

# VEGAN COOKING: EASY SUMMER BBQ

## ON THE MENU:

Deli-Style Macaroni Salad  
Grilled Mexican Street Corn  
Vegan Ribz

Special Feature: “World’s Biggest” Vegan Hot Dog!



# DELI-STYLE MACARONI SALAD

## Salad:

- 1 (16 ounce) package elbow macaroni
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- ½ purple onion, diced
- 4 stalks celery, diced
- 1 large carrot, peeled and shredded

## Dressing:

- 1 ½ cups vegan mayonnaise
- ¼ cup apple cider vinegar
- 2 teaspoons maple syrup
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh thyme, stems removed and chopped
- Freshly ground salt and pepper to taste

## Garnish:

- Green leaf lettuce
- Fresh parsley

## DIRECTIONS:

Fill a large stockpot with six quarts of water, bring it to a boil and add a teaspoon of salt. Stir in the pasta and boil for five minutes or until al dente. Drain the pasta, transfer it to a large mixing bowl and let it cool for 15-20 minutes.

Chop and prepare the vegetables then add them to the cooled macaroni.

In a large liquid measuring cup combine the vegan mayo, apple cider vinegar, maple syrup, fresh herbs and salt and pepper, whisk to combine.

Pour the dressing over the macaroni mixture and toss it gently with salad tongs to coat it evenly with the dressing. Adjust the seasonings to taste then cover and chill for 2-3 hours before serving.

Line a serving bowl with fresh lettuce leaves then top it with the chilled macaroni salad, garnish with a sprig of fresh parsley. Makes 20 servings. Leftovers keep for up to five days covered and chilled.



# MEXICAN STREET CORN

## INGREDIENTS:

6 ears of corn with husks\*  
2 tablespoons vegan butter, melted  
1 tablespoon high heat oil  
1 teaspoon garlic powder  
1 teaspoon onion powder  
½ teaspoon smoked paprika or chili powder  
½ teaspoon salt  
Juice of one lime

## Accompaniments:

Vegan mayo  
Crushed vegan croutons  
Grated vegan Parmesan cheese  
Lime wedges  
Chopped cilantro, stems removed  
Salt to taste

## DIRECTIONS:

Preheat a barbecue grill. Peel back the husks on each ear of corn and tie them at the base to create a handle. Remove the corn silk and rinse each ear. Place the prepared corn on a serving platter.

Combine the vegan butter, oil, garlic powder, onion powder, paprika or chili powder, salt, and juice of one lime in a small bowl. Use a basting brush to coat each ear with the basting sauce.

Place the corn on the grill with the husks hanging out over the edge of the grill. Use the husks as a handle for turning and turn each ear every 2-3 minutes to brown them lightly on all sides. Cook for 8-10 minutes or until lightly charred on all sides. Transfer the grilled corn back to the serving platter.

Use a basting brush to coat each ear with vegan mayonnaise. Sprinkle on the crushed croutons and vegan Parmesan cheese. Serve with a sprinkle of chopped fresh cilantro and a wedge of lime.

\*Use short thick wooden skewers for corn without the husk. Insert the skewer into the bottom of the corn to create a handle. Skewers can be found at restaurant supply stores.



# EASY VEGAN RIBZ

1 (16 ounce) block extra firm tofu  
Avocado oil spray  
2 tablespoons nutritional yeast  
1 tablespoon corn starch  
2 teaspoons garlic powder  
1 teaspoon onion powder  
1/2 teaspoon salt  
1 (15 ounce) bottle BBQ Sauce  
Optional fresh or canned sugar cane bones cut into 1/4 inch thick strips\*

Preheat the oven to 375°, line a baking sheet with parchment paper and set it aside.

Slice the block of tofu into three 1-inch thick slabs.

Combine the nutritional yeast, corn starch, garlic and onion powder in a small bowl, stir to combine.

Spray the tofu slabs on all side with the avocado oil spray. Sprinkle the nutritional yeast mixture over all sides then insert a sugar cane bone into the side of the slab every two inches to form a “rack of ribz.”

Place the rack on the baking sheet and bake 15-20 minutes, remove the sheet from the oven and flip the racks and bake an additional 15-20 minutes or until they begin to lightly brown. Remove from the oven and cool.

Heat a BBQ grill or flat grill to medium high. Brush the BBQ sauce over the baked ribz and finish them by searing them on the grill just a few minutes on each side. Remove from the grill, slice the ribz between each sugar cane bone for individual servings and serve with an extra side of sauce.

\*Sugar cane is available canned and sometimes fresh at Latino markets. If you can't find them, slice the tofu into sticks instead of a rack, coat the sticks with the avocado oil, season them then bake them turning them half-way through the cooking time. Sticks can be basted with the BBQ sauce after baking then returned to the oven after being coated with the sauce to roast again for another 5-10 minutes flipping them once to roast evenly on both sides.



































