



30 Vegetarian Barbecue



Healthy Recipe Ideas

Ebook



White Bean Burgers

4 servings

30 minutes

Ingredients

364 grams White Navy Beans (cooked, drained and rinsed)
 1 Garlic (clove, minced)
 11 grams Basil Leaves (chopped)
 1 Egg (whisked)
 56 grams Almond Flour
 2 Tomato (diced)
 67 grams Green Olives (pits removed and chopped)
 40 grams Red Onion (finely diced)
 15 milliliters Extra Virgin Olive Oil
 15 milliliters Balsamic Vinegar
 Sea Salt & Black Pepper (to taste)
 120 grams Baby Spinach
 1 Lemon (cut into wedges)

Directions

- 1 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 2 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 3 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
- 4 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one burger.



Mushroom Lentil Burgers

9 servings

30 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
 1 Yellow Onion (diced)
 484 grams Portobello Mushroom (diced)
 3 Garlic (cloves, minced)
 90 grams Walnuts (chopped and toasted)
 396 grams Green Lentils (cooked, drained, rinsed and divided)
 10 milliliters Tabasco Sauce
 2 grams Paprika
 4 grams Chili Powder
 75 grams Almond Flour
 20 grams Parsley (chopped)
 2 grams Sea Salt
 725 milligrams Black Pepper

Directions

- 1 Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
- 2 In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
- 3 Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
- 4 Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
- 5 Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs: Serve it on a gluten-free bun or in a wrap.

Keep it Light: Serve on a bed of greens or collard green wraps.

Extra Flavor: Brush the patties with clean BBQ sauce while grilling.

No BBQ: Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.

Additional Toppings: Sprouts, avocado, tomato, plant-based cheese, mustard, and/or greens.



Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

4 servings

30 minutes

Ingredients

30 milliliters Balsamic Vinegar
 74 milliliters Extra Virgin Olive Oil
 2 grams Sea Salt
 725 milligrams Black Pepper
 308 grams Cherries (pitted and halved)
 120 grams Baby Spinach
 148 grams Blueberries
 37 grams Goat Cheese (crumbled)
 198 grams Green Lentils (cooked, drained and rinsed)
 50 grams Pecans (toasted)

Directions

- 1 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 2 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 3 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

Notes

Meat Lover: Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

Short on Time: Add the cherries to the salad raw and skip step 2.

Vegan: Skip the goat cheese.



Grilled Corn, Nectarine & Quinoa Salad

4 servings

30 minutes

Ingredients

85 grams Quinoa (uncooked)
 237 milliliters Water
 2 ears Corn on the Cob (grilled or steamed and kernels removed)
 2 Nectarine (pitted and cubed)
 80 grams Red Onion (finely sliced)
 1/2 Cucumber (diced)
 8 grams Cilantro (chopped)
 13 grams Mint Leaves (chopped)
 1/2 Lemon (juiced)
 2 Garlic (cloves, minced)
 30 milliliters Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 3 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

No Nectarines: Used sliced peaches or plums instead.

Short on Time: Replace one ear of corn with about one cup of frozen or canned corn.



Grilled Vegetable Beach Bowl

4 servings

30 minutes

Ingredients

170 grams Quinoa (uncooked)
 356 milliliters Water
 1 Red Bell Pepper (sliced into quarters)
 1 Zucchini (sliced into quarters)
 18 grams Sun Dried Tomatoes
 84 grams Kale Leaves (chopped)
 59 milliliters Extra Virgin Olive Oil
 2 grams Sea Salt
 725 milligrams Black Pepper
 1 Garlic (clove, minced)
 15 milliliters Apple Cider Vinegar
 1 gram Oregano
 1 Avocado (peeled and sliced)
 33 grams Alfalfa Sprouts

Directions

- 1 Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
- 3 While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper, garlic, apple cider vinegar and oregano in your blender or food processor. Add ½ cup warm water and blend until smooth.
- 4 Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
- 5 Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

Notes

No Grill : Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.



Grilled Chickpea Stuffed Avocados

4 servings

30 minutes

Ingredients

80 grams Frozen Peas (thawed)
 83 grams Frozen Corn (thawed)
 75 grams Cherry Tomatoes (halved)
 1 Lemon (juiced)
 30 grams Tahini
 328 grams Chickpeas (cooked, drained and rinsed)
 15 milliliters Extra Virgin Olive Oil
 8 grams Chili Powder
 Sea Salt & Black Pepper (to taste)
 2 Avocado (halved and pits removed)
 15 grams Parsley (chopped)

Directions

- 1 Preheat grill to medium heat.
- 2 Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
- 3 Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 4 In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 to 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
- 5 Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
- 6 Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!

Notes

Extra Grilled Chickpea Mix: Not all of the grilled chickpea and veggie mix will fit inside the avocados, so serve it as a salad on the side.



Grilled Cherry Stuffed Peaches

2 servings

10 minutes

Ingredients

2 Peach (large)
154 grams Cherries

Directions

- 1 Preheat grill to medium heat.
- 2 Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
- 3 Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
- 4 Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With: For an added touch, serve it with coconut whipped cream or banana ice cream.



Grilled Vegetable & Lentil Salad

4 servings

20 minutes

Ingredients

2 Red Bell Pepper (cored and sliced)
 160 grams Red Onion (coarsely chopped)
 2 Zucchini (sliced into rounds)
 242 grams Portobello Mushroom (sliced)
 15 milliliters Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 34 grams Cashews
 1 Lemon (juiced)
 15 milliliters Tamari
 61 grams Parsley
 30 milliliters Water
 15 milliliters Red Wine Vinegar
 226 grams Mixed Greens
 396 grams Lentils (cooked, drained and rinsed)
 75 grams Feta Cheese (crumbled)

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Portobello Veggie Burgers with Goat Cheese

2 servings

25 minutes

Ingredients

160 grams Red Onion (sliced)
 1 Zucchini (sliced into rounds)
 1 Yellow Bell Pepper (sliced into strips)
 15 milliliters Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 340 grams Portobello Mushroom Caps
 198 grams Lentils (cooked, drained and rinsed)
 56 grams Goat Cheese (or feta)
 28 grams Mixed Greens

Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan: Skip the goat cheese and use pesto instead.

Meat Lover: Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



Campfire Baked Apples

2 servings

10 minutes

Ingredients

2 Apple
3 grams Cinnamon

Directions

- 1 Slice apples and cut out the cores. Place onto a double layer of aluminum foil lined with parchment paper. Sprinkle with cinnamon.
- 2 Fold into a foil packet and place onto the coals of a campfire for 10 minutes, flipping halfway.
- 3 Carefully open foil packet and let cool slightly. Enjoy!

Notes

Parchment Paper Trick: Lining the inside of your foil packet with parchment paper will keep the apples from sticking to the foil and makes it easier to eat out of. The parchment paper also makes the foil less likely to tear, and therefore potentially reusable for other meals.

Serve it With: Yogurt or a scoop of coconut ice cream.

No Campfire: Use a grill with medium heat instead.

Likes it Sweet: Drizzle with a bit of honey or maple syrup.



BBQ Farmer's Market Salad with Sunbutter Dressing

4 servings

20 minutes

Ingredients

1 Zucchini (sliced into rounds)
 178 grams Purple Cabbage (sliced into steaks with the stem intact)
 2 ears Corn on the Cob (husked and soaked)
 32 grams Sunflower Seed Butter
 59 milliliters Extra Virgin Olive Oil (divided)
 15 milliliters Apple Cider Vinegar
 20 grams Maple Syrup
 32 grams Sunflower Seeds

Directions

- 1 Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
- 2 Place corn and cabbage on the grill. Close the grill and cook for 15 to 20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
- 3 Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
- 4 In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
- 5 Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter: Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage: Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini: Use asparagus, bell pepper or eggplant instead.

More Protein: Mix in your favorite protein source like hemp seeds, lentils, chickpeas, beans, tofu, or tempeh.



Grilled Asparagus

4 servings

15 minutes

Ingredients

402 grams Asparagus (woody ends trimmed)

7 milliliters Extra Virgin Olive Oil

2 grams Sea Salt (or more to taste)

Directions

- 1 Preheat grill over medium-low heat.
- 2 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 3 Remove from grill and season with salt. Enjoy!

Notes

No Grill: Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.



Balsamic Grilled Mushrooms

2 servings

25 minutes

Ingredients

480 grams Mushrooms (halved)
30 milliliters Balsamic Vinegar
15 milliliters Tamari
2 Garlic (cloves, minced)

Directions

- 1 Stir all the ingredients together and let marinate for at least 15 minutes.
- 2 Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
- 3 Remove from the grill and enjoy!

Notes

Leftovers: Keeps well in the fridge for 3 to 4 days in an airtight container.

No Grill: Saute them on the stovetop instead.



Grilled Fruit Medley

4 servings

10 minutes

Ingredients

330 grams Pineapple (diced and cored)
 144 grams Strawberries (halved and stems removed)
 1 Nectarine (sliced and pit removed)
 12 Barbecue Skewers
 148 grams Blueberries
 1/4 Lime (juiced)

Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas: Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill: Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With: Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad: Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage: This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



Grilled Cauliflower Steaks with Avocado Chimichurri

4 servings

30 minutes

Ingredients

118 milliliters Red Wine Vinegar
16 grams Cilantro (thick stems removed)
12 grams Fresh Oregano (stems removed)
4 Garlic (cloves, minced)
177 milliliters Extra Virgin Olive Oil (divided)
6 grams Sea Salt
1 Avocado (peeled and cubed)
1 head Cauliflower (sliced into steaks)

Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

Notes

Likes it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Leftovers: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro: Use parsley instead.

No Cauliflower: Use zucchini or portobello mushrooms instead.

No Grill: Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

No Food Processor: Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.



Veggie Skewers

4 servings

15 minutes

Ingredients

4 Cremini Mushrooms (halved)
 160 grams Red Onion (chopped)
 1 Red Bell Pepper (seeds removed, chopped)
 30 milliliters Extra Virgin Olive Oil
 4 Barbecue Skewers
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 2 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 3 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor: Add your choice of dried herbs or spices.



Grilled Portobello Mushroom Burger

2 servings

15 minutes

Ingredients

227 grams Portobello Mushroom Caps
15 milliliters Extra Virgin Olive Oil
10 milliliters Balsamic Vinegar
7 milliliters Tamari
Sea Salt & Black Pepper (to taste)
113 grams Whole Wheat Bun
28 grams Vegan Mayonnaise
40 grams Red Onion (thinly sliced into rings)

Directions

- 1 Place the mushroom caps in a baking dish and drizzle the oil, balsamic vinegar, and tamari over top, rubbing it into the mushrooms with your hands. Season with salt and pepper.
- 2 Grill over medium-high heat for about three minutes per side, until charred and softened. Place the burger buns on the grill during the last 30 seconds to toast slightly. Remove and set aside.
- 3 Spread the mayonnaise on the bottom half of the bun and top with the mushroom and red onion. Serve and enjoy!

Notes

Leftovers: Refrigerate all parts of the burger separately for up to three days. Assemble just before eating.

Serving Size: One serving is one bun with one mushroom as the patty.

Gluten-Free: Use a gluten-free bun or lettuce instead of a bun.

Additional Toppings: Omit the mayonnaise and use sliced avocado, or top with caramelized onion.

Whole Wheat Bun: One bun is equal to approximately 57 grams or two ounces.



Grilled Watermelon & Honeydew Salad

4 servings

15 minutes

Ingredients

1/2 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)
 1/4 Seedless Watermelon (medium, cut into wedges)
 22 milliliters Extra Virgin Olive Oil
 2 grams Sea Salt
 7 milliliters Balsamic Vinegar
 9 grams Mint Leaves (torn)
 14 grams Basil Leaves (torn)
 43 grams Pumpkin Seeds (toasted)

Directions

- 1 Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
- 2 Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
- 3 Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is about 1 1/2 cups salad.

Additional Toppings: Top with feta cheese.



Spiced Halloumi Kabobs

6 servings

10 minutes

Ingredients

255 grams Halloumi
3 Barbecue Skewers (cut in half)
8 milliliters Avocado Oil
5 grams Za'atar Spice
450 milligrams Cayenne Pepper

Directions

- 1 Cut the halloumi into thick squares. Thread onto skewers and brush with oil. Sprinkle the za'atar and cayenne over the skewers, using your hands to ensure all pieces are coated.
- 2 Grill over medium-high heat for two to three minutes per side, until charred. Remove and let cool slightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one 6-inch skewer.

Serve it With: Over a salad, with rice and grilled vegetables, or with your favorite dipping sauce.



Grilled Foil-Pack Potatoes

4 servings

25 minutes

Ingredients

600 grams Mini Potatoes (halved)
30 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat your grill to medium-high heat.
- 2 Place the potatoes in a bowl and drizzle with oil, salt, and pepper. Toss to coat the potatoes.
- 3 Transfer the potatoes onto a large piece of heavy duty aluminum foil. Place another piece of foil on top and fold the sides in to create a foil pack. Pierce the top of the foil with a fork a few times.
- 4 Place the foil pack on the grill for about 20 minutes with the lid closed. Cook until the potatoes are tender and cooked through. Remove and divide onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about one cup of potatoes.

More Flavor: Add additional spices such as garlic or onion powder, or make them spicy with cajun seasoning or cayenne.

Like them Crispy: After the potatoes have cooked through, char them cut side down for a few minutes on the grill over medium-high heat.



Grilled Tempeh & Pear Salad

4 servings

20 minutes

Ingredients

340 grams Tempeh (sliced)
10 milliliters Sesame Oil
30 milliliters Tamari
20 grams Maple Syrup
15 milliliters Apple Cider Vinegar
120 grams Baby Spinach
2 Pear (sliced)

Directions

- 1 In a large bowl, add the tempeh along with the sesame oil, tamari, maple syrup, and apple cider vinegar. Coat well and let sit for five to ten minutes.
- 2 Grill the tempeh over medium-high heat for about eight minutes, flipping halfway, or until grill marks appear. Brush on any leftover marinade as needed, or save as a dressing.
- 3 Divide the spinach, pear and grilled tempeh into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Let the tempeh marinate overnight. Slice the pears in half and grill alongside the tempeh.

Additional Toppings: Top with extra virgin olive oil, lemon juice, or your favorite dressing.



BBQ Maple Brussels Sprouts

4 servings

20 minutes

Ingredients

352 grams Brussels Sprouts (trimmed, outer leaves removed, halved)
60 grams Maple Syrup
30 milliliters Extra Virgin Olive Oil
23 grams Dijon Mustard
3 grams Sea Salt
8 Barbecue Skewers

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
- 2 In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
- 3 Pierce the Brussels sprouts onto the skewers.
- 4 Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two 12-inch skewers.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Grilled Brussels Sprouts, Walnut & Parmesan Salad

4 servings

20 minutes

Ingredients

352 grams Brussels Sprouts (trimmed, outer leaves removed, halved)

89 milliliters Extra Virgin Olive Oil (divided)

3 grams Sea Salt (to taste, divided)

8 Barbecue Skewers

60 milliliters Lemon Juice

15 grams Dijon Mustard

84 grams Kale Leaves (tough stems removed, sliced)

112 grams Parmigiano Reggiano (shredded)

180 grams Walnuts

Directions

1

Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in 1/3 of the oil and season with half the salt.

2

Pierce the Brussels sprouts onto the skewers. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.

3

In a jar, whisk together the remaining oil, remaining salt, lemon juice, and dijon mustard.

4

Divide the kale, Brussels sprouts, parmesan, and walnuts onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 2 1/2 cups of salad.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Dairy-Free: Use vegan cheese instead of parmesan, or omit completely.



Grilled Peaches & Ice Cream

2 servings

10 minutes

Ingredients

4 Peach (medium, halved, pit removed)

5 milliliters Avocado Oil

179 grams Coconut Ice Cream

Directions

- 1 Brush the peaches with avocado oil.
- 2 Heat a grill over medium-high heat. Place the peach halves on the grill and cook for two to three minutes, until grill marks appear.
- 3 Divide peaches into bowls and top with ice cream. Enjoy!

Notes

Leftovers: Best served immediately after grilling, but leftover grilled peaches can be stored in the fridge in a sealed container for up to two days.

Additional Toppings: Chopped nuts/seeds or chocolate drizzle.



Tandoori Paneer Skewers

4 servings

20 minutes

Ingredients

57 grams Plain Greek Yogurt
32 grams Tandoori Masala
15 milliliters Extra Virgin Olive Oil
3 grams Sea Salt (to taste)
340 grams Paneer Cheese (cubed)
1 Orange Bell Pepper (medium, chopped)
4 Barbecue Skewers

Directions

- 1 Preheat the grill to medium-low heat.
- 2 In a large bowl, whisk together the yogurt, tandoori masala, oil, and salt. Add the paneer and toss until well coated.
- 3 Thread the paneer and bell peppers evenly onto the skewers.
- 4 Cook the skewers for four to five minutes per side, until browned. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one 12-inch skewer.

More Flavor: Let the paneer marinate in the yogurt sauce for two hours before grilling.

Additional Toppings: Top with lemon juice and chaat masala.

Serve it With: Serve over rice, with naan, grilled veggies, and/or a side salad.



Grilled Eggplant with Spiced Walnuts & Yogurt

4 servings

25 minutes

Ingredients

4 Eggplant (small, cut in half lengthwise)
 30 milliliters Avocado Oil (divided)
 6 grams Cumin (divided)
 Sea Salt & Black Pepper (to taste)
 120 grams Walnuts (chopped)
 30 milliliters Coconut Aminos
 225 grams Unsweetened Coconut Yogurt
 4 grams Cilantro (chopped)

Directions

- 1 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 2 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 3 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 4 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is two small eggplant halves.

More Flavor: Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

Additional Toppings: Parsley, chives, basil, and/or sesame seeds.

No Coconut Yogurt: Use any other type of yogurt instead.



Grilled Sweet Potato & Asparagus with Chimichurri

2 servings

30 minutes

Ingredients

1 Sweet Potato (large, cut into wedges)
 268 grams Asparagus (trimmed)
 44 milliliters Extra Virgin Olive Oil
 (divided)
 Sea Salt & Black Pepper (to taste)
 15 grams Parsley (chopped)
 7 milliliters Lime Juice
 2 Garlic (clove, minced)
 600 milligrams Chili Flakes

Directions

- 1 Turn the grill to medium-low heat. Toss the sweet potato and asparagus with 1/3 of the oil. Season with salt and pepper.
- 2 Add the sweet potato to the grill and cook for approximately 15 minutes, flipping halfway through. Add the asparagus to the grill and cook for another five minutes or until everything is cooked through.
- 3 Meanwhile, in a small bowl, add the parsley, remaining oil, lime juice, garlic, and chili flakes. Season with salt.
- 4 Place the grilled asparagus and sweet potato on a serving plate. Drizzle with the chimichurri and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add bell pepper and mushrooms.

Additional Toppings: Top with parmesan cheese.



Tandoori Tofu & Mixed Greens Salad

1 serving
20 minutes

Ingredients

61 grams Plain Goat Milk Yogurt
16 grams Tandoori Masala
312 grams Tofu (cut into squares)
57 grams Mixed Greens
75 grams Cherry Tomatoes (halved)
1/4 Cucumber (sliced)
20 grams Red Onion (thinly sliced)

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu and coat well.
- 3 Gently shake off the excess marinade from the tofu and place the tofu on the grill. Save the marinade. Grill the tofu for three to four minutes on each side or until there are crispy grill marks.
- 4 Meanwhile, in a large salad bowl, add the mixed greens, tomatoes, cucumber, and red onion.
- 5 Top the salad with the grilled tofu and drizzle the remaining marinade on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the tofu and dressing separately from the salad.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Add chopped walnuts, sesame seeds, mint and/or cilantro.

No Goat Yogurt: Use another yogurt or milk alternative yogurt.



Tandoori Tofu Wrap

1 serving
15 minutes

Ingredients

61 grams Plain Goat Milk Yogurt
16 grams Tandoori Masala
312 grams Tofu (cut into squares)
1 Whole Wheat Tortilla
30 grams Baby Spinach
37 grams Cherry Tomatoes (halved)
20 grams Red Onion (thinly sliced)

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu to marinate.
- 3 Gently remove the excess marinade and place the tofu on the grill. Save the leftover marinade. Grill the tofu on each side for three to four minutes or until crispy grill marks appear.
- 4 Meanwhile, add the spinach, tomatoes, and red onion to the tortilla. Place the tofu on top and drizzle the leftover marinade on top. Roll up the tortilla and enjoy!

Notes

Leftovers: Store the tofu and marinade separately from the other ingredients. Refrigerate in an airtight container for up to three days.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Chopped cilantro, mint, and/or pumpkin seeds.

Gluten-Free: Use a gluten-free tortilla.

No Goat Milk Yogurt: Use another yogurt or milk alternative yogurt.



Grilled Vegetable & Halloumi Wrap

1 serving
15 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil (divided)
1/2 Zucchini (medium, sliced lengthwise)
1/2 Red Bell Pepper (medium, sliced)
Sea Salt & Black Pepper (to taste)
57 grams Halloumi (sliced)
46 grams Hummus
1 Whole Wheat Tortilla (large)

Directions

- 1 Preheat the grill to medium-high heat.
- 2 Brush the oil onto the zucchini and bell pepper. Season with salt and pepper.
- 3 Place the zucchini, bell pepper, and halloumi on the grill. Cook for four to five minutes per side, until charred.
- 4 Spread the hummus onto the tortilla. Add the zucchini, bell pepper, and halloumi. Roll tightly into a wrap, tucking in the sides, and enjoy!

Notes

Leftovers: Best enjoyed the day of making. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

Make it Vegan: Use marinated tofu or tempeh instead of halloumi.

More Flavor: Grill the wrap after rolling.

Additional Toppings: Add mixed greens, baby spinach, or arugula.

Gluten-Free: Use a gluten-free tortilla instead.

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