

Vegetables on the Grill

Grilling vegetables is easy. The general rule is to cut the vegetables into pieces that will cook quickly and evenly. All pieces should be of consistent thickness and no more than about 3/4 to 1 inch thick. Soak vegetables in cold water for about 30 minutes before you grill them to keep them from drying out. Pat dry, then brush lightly with oil to prevent sticking. Do not overcook.

Asparagus

Cut off ends. Soak in water. Place on grill, turning every minute. Remove when tips start to turn brown. You can add some extra flavor to asparagus by adding herbs to the oil.

Bell Peppers

Cut through the middle of the pepper top to bottom. Remove stems, seeds and whitish ribs. Brush lightly with oil and grill for 2-3 minutes on each side.

Chili Peppers

Brush with oil. Grill whole on each side, 2-3 minutes. To reduce the heat, cut off the stems and pull out the seeds.

Corn on the cob

Gently pull back the husks but don't remove. Remove the silk and cut off the very end. Soak in cold water, dry and brush with butter. Fold the husks back down and tie or twist the ends. Place on grill for about 5 to 7 minutes. Turn to avoid burning.

Garlic

Take whole bulbs and cut off the root end. Brush with olive oil and place cut side down over a hot fire. Grill garlic bulbs for about 10 minutes or until the skin is brown.

Onions

Remove skin and cut horizontally about 1/2 inch thick. Brush with oil and grill 3-4 minutes.

Tomatoes

Cut in half, top to bottom. Brush with a light coating of oil and grill cut side down 2-3 minutes.

Potatoes

Wash thoroughly and dry. Rub with oil. Wrap in aluminum foil and grill 35-40 minutes, turning occasionally.

Zucchini

Slice 1/2 inch thickness. Brush with oil and grill 2-3 minutes per side.

Paul Higgins, CEC, Knox County Ohio