

Daily Dining Dilemmas

TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS



Best Vegetables to Grill...

For all the vegetables listed below, brush with olive oil, sprinkle with salt & pepper (or seasoning of your choice), grill on medium-high heat, turning occasionally.

- Artichokes - 1 pound; halve & scoop out the choke; grill for approximately 8 min
- Asparagus - 1 pound; trim ends; grill for 6-8 minutes
- Bell Peppers - 2 large peppers; halve/seed/stem; grill for approximately 5 minutes
- Corn - 4 ears; husk corn; grill for 8-12 minutes
- Eggplant - 1 pound; cut into 1/4 inch thick rounds; grill for 2-3 minutes
- Portobello Mushrooms - 4 large; remove stems and scrape out gills with spoon; grill for 6-8 minutes
- Onions - 2 medium; peel & cut into 1/4 inch thick rounds; grill for 2-3 minutes
- Zucchini - 1 pound; slice diagonally into 1/4 inch thick slices; grill 4-6 minutes
- Summer Squash - 1 pound; slice diagonally into 1/4 inch thick slices; grill 4-6 minutes

Source: eatingwell.com

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