

Vegan Recipes for Summer

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Summer is here! Whether you prefer to spend your days lounging by the pool, on the boat with friends, or just enjoying the warmth in your own backyard, you need food to keep you energized throughout the day.

Barbecues are a popular summer get together, filled with great food and company. However if one does not eat meat or animal based products, it could suddenly turn into a nightmare.

Be conscious of the plant based people in your life, check out these vegan recipes to make sure everyone is accommodated at the next barbecue.

Recipe 1- Vegan Pulled Pork

Pulled pork is a summer classic. The trick to making it vegan is jackfruit, and it is sure to satisfy vegans and confuse meat eaters alike.

Ingredients:

40 oz young green jackfruit
1 tablespoon olive oil
1 small onion
1 cup barbeque sauce
½ cup water
salt (amount varies due to personal preference)
sriracha (amount varies due to personal preference)

Instructions:

Drain and rinse jackfruit in a colander. After patting the jackfruit dry, remove the core parts.

Dice an onion. Once diced, put olive oil in a pan over medium heat. Add onion to pan and cook until onion is soft and clear.

Add 40oz jackfruit, ½ cup water, and 1 cup barbeque sauce to the pan. Mix well then turn down heat to a medium-low setting. Cover pan and stir occasionally for 20 minutes.

After 20 minutes have elapsed, uncover the pan. Use forks to pull apart the jackfruit to get a pulled pork like consistency. Add sriracha and salt as desired.

Turn heat up to medium-high and stir for an additional 10 minutes, plate on bun of choice and serve with vegan coleslaw (recipe follows).

Recipe 2- Easy Vegan Coleslaw

Just made jackfruit pulled pork? This tangy coleslaw is ideal for serving on the sandwich, or just as a delicious side dish.

Ingredients:

5 Cups Coleslaw Mix

1/2 cup vegan mayo

1/2 cup non-dairy milk

1/4 cup of olive oil

1 tablespoon lemon juice

1 tablespoon sugar

1/4 teaspoon salt

pepper (amount varies due to personal preference)

Instructions:

Use two bowls. In the first bowl put coleslaw mix and set aside.

In the second bowl, combine vegan mayo, non-dairy milk, olive oil, lemon juice, sugar, and salt. Stir until the mixture runs smooth.

Take the bowl with the liquid mixture and add on top of coleslaw mix. Carefully combine the mixture and mix by using the folding method. It is best to use a wooden spoon for this part. After coleslaw is mixed thoroughly add pepper as desired

Chill in the refrigerator for 30 minutes to 1 hour and serve with jackfruit pulled pork, as a side, or in any way pleased.

Recipe 3- Vegan Pasta Salad

Need a classic yet vegan side dish? Vegan pasta salad is the recipe for you.

Ingredients:

(For salad)

1 tablespoon olive oil

6 oz vegan bacon diced (Morning Star)

12 oz short pasta

12 oz cherry tomatoes

1 large avocado

1/2 red onion
2 cups arugula
(For dressing)
1/2 cup vegan mayo
1/4 cup olive oil
2 tablespoon apple cider vinegar
1 teaspoon garlic powder
1 tablespoon cilantro
1 tablespoon parsley
salt and pepper (amount varies due to personal preference)

Instructions:

Starting with the dressing, chop cilantro and parsley. Combine all dressing ingredients into a small bowl. Stir and add salt and pepper as preferred. Let cool in the refrigerator.

Heat olive oil in a medium sized pan over medium-high heat. Cook vegan bacon until crispy. Once bacon is done, set aside.

In a large pan, bring water to a boil. Once water is boiled add salt and pasta. Cook pasta following the instructions on the package. Once done, drain and put in a large bowl.

Chop bacon, tomatoes, avocado, and onion, then add to the bowl with pasta. Add arugula to the bowl and mix, be careful not to break the pasta.

When ready to serve, take dressing out of the refrigerator and add to pasta. It is best to wait to add dressing until ready to serve to avoid the salad becoming soggy.

Sources:

Jackfruit pulled pork: <https://www.noracooks.com/jackfruit-pulled-pork/>

Vegan coleslaw: <https://wowitsveggie.com/vegan-coleslaw/>

Vegan pasta salad: <https://www.thissavoryvegan.com/vegan-blt-pasta-salad/>