



**EASY TO
PREPARE
DELICIOUS
GRILLED
VEGETABLES!**

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Only one in seven people in the U.S. meet the recommended requirements for eating vegetables. Here's how you can change that statistic for yourself – copy the Mediterranean way of grilling vegetables and keep them on hand to use as side dishes or snacks.

Every household in the south of Italy has a tray of grilled vegetables in their refrigerator at all times.

Grilled vegetables are always a great addition to salads, wraps, tossed with pasta and even to have as a snack. Grill a large batch and keep in the refrigerator to use all week long as needed. The great part is that grilling can be done with almost any vegetable of your liking.

You need heat when using the grill, indoor oven, or a grill pan – about 400 degrees. I know it is hard to tell when using a grill pan or the grill but just make sure it is plenty hot.

Place the vegetables with space between them. If you crowd them all together, the heat will steam them rather than roast them.

Roast like vegetables together. For example, butternut squash and potatoes take about the same time so roast them together. Where zucchini and eggplant will roast equally and take the same amount of time.

Slice or dice (if roasting squash) the vegetables as close to the same size as possible so they roast equally.

Do not coat the vegetables with olive oil before grilling.

They will get “mushy” and soggy. It’s better to grill without the oil (or if you really need it, just a very light touch,) and then drizzle good quality EVOO right before serving.

Try these ingredients but do not be limited. Grill your favorites.

Here's an example for what to experiment with.

Ingredients:

2-3 medium Zucchini sliced into thin rounds.

1 bag of mini peppers (1 LB)
Sweet mini peppers, washed.
2 Eggplants sliced into ¼ inch rounds.

Very light sprinkling of salt – just a pinch

2 tablespoons of EVOO (high quality extra virgin olive oil)

Balsamic Vinegar to taste

2-3 Garlic cloves sliced lengthwise.

2 tbsp Mint leaves minced or left whole.

½ cup parsley, minced.

Directions:

- Cut and prep all vegetables.
- Preheat an indoor grill pan on the stove or the outdoor grill.
- Place vegetables flat on the grill in one layer.
- Grill for about 6-7 minutes per side until they are golden in color and grill marks are formed.
- Once vegetables are tender and cooked, transfer them to a bowl and let them cool.
- Add EVOO, Balsamic, garlic and salt to the vegetables and toss.
- Place vegetables on a serving plate and garnish with Mint leaves and parsley. Roasting in a grill pan over the stove

Here's about how close they should be for perfect grilling.



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I'm getting these ready for the outdoor grill. Because they aren't spaced far enough apart I will have to watch them closer and turn them more often.





Tray of roasted vegetables made
in cooking class in Italy
The Italians are masters of
grilling vegetables and they eat
vegetables every single day.

What could be more beautiful,
delicious and loaded with
nutrients than this for lunch
photo taken in Italy



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