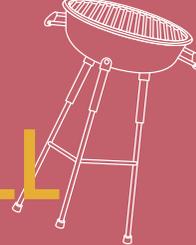




Eat plants. For a change.

HOW TO PLANT-BASED GRILL



It's officially that time of year again! Start packing up your beach chairs and breaking out the pumpkin spice lattes—that's right, the end of summer is (unfortunately) right around the corner. But what do the end of summer days and white pants have in common? Labor Day, of course!

For many, Labor Day is a last-ditch effort to catch some rays, kick back with friends and family, and pretend the colder nights of autumn aren't actually on the horizon. (Spoiler alert: they are.) And just because you've made a commitment to eat more plants doesn't mean you can't partake in all the traditional cookout festivities!

So, break out the corn and your reusable napkins—this week's resource is all about plant-based grilling!

Here are 7 tips to make your plant-based Labor Day celebration the talk of the town:

1. Plant-based meats.

Want to throw a more traditional American cookout? Swapping out hamburgers and hot dogs for [plant-based meats](#) is easy! With countless mouth-watering options, these are sure to be a crowd-pleaser. Might we recommend the [Beyond Burger](#) or [Tofurky Italian Sausages](#)? Or, when in doubt, you can't go wrong with a classic veggie burger. Pick up the Veggie Bubba Burger for something with whole veggies you can actually see! Or roll up your sleeves and [make your own](#).



2. Corn on the cob.

Nothing quite says summer like a fresh, sweet and salty ear of corn. (Are you drooling yet?) Check out your local farmer's market for the tastiest batch, bring some home, and throw them directly on the grill! It's really that simple. But what plant-based butter should you use for extra flavor? An important question, given that we all know it's the best part! We suggest picking up some [Earth Balance](#) or [Pure Blends](#) for a rich, buttery experience.

3. Cauliflower steaks.

Cauliflower is everywhere these days. It's rice. It's pizza crust. It's even steak! Take a head of cauliflower and remove the leaves and stem, leaving it flat at the bottom so it stands up. Then, cut the head into half inch steaks and drizzle them with a little oil. Toss them on the grill for a few minutes until slightly charred, and flip! Feel free to season them however you'd like—possibly with some BBQ sauce or A1?

4. Tofu + veggie kebabs.

You know how to kebab—this one's easy! Take your favorite vegetables—tomato, red onion, bell pepper, squash, zucchini, you name it—cut them into chunks, and alternate them between some pressed, marinated tofu. Don't know how to press tofu? It's simple: take the block of tofu out of the package, layer it in between a clean kitchen towel, weigh it down by putting a plate and some cans on top, and leave it for 15 minutes or more! Feel free to get adventurous with your flavors here. Teriyaki tofu and pineapple, maybe? Sign us up.

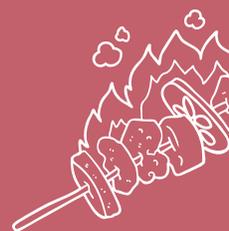


5. Sweet onions.

If you're a fan of caramelized onions, you'll love this one. Cut off both ends of a sweet onion, peel, and slice downwards through the first three-quarters on the the flat side in a checkerboard pattern. Season with olive oil, garlic, sea salt, and pepper, and wrap it up in some aluminum foil—seal it well so you don't lose the natural juices! Grill for about 30-45 minutes under medium heat, without flipping. Eat them by themselves directly from the foil!

6. Spicy watermelon.

Nothing says summer quite like watermelon. But it doesn't always have to be eaten plain (though it's perfectly refreshing that way!). If you want to impress your guests, try out this fun take on grilled fruit. Find your ideal watermelon and cut it into triangular slices. Whisk together some maple syrup, lime juice, cayenne pepper, and sea salt, and coat your watermelon. Place them on the grill for about two minutes on each side, or until grill marks appear, and serve!



7. Plantains.

If you want something versatile, look no further than plantains. Take an over-ripe plantain, cut it in half length-wise, and brush with a little olive oil. Next, mix together melted plant-based butter, brown sugar, lemon juice, and a dash of cinnamon. Grill the plantains fruit-side down for about 3-4 minutes. Flip them over, cover them in your buttery mixture, and grill for another few minutes. Alternatively, you can peel and smash the fruit together with your mixture, form them into pancakes, and grill them that way. Eat them like that or use them as sandwich bread!

Of course, to have a proper cookout, you need a healthy smattering of non-grilled sides. Thankfully, it's a breeze to make the classics plant-based!

- How about [potato](#) or [pasta salad](#)? It's all about carbs with these bad boys.
- Try making some [bean salad](#) to pack in the protein!
- You can't go wrong with tortilla chips and salsa, or guacamole.
- A refreshing fruit salad is always a hit, or mix it up and bring some [fruit skewers](#)!

We hope these plant-based tips help you feel right at home behind the grill! Don't forget to take some pictures of your plant-based cookout and share them with us using [#EatPlantsForAChange](#) and tagging [@CompassionUSA](#) on [Facebook](#), [Instagram](#), and [Twitter](#).

If you haven't already signed up for weekly plant-based resources, [sign up now](#)—it's easy and FREE! Adding your name will demonstrate to food companies across the country that consumers like you want more plant-based foods on the shelf and menus.

