

GUIDE TO GRILLING PRODUCE

HEALTHY & FLAVORFUL

The grill can be a great tool for balanced, high-fiber meals. Branch out of a basic burger routine and try something new!



PREP YOUR PRODUCE

Cut your produce into more manageable pieces for quick cooking. Slice tomatoes in half, cut corn cobs into 2" pieces, slice eggplant, onion and zucchini into 1/2" rounds and cut bell peppers into fourths. Asparagus, green beans and scallions can go on the grill whole.

Some produce items can be pre-cooked by boiling or microwaving. Carrots, yams, potatoes and parsnip can all be prepped this way. Cook until tender, then spray with olive oil, season and grill.



SALT FREE SEASONING

Olive oil and black pepper or a squeeze of lemon are a great foundation. For more, try sprinkling produce with an dried herb blend. Or, brush on a marinade of oil, garlic, lemon and dill for a Greek take. You can also flavor after grilling by drizzling with a vinaigrette.



GET CREATIVE

Go beyond grilled asparagus. Try scorching halved romaine or endive. Cabbage wedges are a great addition to any Asian dish. Okra and beets both benefit from grilling by allowing them to crisp and deepen their flavors. Grilled fruit can provide a unique dessert.

MOST PRODUCE COOKS WELL OVER MEDIUM TO MEDIUM HIGH HEAT ON AN UNCOVERED GRILL. SOME TOOLS, LIKE BASKETS OR GRILL MATS MAKE THE PROCESS EVEN EASIER. FLAT OR DOUBLE SKEWERS PREVENT SPINNING.