



# How to: Grill Vegetables



## FIRE UP THE GRILL 1

When hot, move the coals to one side or turn off one burner. You want a hot sections and a warm section.

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## CUT YOUR VEGETABLES 2

Cut to the same thickness. About 1/2 inch thick is usually good. Cut lengthwise or at an angle for bigger pieces.

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## PRE COOK 3

See next page to learn which vegetable are best pre cooked and which can go directly on the grill.

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## START HOT, FINISH WARM 6

Place vegetables for a few minutes over the heat to brown, then finish cooking on the other side of the grill.

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## BRUSH WITH OIL 5

A think layer of oil prevents sticking. Also add salt, herbs or spices. Another option is to marinate your vegetables in the refrigerator.

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## AVOID FALLS 4

To prevent small vegetables from falling through the grate, you can put them on a skewer or use a grill pan with holes

Vegetables are finished when tender. Usually 5-15 m minutes





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**SOME VEGETABLES** cook slowly and will dry out or burn on the grill. You can try cutting these thin to cook faster, but for best results cook them before grilling. Pre-cook them by boiling, steaming, baking, or microwaving until soft enough to be easily poked with a fork. Then, finish them on the grill for a smoky flavor.

ROASTING		
DO NOT PRE COOK		PRE COOK
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Beans</li> <li>• Bok choy</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cauliflower</li> <li>• Corn</li> <li>• Eggplant</li> <li>• Fennel</li> </ul>	<ul style="list-style-type: none"> <li>• Green garlic</li> <li>• Kohlrabi</li> <li>• Onions</li> <li>• Peppers</li> <li>• Radishes</li> <li>• Salad Turnips</li> <li>• Summer Squash</li> <li>• Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Carrots</li> <li>• Celeriac</li> <li>• Parsnips</li> <li>• Potatoes</li> <li>• Rutabaga</li> <li>• Turnips</li> <li>• Winter squash</li> </ul>

## TIPS

### GRILLING IN A FOIL POUCH

Use Try grilling vegetables with a little oil, herbs and spices sealed in foil. The foil traps steam inside which keeps vegetables moist- no need to pre-cook. Different vegetables cook at different speeds so don't mix vegetable types.

### FAVA BEANS AND CORN

Grill fava beans in the pod and corn with the husks on. They will steam inside until tender and develop a smoky flavor. Just peel, season, and eat.