

Health Tip of the Month

Make grilled vegetables a family tradition

Grill a variety of vegetables and serve healthier meals this summer. It's a safe, easy and delicious way to make health a tradition your family will love!

- * Wash and trim vegetables, then cut them into pieces that are about the same size.
- * Cook right on your grill. Lightly coat clean grill surface with oil to keep from sticking. Use medium heat and grill directly over coals or gas.
- * Grilled vegetables are done in about 5 to 6 minutes. Pre-heat the grill. Turn vegetables after cooking for about 2 minutes.
- * Get creative with colorful skewers of peppers, onion, tomato, squash, or even pineapple.



Ready to make half your plate with grilled vegetables?



Easy Marinated Mushroom Skewers

Put marinade ingredients into a large zip-lock bag:

- * 1/3 cup balsamic vinegar
- * 1/4 cup cold water
- * 1 tsp olive oil
- * 2 Tablespoons Dijon or spicy brown mustard
- * 1 clove of fresh, minced garlic

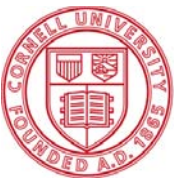
Clean 20 mushrooms and put into bag with marinade. Close tightly and shake well.

Place bag of marinated mushrooms into refrigerator for an hour so flavors sink in.

Pre-heat grill. Place 4-5 mushrooms on a skewer. Don't place skewer handles directly over heat, and leave enough space near handles to turn safely.

Grill mushrooms medium heat for 2-3 minutes on each side.

Now that's great grilling!



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Laura Sienkiewicz, Nutrition and Health Intern
Brooklyn College 21: 7/12
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