

Momstown

Guest blogger and R.D. Laura Cipullo of Mom Dishes it Out shares some great vegetarian recipes for back to school! Meatless meals can start a whole new family tradition.

Preparation Time: 0

Cooking Time: 0

Yield: 0

Description:

The start of September means that school is back in session, and as moms and caregivers know, driving the kids to and from extracurricular activities leaves little time or energy to cook nutritious meals at home. Remember, family meals are essential to raising happy and healthy eaters!

Rather than settle for takeout or processed dinners, this year, promise to be proactive with these quick and easy recipes. From Quick Quesadillas and Dinner-Cakes to my special Eatza Pizza, each takes just 15 minutes to prepare and is a surefire crowd-pleaser. Now you too, can be a “Meatless Monday” mom.

Click on the link for the full recipes!



Quick Quesadillas



Dinner-Cakes (Pancakes for dinner)



Eatza Pizza (English muffin pizzas)