

Vegetarian Picnic Food Ideas

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you're a vegetarian or sharing a picnic with a few, you'll need to make sure that there is plenty of vegetarian picnic food available. Here are a few options.

Veggie Burger

A veggie burger is a meatless hamburger patty. Instead of beef, a veggie burger can be made from vegetables, soy meat, dairy products, wheat or other ingredients. Veggie burgers made of soy meat can be tossed on the grill just like regular burgers. A few of the most popular versions of the veggie burger are the portabella mushroom burger and the spicy black bean burger.

Falafel

Give your picnic food some Middle Eastern flair by preparing a few falafels. This tasty vegetarian dish consists of a ball or patty constructed of ground chickpeas and fava beans and usually served in a pita. It is often topped with vegetables and tahini-based sauces.

Big salad

Toss all of your favorite veggies together in a delicious salad and you have a killer picnic meal. Here's a swell recipe for a sun-dried tomato salad that will satiate any picnicker's hunger.

Tofu Dog

Want a hot dog without the meat? Then, just toss a tofu dog on the grill. A tofu dog is high in protein, low in fat and a delicious picnic food. Feel free to slather it in ketchup and mustard just like you would with a regular hot dog.

Deviled Eggs

Typically composed of hard-boiled eggs, mayonnaise, salad dressing and mustard, deviled eggs are a delectable picnic food option. Spice your deviled eggs up by by tossing a little paprika or garnish on them.


Pasta Salad

A pasta salad can be made in a variety of options, from Greek salads to anti-pasta salads to Italian pasta salads. Toss in vegetables like baby carrots, sweetcorn, snow peas and others to give your pasta salad some extra punch.

The bottom line on vegetarian picnic food

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you spend some time considering your options, you should be able to find numerous vegetarian dishes for your picnic and ensure that all of your fellow picnickers are accommodated.

John Moxly has spent more than 30 years working as a writer in various facets of the outdoors and camping industries. He is an avid camper and buys all of his picnic baskets and backpacks from Picnic World.

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