

The All-Star, All-Veggie

What's a barbecue without meat?

Delicious! Swapping the traditional burgers and sides for plant-based counterparts is gentler on the environment—and equally tasty.

by **Marygrace Taylor**

Ultimate Veggie Burgers

Meet the most delicious and nutritious burger around: Cremini mushrooms offer meaty texture and flavor, while a combo of white beans, quinoa, and pecans pile on the protein. Serve hot out of the oven, or bake the patties ahead of time and reheat on the grill. (Because they don't have meat, they're quite soft and don't hold up to being cooked entirely on the grill.)

Prep time: 10 minutes

Cook time: 50 minutes

1½ cups rolled oats, divided

1 medium onion, quartered

1 large carrot, peeled and cut into chunks

1 celery rib, cut into chunks

4 cloves garlic

2 tablespoons olive oil

1 pound cremini mushrooms, stems removed

1 teaspoon thyme

1 tablespoon tomato paste

1 15-ounce can white beans, drained and rinsed

2 tablespoons soy sauce

1 cup cooked quinoa

¾ cup pecans, roughly chopped

Salt and pepper, to taste

For serving:

10 to 12 whole wheat hamburger buns

1. Preheat the oven to 375°. Lightly grease two baking sheets.

2. In a food processor, add 1 cup of the oats and process into a coarse flour. Place in a small bowl with the remaining ½ cup oats, and set aside.

3. In a food processor, process the onion, carrot, celery, and garlic until finely chopped. Place in a large sauté pan with the olive oil over medium heat and cook until softened, 5 to 7 minutes.

4. Process the mushrooms until finely chopped. Add to the vegetable mixture in the sauté pan with the thyme and tomato paste, and cook 5 minutes more. Process the white beans and soy sauce and add to the vegetable mixture. Cook 2 to 3 minutes more and taste for seasoning.

5. Transfer the vegetable and bean mixture

to a large bowl. Add the quinoa, pecans, and oats and stir until well combined. Taste for seasoning.

6. Use a ½-cup measure to scoop the veggie mixture into individual patties on the baking sheets. Flatten the patties to about ¼-inch thickness and bake 30 to 35 minutes, or until browned and somewhat firm.

7. Allow the patties to cool for 5 minutes before serving on whole wheat buns with sliced avocado, cheddar cheese, lettuce, and tomato, if desired. You can also prepare the patties ahead of time and, once completely cooled, grill for 2 to 3 minutes on each side before serving.

Makes 4 servings

Per serving: calories 200, fat 10 g, protein 23 g, carbohydrates 0 g, dietary fiber 3 g

BBQ

Food styling by Liz Duffy. Prop styling by Laura Hart.



PHOTOGRAPHS BY GHAZALLE BADIOZAMANI

Creamy Cashew Potato Salad

Traditional potato salad is made with mayonnaise (and lots of it), but this vegan version gets its creaminess from a cashew-based dressing. If your potatoes are large, you can cut them into quarters instead of halves.

Prep time: About 2½ hours, mostly unattended

Cook time: 10 minutes

- 1 cup raw cashews
- 1 cup water
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon white vinegar
- 1 tablespoon yellow miso paste
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt, plus more to taste
- 1 clove garlic
- 3 pounds small red potatoes, halved
- ½ cup fresh dill, chopped

1. Place the cashews in a medium bowl with enough water to cover completely. Allow to soak 1½ to 2 hours, then drain.
2. Bring a large pot of salted water to a boil.
3. In a blender, add the soaked cashews, water, lemon juice, olive oil, vinegar, miso paste, mustard, salt, and garlic. Blend until completely smooth.
4. Add the potatoes to the boiling water and cook, 7 to 10 minutes, or until fork-tender. Drain.
5. Place the potatoes in a large bowl. Add the cashew dressing and dill, and toss to combine. Season to taste. Refrigerate for at least 1 hour, tossing once more just before serving.

Serves 8 to 10

Per serving: calories 191, fat 8 g, protein 7 g, carbohydrates 24 g, dietary fiber 3 g



Barbecue Tofu Bites

No cookout's complete without a sweet and tangy barbecue sauce. This one livens up chewy, bite-size pieces of tofu—but is delicious slathered on veggie dogs or burgers, too. If you're baking the tofu ahead of time, you can make the barbecue sauce while the tofu is in the oven.

Prep time: 5 minutes

Cook time: 20 to 30 minutes

- ½ cup tomato sauce
- ½ cup apple cider vinegar
- 2 heaping tablespoons chopped yellow onion
- 2 tablespoons molasses
- 1 tablespoon brown sugar
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon smoked paprika
- ½ teaspoon liquid smoke, optional
- 1 15-ounce block extra firm tofu, drained and patted dry
- 1 teaspoon safflower oil, plus more for greasing the pan
- ¼ teaspoon salt

1. Make the barbecue sauce by placing the tomato sauce,

vinegar, onion, molasses, brown sugar, peanut butter, soy sauce, paprika, and liquid smoke (if using) in a blender and blending until combined. Transfer the sauce to a medium saucepot, cover, and bring to a boil. Remove lid and simmer over low heat for 15 to 20 minutes.

2. Bring your grill to medium-high heat (or preheat your oven to 425° and lightly grease a baking sheet).

3. Slice the tofu into 8 rectangles. Place in a medium bowl and gently toss with the safflower oil and salt to coat. Spread the tofu on the grill, and cook for 7 to 8 minutes on each side. (In the oven, bake for 30 minutes.)

4. Slice each rectangle of cooked tofu in half to form two triangles. Then toss with the barbecue sauce, place a toothpick in the middle of each piece, and serve.

Serves 8

Per serving: calories 109, fat 4 g, protein 7 g, carbohydrates 11 g, dietary fiber 1 g

Grilled Corn on the Cob with Chipotle Honey Butter

Grilling corn in its husk is a more flavorful alternative to boiling the cobs in water. And since you don't have to peel away all of the husk layers, it's easier, too!

Prep time: 10 minutes, plus 15 minutes soaking time

Cook time: 15 minutes

- 10 ears corn
- 4 tablespoons unsalted butter, softened
- 1 chipotle pepper in adobo sauce, minced
- 1 teaspoon honey
- 1 teaspoon lime juice
- ¼ teaspoon salt, or to taste

1. Bring your grill to medium heat. Fill a large pot with cold water.

2. Using scissors, snip off all the silk at the top of each ear of corn and remove the first layer of cornhusks. Place the corn in the cold water and allow to soak for 10 to 15 minutes (this will keep the husks from burning on the grill).

3. While the corn soaks, prepare the Chipotle Honey Butter. In a medium bowl, combine the butter, chipotle pepper, honey, lime juice, and salt. Mix well to combine, and set aside.

4. Place corn on the grill and cook, turning occasionally, for 15 minutes (the husks may blacken).

5. To serve, peel back the corn husks and spread about ½ tablespoon of the butter mixture onto each ear of corn.

Serves 10

Per serving: calories 122, fat 6 g, protein 3 g, carbohydrates 18 g, dietary fiber 2 g



Blueberry Mini Pies

Combining of butter and non-hydrogenated vegetable shortening makes for an extra flaky, melt-in-your-mouth crust. And don't forget to top your mini pies with a scoop of vanilla frozen yogurt!

Prep time: 20 minutes, plus 30 minutes chill time

Bake time: 25 to 30 minutes

- ¾ cup whole wheat pastry flour
- ¾ cup unbleached all purpose flour, plus more for dusting
- 1 tablespoon raw cane sugar
- ¼ teaspoon salt
- ¼ cup chilled unsalted butter, cut into small cubes
- ¼ cup chilled non-hydrogenated vegetable shortening, cut into small cubes
- 4 tablespoons ice water
- 1 pint blueberries
- ⅓ cup raw cane sugar
- 2 tablespoons whole wheat pastry flour
- 1 teaspoon lemon juice
- ¼ teaspoon lemon zest
- ¼ teaspoon salt
- ⅓ teaspoon nutmeg

Safflower oil, for greasing the muffin tin



1. In a food processor, add the flours, sugar, and salt, and pulse to combine. Add the butter and shortening, and pulse until coarse crumbs form. Add the water, 1 tablespoon at a time, and pulse until the dough forms pea-size balls. If the balls don't stick together well, add another tablespoon of water. Remove dough from the food processor, flatten into a disk, and wrap with parchment paper. Refrigerate for at least 30 minutes.

2. Preheat the oven to 350°. Lightly grease a standard muffin tin with the safflower oil.

3. In a large bowl, add the blueberries, sugar, flour, lemon juice and zest, salt, and nutmeg. Toss well to combine, and set aside.

4. On a lightly-floured surface, roll the dough to ¼- to ⅓-inch thickness. Use a 4-inch round cookie cutter to cut circles of dough (you can also use a glass, jar,

or jar lid of the same width). Gently press each circle into the muffin tin to form 12 miniature piecrusts.

5. Spoon the blueberry mixture evenly into each piecrust until completely filled (you will have a small amount left over).

6. Roll out the leftover dough scraps. Use a small cookie cutter, like a star, to form small shapes to top the mini pies.

7. Bake for 25 to 30 minutes, or until the filling is bubbly and the crust has just turned golden brown. Allow to cool on a cooling rack for at least 30 minutes.

8. Remove mini pies from the muffin tin by running a butter or paring knife around the edge of each pie, then gently pulling the pies out of the pan by the crust.

Makes 12 mini pies

Per mini pie: calories 174, fat 8 g, protein 2 g, carbohydrates 24 g, dietary fiber 2 g