

Vegetarian Times

June 2008

vegetarian

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Noodle
Salad with
Mangoes

JUNE 2008

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SPECIAL

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QUICK
5 ingredients



MEDITERRANEAN MARINADE

Makes 1 cup • Vegan

Marinate eggplant, zucchini, red bell peppers, and sweet onions along with 1 pound of tofu, tempeh, or seitan for 30 minutes to 8 hours in this tangy mixture. Grill or sear until vegetables are softened and golden. Serve with wedges of toasted pita.

- 1/2 cup red wine vinegar**
- Juice and zest of 1 lemon**
- 4 cloves garlic, minced (4 tsp.)**
- 1 Tbs. chopped fresh oregano or 2 tsp. dried**
- 1/2 cup olive oil**

Pulse vinegar, 3 Tbs. lemon juice, 1 Tbs. lemon zest, garlic, and oregano in blender until combined. Slowly add olive oil while blender is running to create thick, blended sauce. Season with salt and pepper.

PER 1/4-CUP SERVING: 255 CAL; <1 G PROT; 27 G TOTAL FAT [3.5 G SAT. FAT]; 4 G CARB; 0 MG CHOL; 148 MG SOD; <1 G FIBER; 1 G SUGARS



SWEET AND SOUR SHERRY VINEGAR MARINADE

Makes 1/2 cup • Vegan

This marinade is also called a gastrique, which is a culinary term for a mixture of caramelized sugar, fruit, and vinegar that has been reduced to a thick sauce. You'll have enough marinade to flavor a pound of cubed tofu, tempeh, seitan, or vegetables. Because of the high sugar content, this recipe works best for steaming or sautéing—grilling may cause the sugars to burn.

- 1/4 cup sugar**
- 1/2 cup fresh grapefruit juice**
- 2 Tbs. grapefruit zest**
- 3 Tbs. sherry vinegar**
- 1/2 cup canola or grape seed oil**

Bring sugar and 1 1/2 Tbs. water to a boil in small saucepan. Stir to dissolve sugar, and boil over medium-high heat 10 to 12 minutes, or until sugar caramelizes and browns. Remove from heat, and add grapefruit juice and zest. Return to burner and boil 1 minute, swirling pan occasionally. Stir in vinegar and oil. Cool.

PER 1/4-CUP SERVING: 154 CAL; 0 G PROT; 12.5 G TOTAL FAT [1 G SAT. FAT]; 12 G CARB; 0 MG CHOL; 1 MG SOD; 0 G FIBER; 8 G SUGARS



SOUTH-OF-THE-BORDER MARINADE

Makes 1 1/2 cups • Vegan

For fiesta-worthy vegetarian fajitas, soak sliced green onions and red bell peppers in this marinade with 1 1/2 pounds tempeh, tofu, or seitan for 30 minutes to 2 hours.

- 1 1.13-oz. pkg. taco seasoning**
- 2 Tbs. lime juice**
- 2 Tbs. vegetable oil**
- 1 tsp. lime zest**
- 1/4 tsp. chipotle hot sauce, such as Tabasco Chipotle**

Whisk all ingredients with 1 1/2 cups water in bowl. Season with salt, ground black pepper, and additional hot sauce, if desired.

PER 1/4-CUP SERVING: 60 CAL; 1 G PROT; 5 G TOTAL FAT [0.5 G SAT. FAT]; 4 G CARB; 0 MG CHOL; 331 MG SOD; 1 G FIBER; <1 G SUGARS ■

Chef and food writer Melynda Saldenais attributes her knack for creating quick and easy marinades to her childhood love of mixing up concoctions using random ingredients from the spice cupboard and refrigerator.