

FREE VEGETARIAN RECIPES

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[101 Best Keto Vegetarian Recipes - Low Carb | I Breathe I ...](#)

Some of these keto vegetarian recipes are also vegan, or can be made so with just a few minor substitutions. The first category contains vegetarian keto breakfast recipes, and the second category has keto vegetarian soups, salads, and main dishes.

[Dairy-Free Vegetarian Recipes - Cookie and Kate](#)

Find a variety of vegetarian, dairy-free (ovo-vegetarian) recipes here! These recipes are perfect for lactose-intolerant vegetarians who eat eggs. Some of the recipes below require minor adjustments to be made dairy free, so check the recipe notes.

[25 Vegetarian Keto Recipes | Ruled Me](#)

We get asked a lot about vegetarian keto recipes, so we decided to create this roundup of recipes to get you started. These recipes are all meatless, but do make use of eggs and dairy products.

[Luscious, Low-Carb Vegetarian Recipes | Martha Stewart](#)

Low-carb (and gluten-free) eating is all the rage these days, but many of those recipes are centered around meat. What's a vegetarian to do? Look no further than our collection of satisfying recipes that are low in carbs and high in flavor, no meat required.

[Dairy Free, Gluten Free and Nut-Free Vegetarian Recipes ...](#)

Find a variety of vegetarian recipes that do not contain dairy, gluten or nuts here! Some recipes require slight substitutions, as noted.

[Vegetarian Recipes - Allrecipes.com](#)

My vegetarian husband goes crazy over these every time! Feel free to play around and add chicken or veggies, if you desire. Don't forget the salsa and sour cream! Feel free to play around and add chicken or veggies, if you desire.

[21 Easy Vegetarian Recipes for Beginners - Dr. Axe](#)

This easy vegetarian recipe proves how versatile meat-free meals can be. Protein-rich lentils and cheese make up the base of these quesadillas. The lentils and rice cook in the slow cooker, so hands-on time is minimal, making this one a great option for busy days and nights.

[40 Easy Vegetarian Recipes - Cooking Light](#)

Gluten-Free Vegan Lasagna For this gluten-free vegan lasagna, thinly-sliced zucchini is a great stand in for noodles. When salted, the excess moisture is drawn out, leaving you with a lasagna just as firm as the noodle version.

[Vegetarian Recipes - Allrecipes.com](#)

Find easy vegetarian and vegan dinners for eating healthy. Hundreds of vegetarian recipes with photos and reviews. Zucchini Parmesan, Blueberry Smoothie Bowl, Chef John's Shakshuka, Pesto Pizza, Zavioli with Spinach and Ricotta

Tasty vegetarian recipes | Jamie Oliver

Vegetarian (437) Whether it's tasty vegetarian or vegan recipes you're after, or ideas for gluten or dairy-free dishes, you'll find plenty here to inspire you.

50 All-Time Best Vegetarian Recipes | Food Network Canada

With a few different beans and butternut squash, containing complex carbohydrates for sustained energy, this lightened-up version of meat chili is a make-ahead, family-friendly dinner for both vegans and meat-eaters alike.