with just about every cheese.

Vegetarian Longevity Noodles

Symbolising the longevity of life, these [Vegetarian Longevity Noodles](#) are more than just a quick bite to eat. Sprinkled on top are shitake mushrooms, symbolizing your wishes in life.

Super-Veg Spaghetti

Low-carb and fresh with a hint of lemon, this [Super-Veg Spaghetti](#) is the perfect answer to a warm summer day. The best part is how easy this spaghetti is to make. All it takes is 20 minutes and your veggie-filled spaghetti is ready to enjoy.

Vegetarian Shepherd's Pie with Cheesy Mash

For some vegetarian comfort food, look no further than this [Vegetarian Shepherd's Pie with Cheesy Mash](#). It's a hearty, filling, and comforting dish that has a blast of cheesy mash to top it off.

Easy Superfood Lasagna

There's a reason we keep hearing about superfoods: they're good for you! And they can be a tasty vegetarian option, as well. In this [Easy Superfood Lasagna](#) is a melody of kale, spinach, and mushrooms bathed in a delicious white sauce.

Ricotta and Mint Fritters

Cooking a vegetarian meal doesn't have to mean slaving away in the kitchen for hours. With these [Ricotta and Mint Fritters](#), you can have a tasty, fresh fritter in just 30 minutes, making it the perfect vegetarian option to include in your weekly rotation.

Curried Broccoli Soup

Soup is one of the most loved comfort foods out there. And it doesn't have to be boring. Spice up your soup skills with this [Curried Broccoli Soup](#) recipe. Full of perfectly cooked vegetables with a kick of Asian-inspired spices, you'll love this easy recipe.

Asparagus Couscous with Peas and Zucchini

Full of brightness, this [Asparagus Couscous with Peas and Zucchini](#) is the green dish that will define your summer. It's easy to throw together and the combination of textures and flavors will be a delight every time.

Creamy Spinach, Cheese and Garlic Gozleme

Great for an after-school snack or an easy vegetarian dinner, this [Creamy Spinach, Cheese and Garlic Gozleme](#) is full of flavor without forcing you to spend all day in the kitchen.

Zucchini Fritters with Pumpkin and Buttermilk

Pumpkin doesn't have to just be a fall flavor. With these vegetarian [Zucchini Fritters with Pumpkin and Buttermilk Mash](#), you can enjoy the spicy warmth of fall all year round. The best part is it only takes 30 minutes.

Honey Soy Tempeh with Udon

To bring a little taste of Asia into your weekly meals, make this [Honey Soy Tempeh with Udon](#). In only 17 minutes, you can have a delicious and unique meal that everyone can customize and enjoy.

Spiced Pea and Potato Rosti Fritters with Pea Pesto

Pesto is breaking free from the pasta game with these [Spiced Pea and Potato Rosti Fritters with Pea Pesto](#). Crunchy and satisfying, this gluten-free, vegetarian recipe is a great twist on classic flavors.

Sweet Potato Patties

Love the flavor of sweet potato fries? Then you'll really love these [Sweet Potato Patties](#). It's an easy and quick side dish for your vegetarian meal and sure to be a crowd favorite.

Pasta Salad with Avocado, Radish and Fresh Coriander

Every summer cookout needs a refreshing pasta salad and yours will be a huge hit if you make this [Pasta Salad with Avocado, Radish and Fresh Coriander](#). And it's so easy, even your kids could do it.

Gluten-Free Vegetarian Eggplant Katsu

To take a culinary trip to Japan, all you need is this [Gluten-Free Vegetarian Eggplant Katsu](#). It's a great alternative to the classic chicken katsu.

Vegan Snag-Free Sausage Rolls

Just because you want a sausage roll, doesn't mean you can't make it vegetarian. These [Vegan Snag-Free Sausage Rolls](#) use sweet potato, maple, and pecan to create the tasty illusion of sausage.

Cheese and Tomato Potato Bake

Everyone loves a potato bake, but it can be heavy and unhealthy. To enjoy a potato bake in a healthier way, try this [Cheese and Tomato Potato Bake](#). The secret: a creamy tomato-based sauce instead of whipped cream.

Cheesy Veggie-Ball Subs

A classic meatball sub is a staple of Italian food. Enjoy a vegetarian version with this [Cheesy Veggie-Ball Subs](#) recipe. All the Italian flavors without the meat.

Sweet Potatoes, Zucchini and Cheddar Gratin

Creating a complete vegetarian meal means thinking about your side dishes. For a cheesy and healthy vegetarian side, try this [Sweet Potatoes, Zucchini and Cheddar Gratin](#) recipe. It's healthier than Potatoes Au Gratin but still full of flavor.

Spinach and Ricotta Pasta Parcels

If you can't get enough cheese, you'll love these [Spinach and Ricotta Pasta Parcels](#). Baked to a golden brown with earthy spinach and nutty ricotta, these parcels will quickly become a family favorite.

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SOURCES USED:

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<https://www.taste.com.au/quick-easy/galleries/vegetarian-meals-kids/jkd13e5y?page=11>

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