

# GRILLED VEGETABLES

## Ingredients Needed for This Recipe

- 2 medium **red bell peppers**, cored and seeded and cut into 8 equal chunks
- 1 medium **orange bell pepper**, cored, seeded and cut into 8 equal chunks
- 3 ears **yellow corn**, shucked, cut into 4 portions each
- 2 medium **zucchini**, sliced lengthwise into 1/3-inch thick strips
- 1 lb. **asparagus** (medium thickness), tough ends trimmed and discarded
- 8 oz. **button mushrooms**
- **Olive oil cooking spray** or avocado oil cooking spray
- **Salt and freshly ground black pepper**
- 1/3 cup **grated parmesan cheese** (optional)
- 1/4 cup **olive oil**
- 1/4 cup finely chopped **fresh parsley** (optional)
- 1 1/2 Tbsp **fresh lemon juice**
- 1 tsp minced **garlic**

## Sauces for Grilled Vegetables

- Green goddess dressing, or the parsley sauce I've included with the recipe below
- [Italian dressing](#) or vinaigrette

## How to Grill Vegetables

1. **Make dressing:** For the herby olive oil in a mixing bowl whisk together olive oil, parsley, lemon juice and garlic. Season lightly with salt to taste.
2. **Preheat a gas grill** over medium-high heat to about 425 degrees.
3. **Spread all the vegetables in their groups onto two 18 by 13-inch baking sheets.**
4. **Spray** vegetables somewhat generously **with cooking spray to coat each surface, season with salt and pepper.** Turn and coat opposite side of vegetables with cooking spray and season with salt and pepper.
5. **To the grill add the crisper vegetables first** including the bell peppers and corn. **Grill, covered, about 4 minutes per side.**
6. **Add the softer/thinner vegetables** including zucchini, asparagus, and mushrooms. **Grill, covered, about 2 to 3 minutes per side until tender.**
7. Transfer vegetables to a serving platter or return to baking sheet. **Brush with the parsley oil mixture then sprinkle with the parmesan if using** and serve.