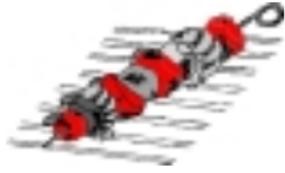


# Grilling Vegetables



## Farmers' Market Season

June through October

### Buying Tips and Storage

The vegetables below are excellent grilled. For buying tips and storage information see the individual vegetable cards.

### Preparation

Grilling is an easy and healthy way to cook vegetables. Different types of grills are available, and all can be used to grill vegetables. Grilled foods taste good with little added fat and seasonings. Wash vegetables thoroughly in cold water and pat dry with paper towels. Brush or spray with vegetable oil before grilling.

<b>Bell Peppers</b>	Cut peppers in half lengthwise; remove seeds. Grill peppers 12 to 15 minutes. Turn occasionally.
<b>Eggplant</b>	Use small eggplants--about 3 to 4 ounces each; cut in half lengthwise. Grill, turning once, for 10 to 12 minutes.
<b>Mushrooms</b>	Use whole mushrooms--1 $\frac{3}{4}$ to 2-inches in diameter. Grill 12 to 14 minutes, turning occasionally.
<b>Onions</b>	Slice onions $\frac{1}{2}$ inch thick. Grill onions for 15 to 20 minutes. Turn occasionally.
<b>Summer Squash</b>	(Yellow or Zucchini Squash) Use small squash--about 5 inches long; cut in half lengthwise. Sprinkle with Italian seasoning. Grill squash for 8 to 12 minutes, turning once.
<b>Tomatoes</b>	Use large tomatoes. Slice large $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Grill until heated through (3 to 5 minutes). Turn once.

## **KEY NUTRIENTS**

Vegetables contain fiber and a variety of vitamins, minerals and other substances that promote wellness. Each vegetable has a special mix of healthful nutrients, so include a variety of vegetables in your diet.

## **Recipes**

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### **Grilled Corn in Husks:**

Remove the exposed corn silk and loose husks. Leave 2 to 3 layers of husk on each cob. Soak in cold water 1 hour. Remove from water. Grill about 20 to 30 minutes, turning frequently. Allow corn to cool slightly, then pull back husks and use as a handle.

### **Kabobs:**

Cut vegetables like eggplant, bell peppers, squash, or mushrooms in pieces that are all about the same size. Thread on skewers. Long metal skewers are best. If using wood skewers, soak in water for 10 minutes before using. Brush vegetables lightly with oil. Grill over medium heat, turning occasionally, for 12 to 15 minutes.

### **Foil Vegetable Packets:**

Place sliced vegetables on a heavy piece of foil. (Let children select their own vegetables.) Sprinkle with water and season to taste. (Try basil, dill, thyme, rosemary, oregano, or tarragon.) Close tightly and grill 20 to 30 minutes. Open carefully to avoid steam burns.

### **Grilled Winter Squash**

- 2 pounds banana or butternut squash
- 2 tablespoons apple juice
- 2 tablespoons melted margarine
- 2 tablespoons brown sugar

Cut squash into 4 pieces; discard seeds. Place squash in microwave-safe dish. Cover loosely. Microwave on high 5 to 7 minutes. Pierce flesh of squash with fork at 1-inch intervals. Place squash in foil pan. Combine apple juice and margarine; brush over squash. Sprinkle with sugar. Grill on covered grill over medium heat 20 to 30 minutes until squash is tender.

State of Wisconsin

Department of Health and Family Services

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