

Dinah's Kitchen

Basic Grilling Vegetables and Meats

Red, green, yellow peppers—sliced

Eggplant—slightly salt each side—pat dry

Zucchini—slightly salt on each side—pat dry

Tomatoes— whole

Salt and seasonings

Meats: Chicken, Fish, Meat

Heat grill. Dry vegetables, brush with olive oil and season. Place vegetables on grill; watch for grill marks, rotate 1/4 to create grill marks. Watch for new grill marks, then turn to other side. Repeat rotation. Layer in casserole dish for juices to meld. Have tapenade for topping.

Tapenade:

2 tomatoes—chopped

1/3 cup onion (green or white)—chopped

1/2 cup parsley—chopped

1/2 cup cilantro or basil—chopped

1/4 cup Olive Oil

1/3 cup balsamic vinegar

Combine. Heat for 30 seconds. Serve over meat, vegetables, or bread.

www.dinahskitchenrecipes.com