



VEGETARIAN BBQ RECIPES

From Grilled Veg to Quinoa Burgers...find your Veggie BBQ inspiration this summer and create your own dishes. #MeatFreeMonday all year round!

GRILLED BRIE

INGREDIENTS

- 1 Wheel of Brie
- 1/4 c. olive oil, divided
- 1 c. chopped strawberries
- 1 French baguette, sliced
- 2 tbsp. Thinly sliced basil
- 2 tbsp. balsamic glaze

DIRECTIONS

- 1.Heat grill to medium-low.
- 2.Place cheese on a large piece of foil. Drizzle with about a tablespoon of olive oil. Top the cheese with strawberries, then fold foil to cover the cheese completely.
- 3.Brush baguette slices with remaining olive oil.
- 4.Place the foil-wrapped brie and bread on the grill. Grill the cheese until melted, about 5-10 minutes, depending on the size of the wheel. Check it every few minutes. When it feels loose and soft to touch, it's time to remove from the grill. Flip the baguette slices as they turn golden brown, about 2 minutes and transfer toasted pieces to a platter.
- 5.Drizzle the melted, grilled brie with balsamic glaze and sprinkle basil on top. Enjoy with grilled bread.



MEXICAN CORN SALAD

INGREDIENTS

- 6 ears corn, kernels stripped
- 1/2 c. mayonnaise
- 1/4 c. cotija cheese or feta, plus more for garnish
- Juice of 2 limes
- 2 tbsp. chopped fresh cilantro, plus more for garnish
- 1 tbsp. chili powder, plus more for garnish
- kosher salt

DIRECTIONS

1. In a serving bowl, toss corn with mayo, cotija, lime juice, cilantro, and chili powder. Season generously with salt.
2. Top with more cotija, cilantro, and a sprinkle of chile powder.



BLACK BEAN-QUINOA BURGERS WITH SPICY MAYO, AVOCADO, AND MANGO

INGREDIENTS

1 1/2 c. black beans
1/4 c. finely chopped cilantro
1 tsp. ground cumin
1 tsp. ground coriander
1/4 tsp. cayenne
1 clove garlic
1 c. cooked quinoa, cooled
kosher salt
Black pepper
1 large egg, lightly beaten
1/2 c. mayonnaise
1 1/2 tsp. old bay
1 tsp. lemon juice
1/2 tsp. Hot sauce
1 tbsp. extra-virgin olive oil
4 whole-wheat hamburger buns, toasted
Avocado slices, for serving
Mango slices, for serving
Arugula, for serving

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In a food processor, combine beans, cilantro, cumin, coriander, cayenne, and garlic and pulse until well combined but still slightly chunky. Transfer mixture into a large bowl and add cooked quinoa. Season with salt and pepper.
3. Add egg into bean mixture until fully combined. Using your hands, divide mixture into 4 balls. Place on a large plate and gently flatten slightly to form patties. Cover with plastic wrap and transfer to the fridge for 10 minutes.
4. In a small bowl, whisk together mayonnaise, Old Bay, lemon juice, and hot sauce and season to taste with salt and pepper.
5. Heat olive oil in a large, ovenproof nonstick pan. Sear burgers for 2 minutes per side, then place in oven for 10-12 minutes (or until cooked through).
6. Serve burgers on hamburger buns with a dollop of spicy mayonnaise and top with avocado, mango, and arugula.

BLACK BEAN-QUINOA BURGERS WITH SPICY MAYO, AVOCADO, AND MANGO



GRILLED SMOKED MOZZARELLA SALAD

INGREDIENTS

- 1½ lb. smoked mozzarella
- 3 tbsp. olive oil
- ½ c. panko (Japanese bread crumbs)
- 1 pt. grape tomatoes
- ⅓ c. packed fresh basil leaves
- 6 c. packed baby arugula
- 2 tbsp. balsamic vinegar

DIRECTIONS

1. In large bowl, toss mozzarella slices with 2 tablespoons oil. Pour panko into large shallow dish. Press mozzarella slices into panko to coat both sides; place on small cookie sheet. Freeze 20 minutes.
2. Meanwhile, cut grape tomatoes into halves. Tear basil leaves.
3. Spray large grill pan with nonstick cooking spray; heat on medium-high until hot but not smoking. Place cheese slices on pan. Cook 2 minutes or until crumbs are golden and grill marks appear. With thin spatula, turn cheese slices over. Cook another 2 minutes. Transfer to large platter or cutting board.
4. In large bowl, toss arugula with tomatoes, balsamic vinegar, basil, remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Serve cheese slices over salad.



PEACH PANZANELLA WITH BURRATA

INGREDIENTS

- 1/2 red onion, thinly sliced (1 cup)
- 1/2 c. white balsamic vinegar
- 1/2 loaf ciabatta, cut in 1 1/2" cubes (4 cups)
- 1/2 c. extra-virgin olive oil, divided
- kosher salt
- Black pepper
- 8 small (or 4 large) ripe peaches, sliced 1/2"-thick (8 cups)
- 1/2 c. torn basil leaves, plus more for serving
- 1 8 ounce ball burrata



DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Combine red onion and balsamic vinegar in a small bowl; set aside.
3. On a baking sheet, toss bread cubes in 1 tablespoon olive oil and season with salt. Bake until crisp but not brown, 5 minutes. Let cool.
4. Gently toss peaches with 1 tablespoon olive oil and season with salt and pepper. Heat grill or grill pan over medium-high heat. Working in batches, grill peaches until slightly charred, 2 to 3 minutes, then flip and grill 2 minutes more. Transfer to a large baking sheet to cool.
5. Pour off 1/4 cup balsamic vinegar from marinated onions and add to a large bowl. Whisk in 6 tablespoons olive oil and season with salt and pepper.
6. Strain onions, discarding remaining vinegar, and add onions, bread cubes, peaches, and basil to large bowl. Gently toss with vinaigrette.
7. Divide panzanella onto 4 plates and top each with burrata. Garnish with basil and a drizzle of olive oil.

GRILLED EGGPLANT PARMESAN PIZZA

DIRECTIONS

1. Heat grill to medium. Shape the pizza dough into two 10-in. rounds. Place on a baking sheet and brush top of each round with 1 tsp of the oil.

2. Brush the eggplant slices and tomato wedges with 2 Tbsp of the oil and season with 1/4 tsp each salt and pepper. Grill the eggplant, covered, until slightly charred and tender, 3 to 4 minutes per side. Grill the tomatoes until slightly charred, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

3. Place the pizza dough oiled side down on the grill and cook, covered, until the tops begin to bubble and the bottoms become crisp, about 2 minutes. Brush the tops of the dough with the remaining 2 tsp oil. Turn over and grill until golden brown and crisp, about 2 minutes more.

4. Transfer the grilled dough back to the baking sheet or to a cutting board. Top with the eggplant, tomatoes and basil. Dollop with the ricotta and sprinkle with pepper, if desired.

INGREDIENTS

- 1 lb. pizza dough
- 3 tbsp. olive oil
- 2 small eggplants (about 1 lb total)
- 2 medium tomatoes (about 1 lb total)
- Kosher salt and pepper
- ½ c. fresh basil leaves
- ½ c. ricotta cheese



GRILLED WATERMELON SALAD

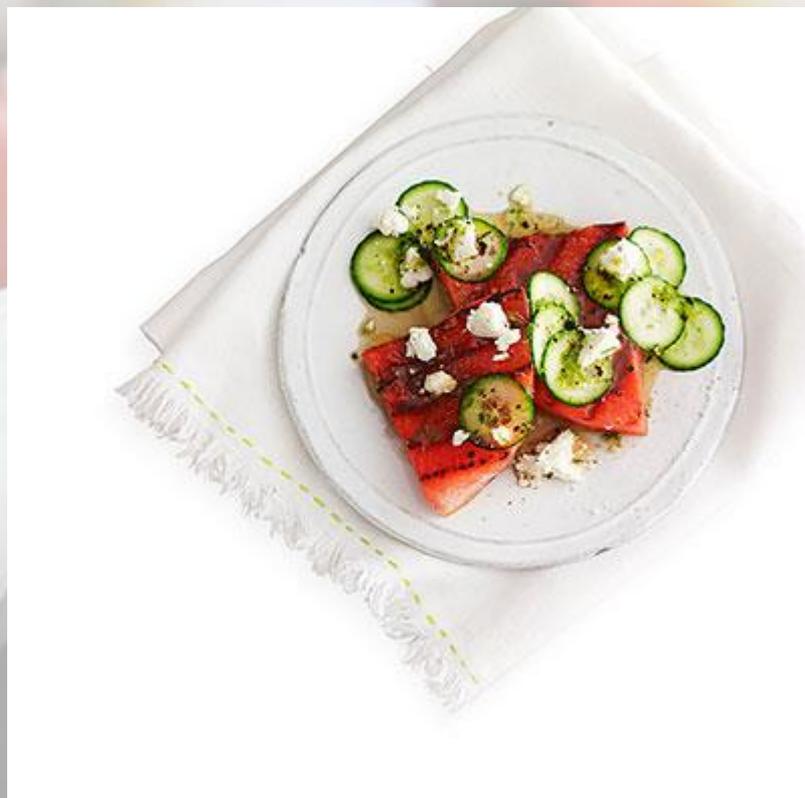
INGREDIENTS

- 1 seedless watermelon
- 2 tbsp. olive oil
- 2 tsp. lime juice
- ½ tsp. lime zest
- .13 tsp. salt
- 1 c. crumbled feta
- 1 cucumber

DIRECTIONS

1. Cut seedless watermelon into 4 (6-inch-long, 1-inch-thick) slices. Brush 1 side with oil and grill over high heat, undisturbed, until seared, about 4 minutes.

2. Mix olive oil, lime juice, finely grated lime zest, and salt. Toss sliced cucumber in dressing; serve on grilled watermelon with crumbled Feta.



SUMMER PANZANELLA

INGREDIENTS

- 2 large baguettes, cut into 1-inch cubes
- 1/2 c. extra-virgin olive oil, divided
- 1 large, seedless cucumber, roughly chopped
- 2 pints cherry tomatoes (preferably multi-colored), halved
- 1 red onion, chopped
- 1 clove garlic, minced
- 3 tbsp. red wine vinegar
- 1 tsp. honey
- kosher salt
- Freshly ground black pepper
- 1 bunch basil, torn

DIRECTIONS

- 1.Pre-heat a large skillet over medium-high heat.
- 2.Meanwhile, in a large bowl, toss bread with 1/4 cup olive oil. Add bread to skillet and toast until golden and crisp, about 10 minutes. Drain and set aside to cool.
- 3.Make dressing: In a small bowl, whisk together red wine vinegar, remaining olive oil, and honey. Season with salt and pepper to taste.
- 4.To large bowl, add crispy bread, cucumber, tomatoes, red onion, and garlic. Toss with dressing until evenly coated. Season with more salt and pepper.
- 5.Garnish with basil.

SUMMER PANZANELLA



BBQ GRILLED CORN

INGREDIENTS

- 4 ears corn, husks removed
- 1/3 c. barbecue sauce, such as Stubb's
- 1/2 c. crushed wavy potato chips

DIRECTIONS

- 1.Heat grill to high. Grill corn, turning occasionally, until charred and tender, 10 minutes.
- 2.Brush with barbecue sauce and sprinkle with potato chips.



SPINACH-ARTICHOKE STUFFED MUSHROOMS

INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 4 medium portobello mushrooms, stems and gills removed
- 1 (10) oz. package frozen chopped spinach, drained and squeezed dry
- 1 (14) oz. can artichoke hearts, drained and chopped
- 4 oz. cream cheese, room temperature
- 2 tbsp. sour cream
- 2 tbsp. mayonnaise
- 1/2 c. grated Parmesan cheese, divided
- 1 c. shredded mozzarella cheese, divided
- 2 cloves garlic, minced
- red pepper flakes
- kosher salt
- Freshly ground black pepper

DIRECTIONS

- 1.Preheat oven to 375 degrees F.
- 2.Brush face-down mushroom caps with olive oil. Cook on baking sheet for about 10 minutes until beginning to soften.
- 3.Meanwhile, combine spinach, artichoke, cream cheese, mayonnaise, sour cream, 1/2 cup mozzarella, 1/4 cup Parmesan cheese, garlic, and red pepper flakes in a large bowl. Season with salt and pepper to taste.
- 4.Flip over mushrooms and stuff each cap with an equal amount of the spinach mixture.
- 5.Sprinkle tops with remaining cheeses.
- 6.Return pan to oven and bake for another 10-15 minutes, until the mushrooms are easily pierced with fork and the cheese is melted. Once melted, broil the mushroom caps for a few minutes until the cheese starts to brown.

SPINACH-ARTICHOKE STUFFED MUSHROOMS

