

Betty's Grilled Summer Vegetables



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In this video, Betty demonstrates how to make Grilled Summer Vegetables. I chose to use yellow and zucchini squash, along with some red bell pepper. You may vary the vegetables to your liking, but they should be fairly equally sized and have flavors and textures that blend well.

zucchini squash

yellow squash

red bell pepper

freshly ground black pepper, to taste

extra virgin olive oil, as needed

salt, to taste

white sugar, to taste (You may use brown sugar, if you prefer it.)

Wash the zucchini and yellow squash and the red bell pepper, and dry with paper toweling. Slice the zucchini and yellow squash into circles or diagonal slices that are about 1/2 to 5/8 inch wide. Remove the seeds and flesh from the inside of the red bell pepper, and cut into large, equally-sized sections. Place the vegetables into a dish and grind fresh black pepper over the top. Drizzle olive over the top, and then work the black pepper and olive oil into the vegetable mixture with your hands. Cover with plastic wrap and set aside until you are ready to put them on the grill. When you are ready to grill the vegetables, place them over medium heat for 7 or 8 minutes, turning to get grill marks. When they are done to your liking, place them in a dish, and sprinkle a small amount of salt and sugar over the top. Stir to coat all vegetables, and then place in a nice serving dish. Serve immediately. Grilled Summer Vegetables are nice for serving with any grilled meal. We will be serving them with Grilled Jumbo Shrimp, which will be uploaded in a couple of days. I hope you enjoy these delicious and healthy Grilled Summer Vegetables! --Betty ☐