

Cooking Guide

Grilled Veggies

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Outdoor Grilling – Charcoal or Gas	Indoor Grill Pan
Prepare the grill for direct cooking.	Wash and prep veggies as directed below.
Wash and prep veggies as directed below.	Heat pan over medium-high heat.
Toss veggies with melted coconut or avocado oil. Season with salt & black pepper, if desired.	Add coconut or avocado oil. Season with salt & black pepper, if desired.
Place veggies on grill rack.	Place veggies in pan.
Grill uncovered following the time indicated in chart or until crisp-tender.	Cook according to time indicated in chart or until crisp-tender.

Veggie	Prep	Outdoor Grill	Indoor – Grill Pan	Instructions
Asparagus	Cut off the woody ends	Grill 6 – 8 minutes	Cook 10 – 12 minutes	Turn Frequently
Bell Peppers	Cut into quarters	Grill 6 – 8 minutes	Cook 10 – 12 minutes	Turn Occasionally
Corn on the Cob	Pull back the husks, remove silk and rinse with water. Pull husks back up to cover corn.	Grill 20 – 22 minutes	Not recommended	Turn Occasionally
Eggplant	Cut into ½-inch slices	Grill 6 – 8 minutes	Cook 6 – 9 minutes	Turn Occasionally
Onions	Cut into ½-inch slices	Grill 10 – 12 minutes	Cook 10 – 12 minutes	Turn Once
Portobello Mushrooms	Trim stem ends	Grill 6 – 8 minutes	Cook 6 – 8 minutes	Turn Occasionally
Potatoes	Do not peel, cut into ½-inch slices	Grill 10 – 12 minutes	Cook 10 – 14 minutes	Turn Occasionally
Tomatoes	Cut in half	Grill 6 – 8 minutes	Cook 5 – 8 minutes	Turn Occasionally
Yellow Summer Squash and Zucchini	Cut into ½-inch slices	Grill 6 – 8 minutes	Cook 6 – 9 minutes	Turn Occasionally