

Grilling Vegetables

Types of Grills

Outdoor: Gas, Charcoal, Smoker, Electric

Indoor: Phillips Smokeless Grill (recommended), Stove top (very smoky), Panini style or George Foreman grills (This sears the meat rather than truly grilling).

Preparing the Grill

Preheat grill for 10 - 20 minutes

Cleaning:

- For grills with non-stick surfaces (mainly indoor or small grills with easily removable grates) wash the grill from prior cooking before preheating the grill.
- For larger grills (outdoor, including gas) preheat the grill to burn off remains of prior cooking, then scrape grill clean prior to greasing with either oil or cooking spray.

Greasing the grill (to minimize food sticking to the grill while cooking):

- Method 1: Soak 1-2 paper towels in oil and use tongs to run it quickly over a hot grill.
- Method 2: Turn off the hot (gas) grill, and spray it with cooking spray prior to grilling.

Safety Note: Either purchase non-flammable spray for grilling or TURN OFF A GAS GRILL prior to using regular spray such as Pam to avoid the whole can catching on fire.

Preparing Vegetables to Grill

Wash the vegetables and cut them into desired serving size pieces. Cut larger vegetables such as eggplant, zucchini, yellow squash, and onions into thick even slices for the best results when grilling. For smaller or thinner vegetables such as asparagus, mushrooms, and Brussels sprouts, just trim the ends and grill whole.

Directions

Brush or toss the vegetables with oil (optional). Grill the vegetables on each side for 4-6 minutes (grill marks should be visible). Vegetables are done when they are tender (when stuck with a fork), juicy, slightly charred, and still bright in color.

Storage

5 days in refrigerator

After Cooking

- Season with salt or other marinade of choice.
- High quality balsamic vinegar is a nice topping for zucchini or mushrooms.
- Lemon zest and capers are a nice topping for zucchini or asparagus
- If not serving immediately, keep grilled food warm in the oven preheated to 150-200°F.