



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

## Dinner Side Dish: Grilled vegetables

Serves 4

### Ingredients

Marinade:

- 1/2 cup chicken stock
- 1/2 cup Olive oil
- 3 bay leaves
- 4 cloves garlic, pressed
- 2T lemon zest (about 2 lemons)
- 1/4 cup lemon juice (about 2 lemons)
- 2T chopped thyme or oregano

Vegetables (Really, any summer vegetables work in this recipe – use your favorites.):

- 2 zucchini
- 2 summer squash
- 1 small eggplant
- 2 peppers (red or green or one of each)
- 2 small radicchio heads (cut in half)
- 1 large sweet onion (quartered)
- 1/2 lb of button or baby bella mushrooms

### Directions

1. Stir marinade ingredients together and let sit for about an hour
2. Chop vegetables into equal sized chunks or as indicated
3. Lace vegetables onto skewers keeping each vegetable on its own skewers (so they cook in the same length of time). It helps to use 2 skewers for each piece, so you can flip the veggies on the grill without them spinning around.
4. 30 minutes before grilling, place the skewered vegetables in a roasting pan or other rimmed shallow pan. Pour marinade over them. Use brush to coat all pieces.
5. Cook over a hot grill until dark lines form but food is not charred. Turn once. Total cooking time will depend on the size of the pieces you cut, but usually about 3 minutes a side.
6. Slide off skewers into a big bowl. Sprinkle with kosher salt (or other coarse salt) and serve.