

Vegetarian Times

July 2010

EAT GREEN • LIVE WELL

vegetarian times

light summer meals

36 fresh, healthy
recipes under
350 calories

THE THRILL OF THE GRILL

- Mediterranean garden party
- Best homemade veggie burger
- Killer kebabs

Classic salads reinvented

IN SEASON

COOKING WITH SWEET CORN

+ Freezer pleasers Save cash,
and make summer flavors last



GRILLED CORN WITH
CHIPOTLE-LIME BUTTER, p. 53
VEGETABLE KEBABS
AGRODOLCE, p. 61

\$4.99 US \$6.99 CAN

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goods

BY Christine Richmond

6 fab tools
to make you
a veggie
grill master



win!

Register at vegetariantimes.com/sweeps for a chance to win all six of these grilling goodies.

PLAY WITH FIRE

SMART SKEWERS

Fire Wire stainless steel skewers are so flexible, you can string them with veggies and then stuff them into a marinade-filled plastic bag until it's time to grill. \$12.09/set of 2; amazon.com

GRILL TOPPER

Veggies cook up evenly—and won't fall into the flames—when they're cooked on a Sur La Table 17- x 11¼-inch Stainless Steel Grill Grid. \$25; surlatable.com

APRON WITH A KICK

Stain-hiding black, roomy pockets, and an adjustable neck strap make this chile-adorned heavyweight from Bishop Aprons a winner. \$14.95; bishopaprons.com

GET A GRIP

Navigate a hot grill safely and easily with the 18-inch ergonomic OXO Steel Grilling Tongs, made from durable stainless steel. \$14.99; oxo.com

NICE SPICE

Simply Organic Grilling Seasoning has just the right blend of onion, garlic, pepper, sea salt, cumin, and other herbs to make veggies taste great. \$4.49; simplyorganicfoods.com

SAUCE SAVER

The Bodum Bistro Sauce Pot has a built-in silicone basting brush that doubles as an airtight lid, so you can pop leftover barbecue sauce straight into the fridge. \$19.95; bodumusa.com