QUICK TIPS
FRUITS AND VEGGIES

#GRILLON

TIP 01: GRILL GUIDE - VEGGIES

FOOD	THICKNESS / WEIGHT	APPROXIMATE GRILLING TIME
ASPARAGUS	½ inch diameter	**4 to 6 minutes** direct medium heat (350°–450°F), turning once
BELL PEPPER	whole	**10 to 15 minutes** direct medium heat (350°–450°F), turning occasionally
CORN	in husk	**25 to 30 minutes** direct medium heat (350°–450°F), turning occasionally
ZUCCHINI	½ inch slices	**3 to 5 minutes** direct medium heat (350°–450°F), turning once

TIP 02: GRILL GUIDE - FRUIT

FOOD	THICKNESS / WEIGHT	APPROXIMATE GRILLING TIME
PINEAPPLE	½ inch slices	**5 to 10 minutes** direct medium heat (350°–450°F), turning once
PEACH	halved	**8 to 10 minutes** direct medium heat (350°–450°F), turning once
BANANA	halved	**6 to 8 minutes** direct medium heat (350°–450°F), turning once

TIP 03: FUN IDEAS FOR GRILLED FRUIT AND VEGETABLES

❶ GRILLED FRUIT MILKSHAKES
Blend 1 cup of grilled fruit, such as bananas and strawberries, with 2-3 scoops of your favorite ice cream and 1-2 cups of milk.

❷ GRILLED BANANA BOATS
Make a pocket in the banana by slicing it lengthwise, leaving the peel intact. Stuff the banana with marshmallows, chocolate chips and walnuts. Grill over indirect medium heat (350°–450°F) for about 10 minutes, or until the chocolate melts.

❸ GRILLED LETTUCE
Slice two romaine hearts in half through the stem. Drizzle with olive oil and season with kosher salt and freshly cracked black pepper. Grill over direct medium heat (350°–450°F) for about one minute on each side. Top with Parmesan cheese and your favorite salad dressing before serving.

TIP 04: ACCESSORIES

❶ ELEVATIONS® TIERED COOKING SYSTEM
Keep delicate fruits and vegetables off the cooking grate, while allowing them to be grilled for added flavor.

❷ STAINLESS STEEL VEGETABLE BASKET
Use the basket to get that smoky, grilled flavor on small fruit and chopped vegetables.

❸ STAINLESS STEEL GRILL PAN
Stop veggies from falling through the grates by adding them to the grill pan and grilling them alongside your entrée.

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