

## **Plant-Based Grilling**

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### **Ingredients**

- Cheeseburger Bings
- Fiesta Bings
- Buffalo Cauliflower Bings
- Sausage & Peppers Bings
- Original Veggie Filled Bings

### **STEP 1**

Place frozen Bings in the middle of a preheated grill and cook on medium with lid closed for 12-16 minutes, flipping and moving only once.

### **STEP 2**

Serve with your favorite sauces. My recommendations:

- Cheeseburger: Non-Animal Sauce, recipe below
- Fiesta Bings: Guacamole
- Buffalo Cauliflower Bings: dairy free ranch or Frank's Red Hot
- Sausage & Pepper Bings: Triple Mustard Aioli
- Original Veggie Filled Bings: Dim Sum Dipper

### *Master Teriyaki Glaze*

- 4 garlic cloves, minced
- 1 tablespoon minced ginger
- 1 cup tamari (Gluten Free soy sauce)
- Juice and zest of 2 oranges
- 3 tablespoons brown sugar
- Grape Seed oil to cook
- Kosher salt and freshly ground black pepper to taste

### **STEP 1**

Heat a saucepan over medium-high heat. Add oil and when it shimmers, add garlic and ginger. Sauté until softened and fragrant, about 2 minutes. Add tamari, orange juice and zest and brown sugar. Stir to dissolve and bring to a boil over high heat.

### **STEP 2**

Simmer slowly until reduced by half and syrupy, about 15 minutes. Remove from heat.

### *Non-Animal Sauce*

- 1 cup vegan mayo (I like JUST Mayo)
- 1 large garlic pickle, fine diced
- 2 tablespoons ketchup
- 1 tablespoon of your favorite hot sauce

### **STEPS**

In a bowl, mix all together.

### *Summer Grilled Vegetables*

- 2 summer squash, halved
- lengthwise, scored
- 2 large sweet potatoes
- 2 large onions, halved
- 2 fennel bulbs, halved and cored
- 1 bunch scallions
- 2 heads garlic halved
- Extra Virgin Olive Oil
- Kosher salt and freshly ground
- black pepper to taste

### **STEP 1**

Oil all the vegetables and season with salt and pepper to taste, except for the sweet potatoes.

### **STEP 2**

Fork the sweet potatoes and wrap them in damp paper towels. Microwave for 3-5 minutes until just barely soft in the middle so that you can still slice them. Let them cool slightly. Then cut them into 1 or 2-inch thick slices to grill.

### **STEP 3**

Place vegetables on medium hot grill. Cook 2-3 minutes then flip. Move to the top rack of the grill or a cooler spot and brush on the glaze and cover. When ready, flip again, glaze and serve on platter.