



FRESH IDEAS for GRILLED VEGGIES

six amazingly
delicious flame-
kissed dishes »

You've marinated the chicken, skewered the shrimp and prepped the burgers to go on the grill. But what about your sides? While you've got the barbecue fired up, toss on some veggies to round out the meal. Most varieties are perfectly suited for spending some quality time on the grill. They require minimal preparation (just a splash of olive oil and some seasoning) and don't take much cooking time. Even better: Veggies of all types, from leafy greens to slender carrots, take on a wonderfully charred sweetness when they're roasted over an open flame.



*a taste of
summer in
every bite!*

Grilled corn and red onion salad.

Husk 4 medium ears of corn; cut a large red onion into 1/2-inch slices. Grill vegetables on medium-high heat (375° to 400°F) for 8 to 10 minutes, (flip onions and rotate corn) until charred. Remove from grill; coarsely chop red onion, cut corn off cob and transfer vegetables to a serving bowl. Add 1 pint halved cherry tomatoes. In a small bowl, whisk together the dressing: 2 tablespoons olive oil, 1 1/2 teaspoons white or red wine vinegar, salt and pepper. Toss vegetables with dressing; top with sliced fresh basil. Refrigerate any leftovers.



Grilled cauliflower/broccoli "steaks."

Start with about 2 pounds of cauliflower or broccoli (choose broccoli with thick stems). Trim the stems and peel them. Slice the broccoli or cauliflower about 3/4-inch thick (you'll probably get 3 steaks per head). Marinate in olive oil, Italian herbs, salt and pepper. Grill on medium-high heat (375° to 400°F) for 5 to 7 minutes per side, until steaks are charred and crisp-tender. Before serving, top with a squeeze of lemon juice and a sprinkle of grated Parmesan. Refrigerate any leftovers.

Grilled Romaine salad with bacon and blue cheese.


Cut 2 hearts of Romaine in half; brush very lightly with olive oil and season with salt and pepper. Grill on medium-high heat (375° to 400°F) for 3 to 5 minutes until lightly charred and slightly wilted. Serve with your favorite blue cheese dressing, crumbled bacon and halved cherry tomatoes. Refrigerate any leftovers.

Soy-ginger grilled carrots.

Wash about 1 pound of slender carrots and remove tops (leaving a bit of green stem) and peel, if desired. Steam carrots over boiling water for 5 minutes; quickly rinse in cold water to stop cooking. In a large bowl, whisk together a marinade: 2 tablespoons olive oil, 2 tablespoons low-sodium soy sauce, 1 tablespoon honey, 1 teaspoon finely grated fresh ginger and a pinch of salt and pepper. Toss the carrots in the marinade; let sit for about 30 minutes. Grill on medium-high heat (375° to 400°F) until you see grill marks, turning regularly, about 15 minutes. Refrigerate any leftovers.



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yup, you really can grill green beans!

Grilled green beans.

Wash and trim the ends of 1 pound of fresh green beans. Marinate for about 30 minutes in 1/4 cup olive oil, 2–3 minced garlic cloves and a pinch of red pepper flakes. Preheat a perforated vegetable-grilling pan over medium-high heat (375° to 400°F); grill beans until they're crisp-tender and lightly browned, turning regularly, about 10 minutes. Spritz with lemon juice. Refrigerate any leftovers.

Grilled sweet potatoes.

Peel 2 pounds of sweet potatoes or yams; cut into 1/2-inch thick slices. Brush with olive oil, and sprinkle with 1/2 teaspoon dried thyme, salt and pepper. Grill on medium-high heat (375° to 400°F) for 15 to 20 minutes, turning once, until potatoes are charred and tender. Refrigerate any leftovers. ●

