










# 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.

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