



## Grilling Fruits and Vegetables

June 2015

### Grilled Sesame Sweet Potatoes

*Whole Foods Market*

Makes:

#### Ingredients

3 large sweet potatoes  
2 tablespoons toasted sesame oil

#### Directions

Cut sweet potatoes into 1/4-inch-thick slices; brush with toasted sesame oil. Grill 15 to 20 minutes, or until tender and browned.

### Grilled Mushrooms

*Taste of Home*

Makes: 4 servings | Total Time: 15 minutes

#### Ingredients

1/2 pound fresh mushrooms  
1/4 cup olive oil  
1/2 teaspoon dried dill weed  
1/2 teaspoon garlic powder  
Dash of sea salt

#### Directions

1. Thread mushrooms on 4 metal or soaked wooden skewers. Combine oil, dill, garlic and salt; brush over mushrooms.
2. Grill over medium-high heat for 10 to 15 minutes or until tender, basting and turning every 5 minutes.

## **Grilled Pineapple with Balsamic Honey Glaze**

*Whole Foods Market*

Makes: 4 servings

### Ingredients

1/3 cup white balsamic vinegar  
2 tablespoons honey  
1/4 teaspoon Chinese five-spice powder  
1 pineapple, peeled, cored and cut into 1/4-inch-thick slices

### Directions

1. Prepare a grill or grill pan for medium-high-heat cooking.
2. In a large bowl, whisk together vinegar, honey and five-spice powder. Add pineapple slices, a couple at a time, and toss to coat with glaze. Grill until warmed and marked on both sides, 5 to 7 minutes, turning over halfway through cooking and brushing with remaining glaze while cooking.

Nutrition Information (per serving): Calories 160, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrates 41g, fiber 3g, Sugars 34g, Protein 1g

## **Mixed Berry Compote**

*Whole Food Market*

### Ingredients

3 cups fresh berries  
2 teaspoons light brown sugar  
1 teaspoon lemon juice  
1/2 teaspoon cinnamon

### Directions

1. Combine berries with brown sugar, lemon juice and cinnamon.
2. Cut 2 (10-inch) heavy duty foil pieces and spoon 1 1/2 cups berry mixture onto center of each foil sheet. Fold edges together to seal packets.
3. Grill packets for 5 minutes.

## **Zesty Herb Grilled Vegetables**

*McCormick*

Makes: 8 servings

### Ingredients

1 package McCormick® Grill Mates® Zesty Herb Marinade

1/3 cup water

1/4 cup olive oil

3 tablespoons white wine vinegar

2 large ripe tomatoes, cut into 1/2-inch slices

1 medium yellow bell pepper, cut lengthwise into 2-inch strips

1 medium zucchini, cut lengthwise into 1/4-inch slices

### Directions

1. Mix marinade mix, water, oil, and vinegar in a small bowl. Place vegetables in a large resealable bag or glass dish. Add marinade; turn to coat well. Refrigerate 15 minutes or longer for extra flavor.
2. Remove vegetables from marinade, reserving marinade.
3. Grill over medium-high heat for 2 to 4 minutes per side or until tender-crisp, brushing with reserved marinade halfway through cooking. (Grill tomatoes about 2 to 3 minutes per side.). If desired, drizzle vegetables with remaining marinade.

Nutrition Information (per serving); Calories 82, Total Fat 6g, Saturated Fat g, Cholesterol 0mg, Sodium 214mg, Carbohydrate 6g, Fiber 2g, Protein 1g