










Grill Vegetables Like A Pro

All veggies should be grilled over medium heat for time specified or until lightly browned and tender-crisp to tender.

Asparagus  Prep Roll in marinade Grill 5-10 min turn every few minutes until tender	Eggplant  Prep Slice into circles 1/2 inch thick & brush with marinade Grill 4-5 min per side	Pepper  Prep Cut in half length-wise & brush with marinade Grill 6-10 min (skin side down) 3-4 min (on the other)
Artichoke  Prep Cut in half & brush with marinade Grill 15-20 min per side or until base is tender	Mushroom  Prep Brush with marinade & slice after grilling Grill 10 min turn once	Zucchini  Prep Cut into halves & brush with marinade Grill 4-6 min per side
Sweet Potato  Prep Cut in 1/2 inch thick slices & brush with marinade Grill 15 min turning once	Tomatoes  Prep Halve & brush with marinade Grill 5 min turning once	Acorn Squash  Prep Cut in half & brush with marinade Grill 40-60min over indirect heat



Maille Honey Dijon mustard marinade



Ingredients

- 1 tablespoon of Maille Honey Dijon Mustard
- 1-2 tablespoon of Maille Balsamic Vinegar
- 3 tablespoon of extra virgin olive oil
- Salt and pepper to taste

Preparation

Whisk all ingredients until blended and brush over vegetables. You can also use this marinade as a quick salad dressing.

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Be daring and grill some veggies this long weekend

EAT THEM: Is your family eating seven a day? Studies show that only two out of five Canadian children eat their recommended daily intake of fruits and vegetables. An easy way to encourage the whole family to consume more veggies is by serving them in different ways. Grilling is a delicious way to increase veggie intake in kids and adults alike, and prove how tasty veggies can be. Print this chart for optimal cooking results and discover an easy marinade made with Maille Honey Dijon mustard that will please even the pickiest of eaters.