

## Easy to Prepare Delicious Grilled Vegetables

Grilled vegetables are always a great addition to salads, wraps, tossed with pasta and even to have as a snack. Grill a large batch and keep in the refrigerator to use all week long as needed. The great part is that grilling can be done with almost any vegetable of your liking.

Just a few notes to insure you get the desired outcome:

You need heat when using the grill, indoor oven, or a grill pan – about 400 degrees. I know it is hard to tell when using a grill pan or the grill but just make sure it is plenty hot.

Place the vegetables with space between them. If you crowd them all together, the heat will steam them rather than roast them.

Roast like vegetables together. For example, butternut squash and potatoes take about the same time so roast them together. Where zucchini and eggplant will roast equally and take the same amount of time.

Slice or dice (if roasting squash) the vegetables as close to the same size as possible so they roast equally.

Do not coat the vegetables with olive oil before grilling. They will get “mushy” and soggy. It’s better to grill without the oil (or if you really need it, just a very light touch,) and then add just a little before serving.

Try these ingredients but do not be limited. Grill your favorites.

### **Ingredients:**

2-3 medium Zucchini sliced into thin rounds.  
1 bag of mini peppers (1 LB) Sweet mini peppers, washed.  
2 Eggplants sliced into ¼ inch rounds.  
Very light sprinkling of salt – just a pinch  
2 tablespoons of EVOO  
1 tbsp. Balsamic Vinegar  
2-3 Garlic cloves sliced lengthwise.  
2 tbsp Mint leaves minced or left whole.  
1 tbsp Parsley, minced.

### **Directions:**

- Cut and prep all vegetables.
- Preheat the grill pan or outdoor grill.

For more recipes: <https://www.wholehealthlongevity.com>

- Place vegetables flat on grill in one layer. Cook for about 6-7 minutes per side until golden in color and grill marks are formed.
- Once vegetables are tender and cooked transfer them to a bowl and let them cool.
- Add EVOO, Balsamic, garlic and salt to the vegetables and toss.
- Place vegetables on a serving plate and garnish with Mint leaves and parsley.

Roasting in a grill pan over the stove- These could even be a little farther apart.



Finished Product!

