



Grilling Vegetables

Grilling vegetables gives them a wonderfully rich, caramelized taste that somehow seems to make the veggies more filling and substantial. Use our FAQ to bring out the best in your grilled vegetables.

Q. Which vegetables are best for grilling?

A. Onions, bell peppers, summer squash, zucchini, and mushrooms are all great for grilling. Asparagus and eggplant do well on the grill, too. Try all your favorites. The only ones you'll want to skip are vegetables with a high water content, such as celery, cucumbers, and leafy greens.

Q. How do I prepare my vegetables?

A. Cut them in uniformly-sized pieces, depending on how you'll cook them. Squares and rounds are good for skewers; for grilling directly on the grill you'll want larger pieces, such as lengthwise "planks" of zucchini or whole asparagus. The more surface area the better, to get that grilled flavor.

Q. And then what? Just throw them on the grill?

A. Toss them with a little olive oil. Oil keeps veggies from drying out too much on the grill, helps other seasonings and herbs stick to them—and keeps the vegetables from sticking to the grill. Don't drench them: too much oil can cause flare-ups. Add some balsamic vinegar and a few herbs, or coat with your favorite sauce or marinade and you're good to go.

Q. But they fall through the grates! What do I do?

A. You can grill vegetables on skewers (remember to soak the skewers first if you're using wooden ones). Or you can use a grilling basket, like the one shown here. Don't overload your basket, or the vegetables will simply steam instead of browning nicely.



Q. How long will they take to cook?

A. Most vegetables take just 4 to 10 minutes on the grill. For best results, sear them quickly on the hottest part of the grill, then move them to a cooler area to finish cooking. Or, you can precook your vegetables briefly indoors, then simply grill for a minute or two to add that nice grilled look and smoky taste. Watch them closely in any event, so they don't burn.