

Grilled veggies are great for a sumptuous buffet

You can grill any vegetables that you like—not just the ones listed in the recipe. You could use corn on the

What's cookin'?

Lori and Gerry Kentner



cob, Spanish onions, whole garlic cloves and anything else that looks good in the vegetable market.

This is a perfect item to choose for a meal with a large number of guests because it can be made in advance, there is something to please everyone's taste and it looks great served on a buffet! It can also be served as an appetizer with a few thin slices of good salami, a wedge of cheese, some olives—just give your guests a little plate and fork because the vegetables are hard to eat with fingers.

Another excellent use for these grilled veggies is once they've been roasted, chop them into large chunks and toss them with fresh pasta and some olive oil and spices!

Have fun and keep cooking!

Grilled Vegetables

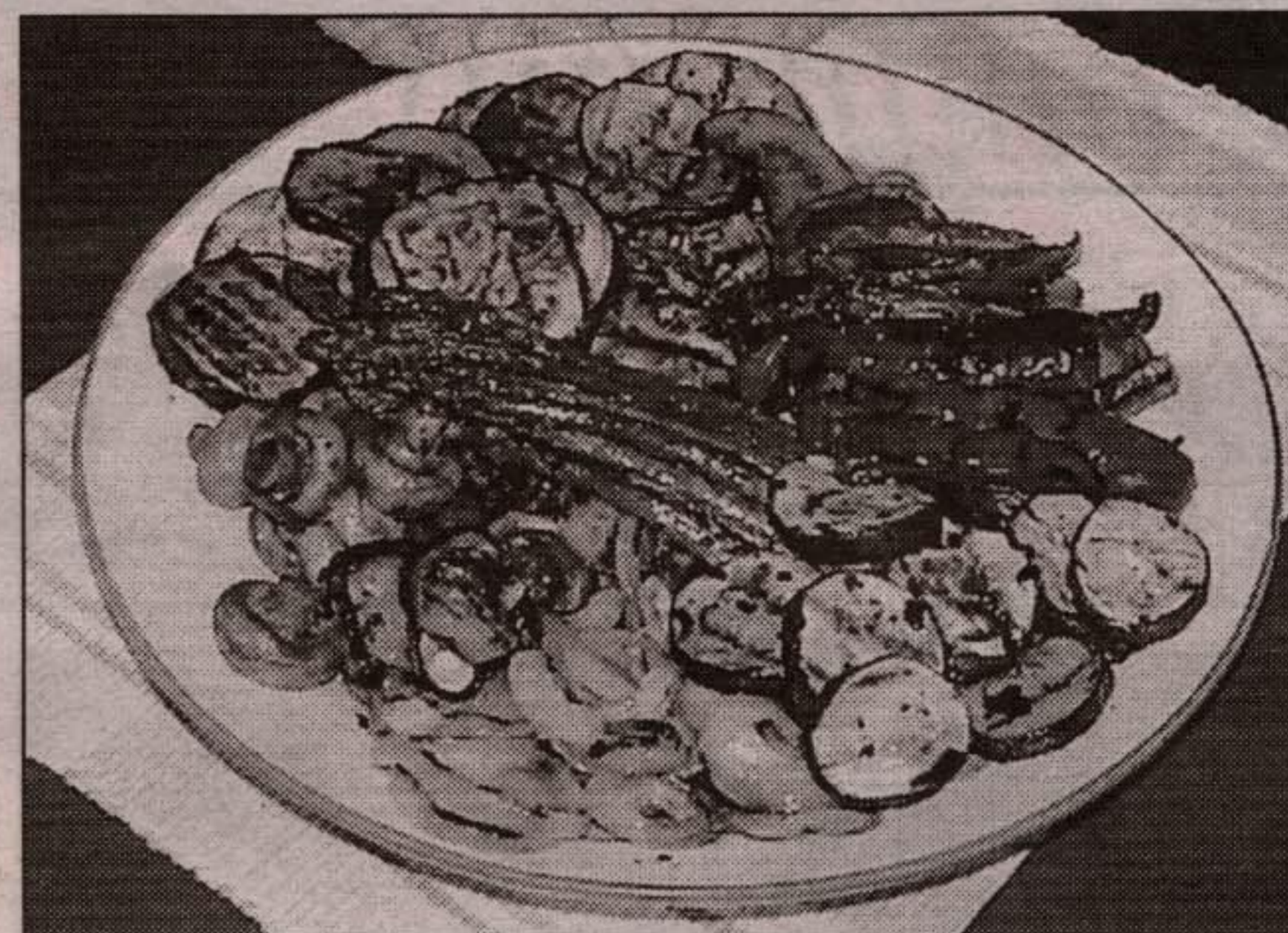
Ingredients

- 1 eggplant
- 2 zucchini
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 1 bunch asparagus
- 2 lbs. mushrooms
- 1 Bermuda (red) onion
- olive oil
- balsamic vinegar (optional)

Method

1. Slice the eggplant and zucchini into approximately 1/2 inch thick slices. Slice the peppers in half and remove the cores, then cut each pepper into eight slices. Break the asparagus ends off by hand. Rinse or brush the dirt off the mushrooms. Slice the onion into 1/2 inch thick slices.

2. Lay all the vegetables on a platter and drizzle with olive oil.



3. Heat the barbecue to a medium-high heat. Lay the vegetable slices on the barbecue. Keep a close eye on them so they don't burn. Turn them occasionally; they are cooked when they are slightly browned (or blackened in the case of the peppers).

4. Transfer the cooked vegetables to the platter and drizzle with balsamic vinegar if you like. Serve the vegetables either hot or at room temperature. These can be cooked a day in advance, don't refrigerate, leave them wrapped with plastic wrap at room temperature.

Plant sales next week

• Georgetown Horticultural Society holds its annual plant auction starting at 6 p.m. on Friday, May 14 at Knox Church, Georgetown. Unilock brick, topsoil, trees, shrubs, roses, hanging plants, bedding plants and more. Info: Dawn, 873-1726.

• The Acton Horticultural Society's annual plant sale will be held on Saturday, May 15, starting at 9 a.m. in the olde Hide House parking lot.

Local Amnesty Int. group successful in prisoner release campaign

Halton Hills' Amnesty International group is celebrating this month because their "Prisoner of Conscience" has been released from a Cuban jail.

Reinaldo Alfaro Garcia is the third Prisoner of Conscience in the group's history. All three have been released, thanks to a barrage of letters that members send monthly to Cuban government officials, prison authorities, and diplomats in Canada.

"Fidel Castro must tremble whenever he gets another letter from Georgetown," said a local Amnesty spokesperson.

Prisoners of Conscience are people who are jailed because of their race, religion, or peacefully expressed beliefs. They must never have used nor advocated violence. Alfaro Garcia, a father of three, was arrested for criticizing Cuba's Communist government. Freedom of expression

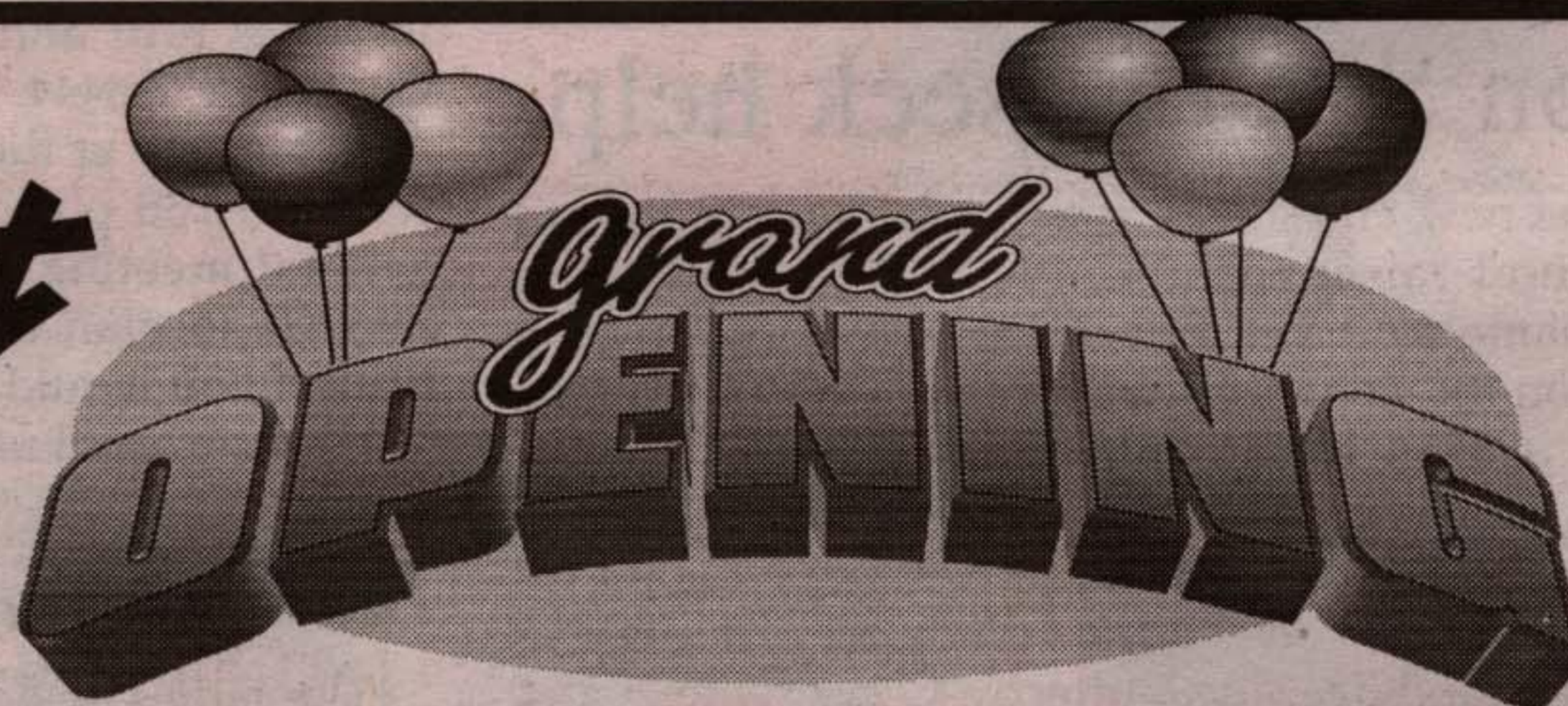
is not allowed under Cuban law.

Released on condition that he leaves the country, Garcia is seeking political asylum in the U.S.

Also working for Garcia's release were Amnesty groups in France, Sweden, Germany, Liver-pool, and Spain.

The local group meets May 12 at St. John's United Church. New members are always welcome. Call Jim Broughton, 877-0331, for information.

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