

Daily Dining Dilemmas

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



Tips for Grilling Vegetables...

- Oil the Vegetables Lightly (to keep them from drying out, just a light coating)
- Know Proper Cook Time (sear over high heat then move to a cooler part of the grill to let them finish cooking)
- Use a Skewer or a Grill Basket for Small Pieces (if you don't have either, make a "basket" out of heavy duty foil)
- Cut Smaller Pieces for Quicker Cooking (cut round veggies into thin rounds and long veggies in long, thin pieces)
- Try Cooking in Packets (for veggies like sweet potatoes, place in a single layer on foil, fold foil over and pinch edges together; place on the grill, covered 12-15 minutes but be careful of the steam when you open them)

Source: eatingwell.com

Created by Wendy Case, FCH Agent - Parmer County

TEXAS A&M
AGRILIFE
EXTENSION