

VEGAN GRILLING

GRILLED PEACH & ZUCCHINI SALAD

- 3 peaches
- 1 zucchini
- handful of arugula
- handful of fresh mint
- handful of fresh basil
- 1 lemon
- 1 tbsp olive oil
- salt, pepper

1. Preheat Smokeless Broiler. Cut peaches into half then slice them into 4-8 pieces. Slice zucchinis thinly lengthwise.
2. Place zucchinis and peaches on Smokeless Broiler for 4-6 minutes each sides or until they have grill marks.
3. Meanwhile add basil, mint, lemon juice, olive oil, salt and pepper to a food processor and blend until smooth.
4. Add grilled peaches and zucchinis to a large plate with arugula and pour over the dressing. Serve warm or cold. Enjoy!



STUFFED MUSHROOMS

- 24 oz. cremini mushrooms, stems removed
- 4 cloves garlic, cut on cone #1
- 2 shallots, cut on cone #1
- 4 cups fresh spinach
- 1 cup wild rice, cooked
- 1/2 cup roasted red peppers, chopped
- 1/2 cup walnuts, cut on cone #3
- 1/2 cup bread crumbs
- 1/2 cup fresh parsley, chopped
- 1 tbsp + 2 tsp balsamic vinegar
- 1 tsp salt
- 1/2 tsp pepper
- fresh chopped parsley, for garnish

Parmesan Cheeze:

- 1 cup cashews
- 1/4 cup nutritional yeast
- 3/4 tsp salt
- 1/4 tsp garlic powder

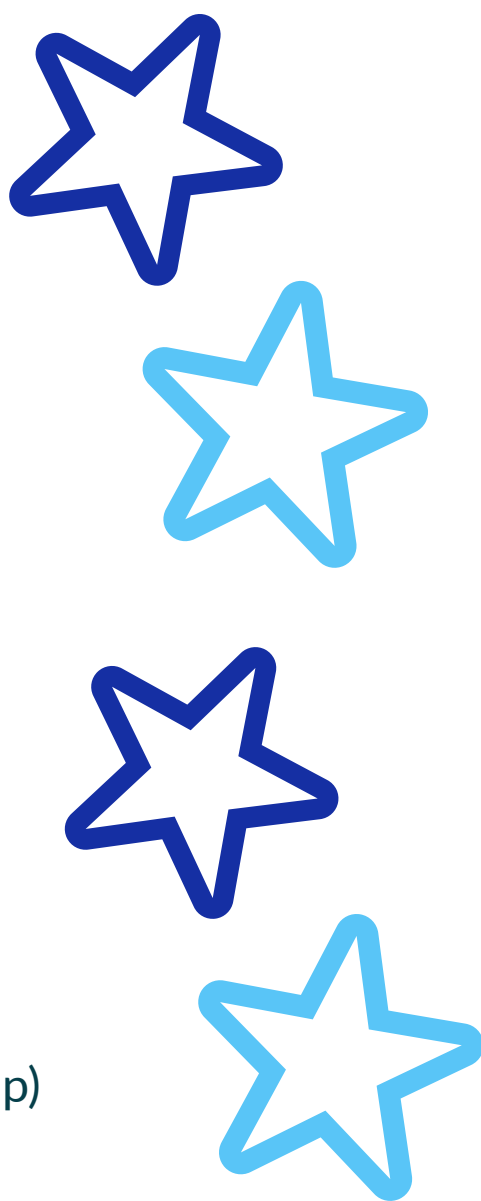
1. Preheat Smokeless Broiler. Gently clean the mushrooms and remove the stems. Place them cap down onto a lined baking sheet and set aside.
2. In 11in skillet, sauté the garlic and shallots until soft and fragrant, about 5 minutes. Add the spinach, stirring continuously until it has wilted.
3. Remove the pan from heat and pour the cooked veggies into a large mixing bowl. Stir in the wild rice, roasted red peppers, walnuts, bread crumbs, parsley, balsamic vinegar, salt and pepper. Toss the mixture together and set it aside to cool for a few minutes.
4. While the mixture cools, you can prepare the parmesan cheeze by placing all of the ingredients into a food processor and pulsing until the mixture becomes a fine meal. Save some (about 1/4-1/2 cup) to sprinkle over the mushrooms and save the rest in an airtight container in the fridge up to 2 weeks.
5. When the mixture has cooled enough to handle, use a spoon to scoop the mixture into the cap of each mushroom. The amount you use will vary depending on the size of the mushroom cap. Once all the caps are filled, sprinkle the reserved parmesan cheeze over the top.
6. Grill the stuffed mushrooms for 20-25 minutes, until tender. Remove from the Smokeless Broiler, let cool slightly, and serve.

CARROT DOGS

by Forks Over Knives

- 8 large carrots
- 1 cup low-sodium vegetable broth
- ¼ cup apple cider vinegar
- 2 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons pure maple syrup
- 2 teaspoons smoked paprika
- 2 teaspoons dry mustard
- ½ teaspoon ground coriander
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon liquid smoke
- Dash ground cloves
- 8 whole wheat hot dog buns, toasted
- ½ of a red onion, finely chopped (¼ cup)
- 3 tablespoons stone-ground mustard
- ½ of a medium cucumber, spiralized

1. Trim carrots to 6 inches long. Trim wide end to make a consistent thickness. Place carrots in a large saucepan. Cover pan and turn to medium heat. Once vapo-valve clicks, reduce heat to low. Cook carrots until tender (10-12 minutes).
2. Place carrots in a large resealable plastic bag set in a shallow dish. For marinade, in a bowl combine the next 11 ingredients (through cloves) and ½ cup water. Pour over carrots; seal bag. Chill 4 to 24 hours, turning occasionally. Drain and discard marinade.
3. Preheat Smokeless Broiler. Once hot, grill carrots for 5 to 8 minutes or until grill marks start to appear, turning occasionally.
4. Place grilled carrots in buns. Top with red onion, mustard, and cucumber.



CITRUS FRENCH TOAST

- 5 slices day-old bread, sourdough
- 1 1/2 Tbsp non-dairy milk, any variety (room temperature, not chilled)
- 6 ounces silken tofu
- 1 tsp maple syrup, grade B (plus additional for topping toast)
- 1 very ripe banana
- 1/4 tsp fresh orange zest
- 1/4 tsp cinnamon
- pinch of salt
- pinch of vanilla bean (optional)

1. Add the liquid ingredients to a blender and blend until smooth. Pour the liquid into a flat shallow dish like a small casserole dish.
2. Preheat Smokeless Broiler.
3. Soak your first slice of bread for about five seconds on each side. Then place on Smokeless Broiler. You can cook one at a time or keep adding slices until the grill is full. Be sure to leave space between the slices so they can “breathe.” Add a generous sprinkle of cinnamon and some orange zest to the toast side that is facing up.
4. Cook for 2-3 minutes on the first side, then flip using a wide spatula. Cook for another 2-3 minutes. Plate and serve with maple syrup.



BEYOND BRATS

- Beyond Brats

1. Preheat Smokeless Broiler. Simply throw on Beyond Brats and cook for 12-15 minutes, rotating occasionally.

