

TRY IT

Grill Your Vegetables and Fruits

Here is a recipe to help you add more vegetables to the grill:

ALL YOU NEED:

- 2 zucchini, ends trimmed and sliced lengthwise into 1/4-inch planks
- 2 medium yellow, red or green bell pepper, sliced top to bottom creating 4-5 sections/slices, discard stem and seeds.
- 1 onion, sliced crosswise into rounds
- 3 Tbsp. olive oil for brushing
- 2 Tbsp. garlic and herb seasoning blend (*such as Mrs. Dash*®)

For serving:

- Salt and freshly ground pepper to taste
- 1 Tbsp. balsamic vinegar, optional

ALL YOU DO:

1. Preheat an outdoor grill for medium-high heat.
2. Brush the zucchini planks, pepper slices and onion rounds on both sides with olive oil and sprinkle on both sides with some of the seasoning blend. Transfer the vegetables to the heated grill cook until tender, about 8-10 minutes, flipping halfway through. Checking for tenderness and looking for grill marks helps indicate when done. You may like your vegetables cooked slightly less or longer.
3. Once finished cooking, place vegetables on serving platter. They are ready to enjoy. You can also season with salt and freshly ground pepper to taste and add a splash of balsamic vinegar.

**HALL-PERRINE
CANCER CENTER**

