



the main course

**HOT, COOL + SWEET
ASPARAGUS STIR-FRY** SERVES 4

The heat comes from the red chiles and fresh ginger, the mint and basil cool things down, and the hoisin sauce adds the perfect amount of sweetness. The fragrances unfurl as they cook—this is a hot stove you want to stand in front of! “Be sure to have all your ingredients prepped and within arm’s reach,” Swanson says. “Because once you fire up the wok, the cooking goes fast.”

- Toasted sesame oil
- 6 oz. extra-firm tofu (patted dry and cut into slices as thick as a pencil and 1" square)
- 8 green onions, thinly sliced
- 1½ tbsp freshly grated ginger, peeled
- 1 tsp crushed red pepper flakes
- 1 bunch asparagus, trimmed and cut at an angle into long pieces (we opted for a combination of long pieces and strands made with a julienne peeler)
- Fine-grain sea salt
- 6 cloves garlic, chopped
- ½ cup cashews, chopped (toasted in a dry pan on a stove)
- A few handfuls of spinach (or chopped kale or chard)
- 2 limes, zested and juiced
- 4 tbsp hoisin sauce
- 1 small bunch fresh mint, slivered
- 1 small bunch fresh basil, slivered

1 Heat a splash of sesame oil in a large pan or well-seasoned wok over medium-high heat. **2** Once hot, add tofu and cook until golden, about 5 minutes. Remove from pan and set aside. **3** Add another big splash of oil to pan, and as soon as it’s hot, toss in onions, ginger, red pepper flakes, asparagus, and salt. Stir-fry for about 1 minute. **4** Add garlic, cashews and spinach. Stir-fry for another minute, or until spinach wilts. **5** Return tofu to pan. **6** Mix in lime zest and juice and hoisin sauce. Cook for another 10–20 seconds, stirring constantly. **7** Remove from heat and stir in mint and basil. **8** Salt to taste and serve immediately.

vegan Mediterranean Grilled Vegetables

Serves 4–6 / If you can’t find baby vegetables, use larger ones and cut into 2-inch pieces. Prep tip: If you have time, salt the eggplant and squash; leave in a colander for 30 minutes to draw out extra moisture, then rinse and pat dry. Serving tip: Great with Grilled Pita Bread (left).

MARINADE

- ¼ cup balsamic or red wine vinegar
- ¼ cup olive oil
- 2 teaspoons minced garlic
- ½ tablespoon dried thyme
- 1 tablespoon dried rosemary
- ½ tablespoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

- 1 small eggplant (¼ pound), sliced into 2-inch-thick rounds
- 3 baby summer squash
- 3 baby zucchini
- 3 baby pattypan squash
- ½ medium red onion, peeled and cut into ½-inch-thick slices
- ½ cup cherry or grape tomatoes, left whole
- ½ yellow bell pepper, cut lengthwise into 2-inch-wide slices
- ½ red bell pepper, cut lengthwise into 2-inch-wide slices
- Fresh basil leaves, for garnish

1. Combine all marinade ingredients in a glass jar; shake well. (This can be made ahead and refrigerated up to 4 days.)
2. Place all vegetables in a large glass dish or plastic container with lid. Pour marinade over all; toss well to coat. Let sit 30 minutes to 2 hours.
3. Preheat grill to medium-high. Remove vegetables from marinade and place on grill; use a grilling basket for smaller pieces. Grill until tender, 5–10 minutes per side. Transfer to a large platter. Garnish with fresh basil.

PER SERVING: 161 cal, 50% fat cal, 10g fat, 1g sat fat, 0mg chol, 4g protein, 17g carb, 5g fiber, 227mg sodium ▶

FOOD STYLIST: BASIL FREEDMAN; PROP STYLIST: ROBIN TURN