

GRILLING ESSENTIALS

VEGGIE KABOBS



PORTABELLA MUSHROOMS



COLOR BELL PEPPERS



SWEET ONIONS



ZUCCHINI



ASPARAGUS



BRUSSELS SPROUTS



ROMAINE



YELLOW SQUASH



PINEAPPLE



CORN



EGGPLANT



BALSAMIC GRILLED VEGETABLES

INGREDIENTS

- 2 small zucchini
- 1 yellow squash
- 1 large yellow onion cut into rounds
- 1 small head broccoli chopped into small pieces
- 1/2 head cauliflower chopped into small pieces
- 1 carrot sliced into rounds
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup balsamic vinegar
- 1/4 - 1/2 cup olive oil
- 1 tbsp chopped fresh parsley for garnishing

INSTRUCTIONS

1. Preheat grill to medium heat. Prepare your grill basket.
2. Place all vegetables in a large bowl and pour balsamic and olive oil. Make sure all vegetables are evenly coated. You can use mist sprayers to evenly coat vegetables with olive oil and balsamic.
3. Put vegetables in grilling basket and grill for around 20 minutes until vegetables are lightly charred. Toss every 3 minutes, to make sure they don't burn.
4. Remove from grill and place in a bowl. Season with salt, black pepper and parsley. Pour some more balsamic vinegar



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