

**Summer 2020 – Pam’s Kitchen Recipes**

**Pam’s Kitchen – July 22, 2020 Taping**

**Summer Vegetable Grilling**

It’s easy to grill summer vegetables. Zucchini and squash are great choices. However, whole mushrooms, cherry tomatoes, quartered green peppers, and onions that have been sliced thick are good choices too.

1. Begin by lightly spraying your grill cooking rack with cooking spray before preheating. Preheat to a medium/medium high temperature.
2. Wash zucchini and squash well, using a soft vegetable brush. Dry vegetables and slice

lengthwise about ½-inch thick.

1. Lightly brush olive oil on the vegetables and salt with a coarse salt and pepper.
2. When the grill is hot, lay zucchini on at a diagonal angle on the grill grates. Grill for 3-4 minutes and lightly lift to see if the grill marks are dark and visible. If grill marks are visible, turn the slices and continue grilling. Zucchini and squash will be ready in 8-10 minutes’ grilling time.
3. When grilling bell peppers, seed and slice into quarters and grill 6-8 minutes.
4. Grill cherry tomatoes whole. Try on-the-vine tomatoes for easier moving. Grill 3 minutes.
5. Leave mushrooms whole. For easier flipping, skewer down the center of the stem and cap. Grill 8-10 minutes.
6. Grill onions by cutting into ½-inch slices for 8-12 minutes.