



GRILL IT!



Grilling isn't just for cooking meat! Many vegetables—and even fruits—can be cooked on an outdoor charcoal or gas grill. As heat builds from beneath the food, the grill grates make black grill marks caused by the caramelization of the natural sugars in the food. To add even more flavor, vegetables can be marinated before cooking.

BASIC STEPS FOR GRILLING VEGETABLES

1. Before heating the grill, be sure that grates are clean to help keep foods from sticking.
2. Prepare the charcoal or gas grill according to your grill's specific directions until it reaches a high temperature (400-425° F).
3. Slice vegetables (about ¼" - ½" thick) into large pieces that won't slip through the grill grates. Some vegetables can be grilled whole, like portabella mushrooms or asparagus.
4. If desired, marinate vegetables for about 30 minutes or overnight using a simple low sodium marinade made from citrus juice or vinegar, chopped garlic, a pinch of salt, and oil. If vegetables aren't pre-marinated, toss them lightly in oil or spray them lightly with pan spray (away from the grill) before placing on the grill.



5. Place vegetables directly on the grill grates until grill marks form underneath. Turn the vegetable a quarter turn (on the same side) and allow to cook again. Finally, flip the vegetable over and allow to cook to desired doneness.

6. Remove vegetables from grill and serve immediately. Grilled vegetables can also be refrigerated and enjoyed cold.



TIPS: Marinades that have sugar, honey, or tomato product (like ketchup or barbeque sauce) as these products are more likely to stick to the grill and burn easily. Use these products after grilling.

Want to stay inside? Try placing a solid surface, indoor grill pan on your kitchen's electric or gas cooktop to get nearly the same grilled effect!

MEAL IDEAS FOR GRILLED VEGETABLES:

1. Make a tostada with grilled nopales, black beans and lettuce topped with salsa.

2. Grill peaches, plums, pineapples, or melons and top with a dollop of lightly sweetened yogurt as a tasty dessert.

3. Add grilled onions and peppers to create flavorful sandwiches or wraps.



< Watch this cooking method.



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The Double Up Oklahoma (DUO) program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit DoubleUpOklahoma.org to find a DUO-participating farmers market or grocery store location near you.



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CULINARY MEDICINE

This content was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



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Explore More Family-Friendly Recipe Ideas



This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.

