



PLANT-BASED Summer Cookout

From the Plant-Based Life Foundation



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Infused Water

Prep 5 | Cook 0 | Yield 1 pitcher

Ingredients

- Water
- Your choice of fresh berries, fruits and herbs

Directions

1. This recipe can be made using a regular pitcher or a special infused water pitcher.
2. Choose two or three elements and combine them equally (example: 50/50 ratio if using two ingredients, such as 1/2 cup berries and 1/2 cup herbs).
3. Place chosen ingredients directly inside a regular pitcher or inside the internal holder of an infused water pitcher, then fill with water.
4. Refrigerate to infuse, 4-12 hours.
5. If using a regular pitcher, remove berries, fruits and herbs before serving. If using an infused pitcher, ingredients can remain inside the internal holder and you can refill the pitcher with water as needed.

Ideas

- **Berries:** Blackberry Lime; Blackberry Lime Orange; Blackberry Mint; Raspberry Lemon; Raspberry Lime; Raspberry Mint; Strawberry Basil; Strawberry Grape Lime; Strawberry Jalapeno; Strawberry Lemon; Strawberry Mint.
- **Citrus:** Lemon Ginger; Lemon Lime; Lemon Orange Blueberry; Lemon Pomegranate; Lemon Raspberry; Lemon Rosemary; Orange Basil; Orange Blueberry Basil; Orange Grape; Orange Lemon.
- **Tropical:** Grapefruit Rosemary; Pineapple Grape; Pineapple Jalapeno; Pineapple Mint; Pineapple Orange; Pineapple Thyme; Mango Mint; Starfruit Hibiscus; Starfruit Orange Hibiscus; Starfruit Strawberry.
- **Other:** Apple Cinnamon; Cucumber Jalapeno; Cucumber Jalapeno Mint; Cucumber Lemon; Cucumber Lemon Cilantro; Cucumber Rosemary; Fennel Mint; Lemongrass Mint; Watermelon Cilantro; Watermelon Hibiscus.



Orange Creamsicle Shake

Prep 5 | Cook 0 | Yield 1 shake

Ingredients

- 1 1/2 cup orange juice, freshly squeezed
- 1/3 cup cashews, raw
- 2 tsp orange zest (optional)
- 2 tsp vanilla extract
- 2 cups ice cubes

Directions

1. Place orange juice, cashews, orange zest, and vanilla into a blender and blend until smooth and creamy. Add ice and blend until incorporated.

Notes

A frozen banana and 1/2 cup plant-based milk can be used in place of cashews.



Strawberry and Cucumber Mint Lemonade

Prep 15 | Cook 0 | Yield 1 pitcher

Ingredients

Strawberry Lemonade

- 5 cups water
- 2-4 cups strawberries
- 1 cup lemon juice, freshly squeezed
- 1/4 cup maple syrup

Cucumber Mint Lemonade

- 2 cups cucumber, seedless, peeled, sliced
- 2 cups lemon juice, freshly squeezed
- 2 cup mint leaves, fresh, packed
- 2/3 cup maple syrup
- 5 cups water

Directions

Strawberry Lemonade

1. Add ingredients to blender and pulse until combined, starting with 2 cups strawberries and adding more to taste. Strain using a sieve (optional).
2. Pour over ice and serve.

Cucumber Mint Lemonade

1. Add cucumber, lemon juice, mint, maple syrup, and 1 cup water to blender and pulse until smooth.
2. Strain through a nut milk bag/cheesecloth.
3. Pour into a pitcher then add 4 cups of water and stir.
4. Taste and adjust sweetener and/or water as necessary.
5. Pour over ice and serve.



Crispy Corn Chips

Prep 5 | Cook 10 | Yield 2

Ingredients

- 5 corn tortillas
- Optional Toppings: Savory (black pepper, cayenne pepper, cayenne powder, chili powder, cumin, garlic powder, onion powder, paprika); Sweet (cinnamon, nutmeg, pumpkin/apple pie spice); Non-Dairy Cheese (vegan parmesan)

Directions

1. Preheat oven to 350°F.
2. Slice corn tortillas into triangles.
3. Place on a cookie sheet, making sure they are spaced apart.
4. Sprinkle optional toppings, if desired.
5. Bake 8-12 minutes, checking every 1-2 minutes after 8 minutes and removing when edges become golden brown.
6. Remove and cool for 5-10 minutes. Serve as-is or with a plant-based dip.



Crudites and Red Bell Pepper Dip

Prep 10 | Cook 0 | Yield 4

Ingredients

- 1 red bell pepper, large, freshly roasted
- 1/2 cup green onions, chopped
- 2 tbsp pomegranate molasses
- 1 tsp cumin, ground
- 1 tsp lemon juice, freshly squeezed
- 1/2 tsp Aleppo pepper flakes
- 3/4 cup walnuts, chopped

Directions

1. To roast red bell pepper, char it on all sides directly over the flame of a gas stove. You can also roast it at 400°F until it has blistered all over. Once cooled, peel off the skin, remove the stem and seeds, and then chop.
2. Add roasted red pepper, green onions, pomegranate molasses, cumin, lemon juice, and Aleppo pepper flakes to a food processor and blend until smooth.
3. Stir in chopped walnuts.
4. Remove from food processor. Transfer into a bowl and serve with crudites.

Notes

Aleppo pepper can be found in Middle Eastern markets or food co-ops and grocery stores offering a wide selection of spices. You can substitute it with Marash pepper (smokier with a little more heat) or Antebi pepper (fruitier and milder). You may also use a mixture of equal parts of dried crushed chili flakes and sweet paprika.



Black Rice, Mango and Avocado Salad

Prep 10 | Cook 30-40 | Yield 6

Ingredients

Salad

- 1 1/2 cups black rice, uncooked
- 1 mango, diced
- 1/2 cup cilantro, fresh, chopped (optional)
- 1/2 cup parsley, fresh, chopped
- 1/2 cup red onion, diced
- 1 avocado, diced
- 1/4 cup almonds, roasted (optional)

Vinaigrette

- 1/4 cup lime juice, freshly squeezed
- 2 tbsp cilantro, fresh, chopped
- 1 tsp garlic, fresh, minced
- 1 tsp maple syrup
- Black pepper, freshly ground, to taste

Directions

1. Rinse black rice then place in a medium saucepan with 2 3/4 cups water.
2. Bring to a boil then reduce heat, cover and simmer until water is absorbed, about 30-40 minutes.
3. Meanwhile, add vinaigrette ingredients to a food processor and pulse for 15-30 seconds until combined.
4. When rice has finished cooking, remove from stove and place in a bowl.
5. Cool for about 10 minutes then stir in vinaigrette.
6. Cover and refrigerate until fully cooled, about 1 hour.
7. Remove and toss rice with mango, cilantro (optional), parsley and red onion.
8. Scoop into individual salad bowls and top with avocado and almonds (optional). Serve.



Farmer's Market Salad

Prep 20 | Cook 10 | Yield 4-6

Ingredients

Dressing

- 3 tbsp lemon juice, freshly squeezed
- 1 tbsp balsamic vinegar
- 2 tsp garlic, fresh, minced
- 2 tsp lemon zest
- 1/4 cup basil, fresh, chopped
- Black pepper, freshly ground, to taste

Salad

- 2 cups tomatoes, diced
- 2 cups zucchini, thinly sliced
- 1 cup corn kernels, fresh
- 1 cup peaches, firm, diced (optional)
- 1 cup red bell pepper, cut into thin strips
- 1/2 cup green onions, thinly sliced
- 1 (8-ounce) package pasta of choice, cooked
- Black pepper, freshly ground, to taste
- 1/3 cup basil, fresh, torn

Directions

Dressing

1. Process lemon juice, balsamic vinegar, garlic, and lemon zest in a blender or food processor until smooth.
2. Add basil and pulse 5 or 6 times until blended. Season to taste with black pepper.

Salad

1. In a large bowl, toss together tomatoes, zucchini, corn, peaches (if using), bell pepper, green onion, and dressing. Let stand 10 minutes.
2. Add cooked pasta (warm or cold) and toss gently to coat.
3. Season with black pepper to taste.
4. Transfer to a serving platter and top with basil.



Pepper Picnic Salad

Prep 20 | Cook 10 | Yield 8

Ingredients

- 1 1/2 cup silken tofu, firm
- 5 tbsp dill, fresh (or 2-3 tbsp dried)
- 2 tbsp maple syrup
- 2 tbsp wine vinegar
- 1 tbsp stone ground mustard
- Black pepper, freshly ground, to taste
- Garlic powder, to taste
- 4 cups pasta, cooked
- 1 cup celery, diced
- 1 red bell pepper, diced

Directions

1. Add silken tofu, dill, maple syrup, vinegar, mustard, black pepper, and garlic powder to a blender and blend until well combined. Add water if dressing is too thick to blend well.
2. Mix pasta, veggies, and dressing in a large serving bowl. Chill salad for 1 to 2 hours before serving. If serving salad the next day, keep 1/3 of the dressing to add the following day.



Tomato Cucumber Salad

Prep 15 | Cook 0 | Yield 2

Ingredients

- 4 cups cucumber, diced
- 1 1/2 cup tomato, diced
- 1/2 cup parsley, fresh, chopped
- 1/2 cup red bell pepper, diced
- 1/4 cup green onions, diced
- 1/4 cup mint leaves, fresh, minced
- 2 1/2 tbsp garlic, fresh, chopped
- 1 tbsp lemon juice, freshly squeezed
- Black pepper, freshly ground, to taste

Directions

1. Add all ingredients in a bowl, then drizzle with lemon juice, sprinkle with black pepper, and toss to coat.



Very Strawberry Salad

Prep 10 | Cook 0 | Yield 4

Ingredients

Salad

- 11 ounces frisee lettuce or other green leafy vegetable
- 2 cups strawberries, sliced
- 1/3 cup walnuts, chopped

Dressing

- 1 cup strawberries
- 1/4 cup orange juice, freshly squeezed
- 1 tbsp maple syrup
- 2 tsp apple cider vinegar
- 1 tsp chia seeds

Directions

1. Arrange salad ingredients in a large bowl or individual serving bowls.
2. Place all dressing ingredients in a blender and pulse until combined.
3. Drizzle dressing over salad and serve.

Notes

You may replace the maple syrup in the dressing with 3 dates.



Grilled Pineapple

Prep 15 | Cook 6-8 | Yield 6-8

Ingredients

- 2 tbsp lime or lemon juice, freshly squeezed
- 2 tbsp maple syrup
- 1 tsp cinnamon, ground
- 1 pineapple, fresh, cut into 1/2-inch slices

Directions

1. Whisk lime/lemon juice, maple syrup and cinnamon in a bowl.
2. Toss pineapple in marinade then place on a preheated grill.
3. Cook 3-4 minutes per side or until you see nice grill marks. Additional marinade may be brushed on while cooking, if desired.



Grilled Portobello Mushrooms

Prep 180 | Cook 10 | Yield 5

Ingredients

- 1/2 cup water
- 3 tbsp tamari, low-sodium
- 2 tbsp maple syrup
- 1 tsp liquid smoke, hickory flavor
- 5 portobello mushrooms, whole

Directions

1. At least three hours before cooking, prepare marinade by whisking water, tamari, maple syrup, and liquid smoke in a small bowl.
2. Clean portobello mushrooms and add to plastic bag with marinade.
3. Seal bag, shake to coat, then place in refrigerator for three hours (or longer for deeper flavor).
4. Preheat grill to high.
5. Place mushrooms on grill and cook 5-7 minutes per side.



Grilled Veggie Skewers

Prep 150 | Cook 10-15 | Yield 6

Ingredients

Skewers

- 2 cups cremini mushrooms, whole
- 1 cup cherry tomatoes, whole
- 1 green bell pepper, cut into chunks
- 1 onion, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 zucchini, cut into chunks

Marinade

- 3 tbsp apple juice, unsweetened
- 2 tbsp basil, fresh, minced
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 1 tbsp tamari, low-sodium
- 2 tsp garlic, fresh, minced
- Black pepper, freshly ground, to taste

Directions

1. Whisk marinade ingredients then place in a resealable plastic bag.
2. Add prepared vegetables to bag and refrigerate for two hours.
3. Drain marinade into a bowl and reserve for grilling.
4. Thread vegetables onto wooden or metal skewers.
5. Grill kabobs on non-stick foil on preheated grill about 10-15 minutes, turning occasionally and basting with reserved marinade.

Notes

Other ingredients that work in this recipe include tofu cubes, yellow squash, sweet onions, eggplant, baby potatoes, and sliced corn cobs.



Mexican-Style Corn on the Cob

Prep 10 | Cook 20 | Yield 6

Ingredients

- 6 corn cobs, fresh, husked
- 1 cup avocado, mashed
- 2 tbsp lime juice, freshly squeezed
- 1 tbsp water
- 2 tsp garlic, fresh, minced
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- Hot sauce, to taste
- Parsley or cilantro, fresh, chopped, for garnish (optional)

Directions

1. Preheat grill to high heat. Place corn on grill and cook until kernels are hot and tender, about 10 minutes, flipping occasionally.
2. Meanwhile, combine mashed avocado, lime juice, water, garlic, smoked paprika, and cayenne pepper in a bowl. Taste and add hot sauce and additional seasonings as desired.
3. Remove corn from grill. Spread spicy avocado paste over corn and top with additional smoked paprika and/or chopped parsley or cilantro. Serve hot.



Black Bean, Beet and Shiitake Burgers

Prep 45 | Cook 35 | Yield 4-6

Ingredients

- 1 1/2 cup black beans, cooked, rinsed
- 1/2 to 3/4 cup walnuts or pecans
- 1 1/2 cup shiitake mushrooms, fresh, thick stems removed
- 1 cup forbidden rice, cooked
- 1/4 cup beets, raw, grated
- 3 tbsp aquafaba
- 1 tbsp stone ground mustard
- 1 tsp smoked paprika
- 1/2 tsp apple cider vinegar
- Black pepper, freshly ground, to taste

Directions

1. Rinse black beans and transfer to a large mixing bowl. Mash with a fork.
2. Process walnuts (or pecans) in a food processor then add to the mashed black beans.
3. Process shiitake mushrooms in a food processor. Mix them with cooked forbidden rice, beets, spices and all other ingredients.
4. Chill mixture for 15 to 30 minutes in the refrigerator to thicken. Form patties by hand.
5. Cook patties on non-stick foil on pre-heated grill until golden brown on each side.

Notes

Burgers can also be cooked in the oven at 375°F for 25 minutes. You may also wrap the patties individually (uncooked) and freeze for later use.



Carrot Dogs

Prep 180 | Cook 20 | Yield 4

Ingredients

- 4 carrots, whole
- 1/4 cup apple cider vinegar
- 1/4 cup water
- 2 tbsp tamari, low-sodium
- 1/2 tsp mustard powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp smoked paprika
- Black pepper, freshly ground, to taste
- Liquid smoke, to taste
- 4 hot dog buns, whole wheat
- Toppings (e.g., ketchup, mustard, relish, BBQ sauce)

Directions

1. Peel carrots, trim ends, and cut to length of hot dog buns.
2. Fill a saucepan half full with water and bring to a boil. Add carrots and lower to medium heat, cooking until you can slightly pierce them with a fork (but do not cut through).
3. Add vinegar, water, tamar, mustard powder, garlic powder, onion powder, paprika, black pepper, and liquid smoke to a plastic bowl or bag. Stir to combine. Add carrots and shake to coat.
4. Place in refrigerator and marinate for at least three hours.
5. Pour marinade and carrots into a large pan and cook on grill or stove top for 5-10 minutes, rotating periodically.
6. Serve in a whole wheat hot dog bun with your choice of toppings.

Notes

Three hours is the minimum marinating time, but they may sit in the refrigerator for up to a few days. A longer marinating time will mean a stronger, more infused flavor.



Grilled Cauliflower Steaks

Prep 5 | Cook 10-15 | Yield 3-4

Ingredients

- 1 cauliflower head
- 2 tbsp tamari, low-sodium
- 2 tsp Dijon mustard
- 1 tsp garlic, granulated
- 1 tsp onion, granulated
- 1 tsp smoked paprika

Directions

1. Preheat grill to high.
2. Remove leaves and cut off bottom of cauliflower, then slice through the center to cut 3 to 4 steaks of about 3/4-inch thickness.
3. Mix all other ingredients in a small bowl to form a paste.
4. Brush paste on one side of cauliflower, then place seasoned-side down on the grill and brush remaining paste on top side.
5. Cook 5-6 minutes per side until charred and heated through.



Lentil Almond Veggie Burgers

Prep 100 | Cook 40 | Yield 5

Ingredients

- 6 cups water
- 1 cup lentils, brown or green, uncooked
- 3/4 cup carrot, finely chopped
- 1/3 cup celery, finely chopped
- 1/3 cup shallot, finely chopped
- 1/4 cup almonds, sliced
- 1 tbsp thyme, fresh, chopped
- Black pepper, freshly ground, to taste
- 1/2 cup bread crumbs, whole wheat
- 3 tbsp aquafaba
- 1 tbsp lemon juice, freshly squeezed

Notes

In this recipe, aquafaba replaces egg as a binding ingredient, along with the whole wheat bread crumbs. This helps the mixture stick so it can be formed into patties. The refrigeration period (required) will also help the mixture stiffen up. If patties are not forming well, additional bread crumbs can be added.

Directions

1. Bring a large pot of water to a boil. Add lentils and simmer on medium-low heat until tender and starting to fall apart, about 25-30 minutes. Drain.
2. Meanwhile, heat a non-stick skillet over medium heat. Add chopped carrots, celery and shallot and cook about 3 minutes or until softened, stirring and adding a drop of water if needed.
3. Add sliced almonds, thyme, and black pepper to the skillet and cook until almonds are lightly toasted, about 2 minutes.
4. Transfer vegetable mixture to a food processor and add 1 cup cooked lentils. Pulse until mixture is coarsely ground, scraping the sides as needed.
5. Pour mixture into a large bowl, then add the remaining lentils. Stir and let cool for 10 minutes.
6. Add whole wheat bread crumbs, aquafaba and lemon juice. Stir then place in the refrigerator for at least 1 hour.
7. Remove from refrigerator and form into patties.
8. Cook patties on non-stick foil on pre-heated grill until golden brown on each side.



Best Dairy-Free Cheesecake

Prep 30 | Cook 60 | Yield 8-10

Ingredients

Crust

- 1/2 cup dates, pitted
- 1/2 cup pecans

Cheesecake

- 4 (8-ounce) packages cream cheese, dairy-free
- 1 cup sucanat
- 4 tbsp vanilla extract
- 3 tbsp aquafaba (optional)

Notes

For this recipe, I use Kite Hill's plain cream cheese style spread. Aquafaba is the viscous liquid in which canned legumes (e.g., chickpeas) have been cooked. Though not entirely necessary for structure, aquafaba will add creaminess to the cheesecake.

Directions

Crust

1. Combine dates and pecans in a food processor and pulse until the mixture sticks together.
2. Press dough into a 9-inch springform pan to make the crust.
3. Proceed to prepare the cheesecake filling.

Cheesecake

1. Preheat oven to 375°F.
2. Combine all ingredients into the food processor and mix until very smooth.
3. Pour the cheesecake filling into the pan (over the crust) and bake for 35 to 40 minutes (bake it covered with aluminum foil for the first 20 minutes, then remove the cover to slightly brown the cheesecake).
4. Remove cheesecake from the oven and cool for 15 minutes.
5. Top with a berry sauce and place it in the fridge for at least 2 hours.
6. Serve cold and enjoy!



Black Bean Brownies

Prep 5 | Cook 25 | Yield 12

Ingredients

- 1 3/4 cup black beans, cooked, rinsed
- 3/4 cup cocoa powder, unsweetened
- 1/2 cup sucanat
- 6 tbsp aquafaba
- 3 tbsp applesauce, unsweetened
- 1 1/2 tsp baking powder
- 1 tsp vanilla extract
- Walnuts or pecans, chopped (optional)

Directions

1. Preheat oven to 350°F.
2. Add all ingredients except walnuts/pecans to a food processor and puree until smooth, about 3 minutes.
3. Add batter to nonstick brownie pan or tin.
4. Sprinkle with chopped nuts if desired.
5. Bake 20-25 minutes or until top batter becomes dry and edges pull away from the pan.
6. Cool 30 minutes before removing gently (center will be moist).
7. Store up to 3 days in an airtight container or refrigerate for longer.



Mini Pecan Pies

Prep 45 | Cook 0 | Yield 12

Ingredients

- 1 1/4 cup almonds
- 1/4 cup maple syrup
- 1 cup dates, pitted
- 1 cup pecans
- 1/4 tsp vanilla extract

Directions

1. Grind almonds in a food processor. Add maple syrup and process until combined.
2. Insert cupcake liners in a muffin tin. Add 1 tablespoon of crust mixture into each and flatten.
3. Soak dates for 2 minutes in hot water. Add dates and pecans to food processor and pulse until they become a thick paste.
4. Add vanilla extract and process until combined, about 30 seconds.
5. Add filling to each cup.
6. Chill for 20-30 minutes. Serve.

ABOUT PLANT-BASED LIFE FOUNDATION

The Plant-Based Life Foundation is a nonprofit organization that educates and empowers people to live happier and healthier lives through positive habit change that includes the adoption of a plant-centered diet and the development of daily wellness practices. Science is at the core of everything we do.

The foundation is led by Dr. Rosane Oliveira, who is a Visiting Clinical Faculty in Public Health Sciences at the University of California Davis. She is currently working with the UC Davis School of Medicine to integrate preventive and lifestyle medicine into the new 4-year medical school curriculum. Between 2011-2021, Dr. Oliveira served as the founding director of the first Integrative Medicine program at UC Davis, where she created a Lifestyle Medicine elective, published a #1 Amazon bestseller cookbook, and ran an annual challenge that gave nearly 150,000 individuals across 60+ countries the chance to try out plant-based eating.

You can read our evidence-based articles and browse our delicious recipes at pblife.org. You can also sign up for our weekly newsletter on our website and connect with us on social media by following [@pblifeorg](#) on [Facebook](#), [Instagram](#) and [Twitter](#).

