

Grilling Vegetables on an Indoor Grill

Rinse, trim, cut up, and precook vegetables as directed below. To precook vegetables, in a saucepan bring a small amount of water to boiling; add desired vegetable and simmer, covered, for the time specified in the chart. Drain well. Generously brush vegetables with olive oil or melted margarine or butter to add extra flavor and to prevent vegetables from sticking to the grill rack. Or lightly grease the rack of a gas grill or lightly coat with cooking spray. Preheat grill. Place vegetables on the grill rack. Grill for the time given below or until tender.

| Vegetable | Preparation | Precooking Time (minutes) | Covered Grilling Time (minutes) | Uncovered Grilling Time (minutes) |
|-----------------------------------|---|--|---------------------------------|-----------------------------------|
| Asparagus | Snap off and discard woody bases of stems. | 3 | 2 to 4 | 3 to 5 |
| Eggplant | Cut off ends. Cut crosswise into 1-inch slices. | Do not precook | 4 to 5 | 8 to 10 |
| Fennel | Snip off feathery leaves. Cut off stems. | 10 minutes, then cut into 6 to 8 wedges. | 4 | 8 |
| Fresh baby carrots | Cut off carrot tops. Peel carrots. | 3 to 5 | 3 | 3 to 5 |
| Leeks | Cut off green tops; trim bulb roots and remove 1 or 2 layers of white skin. | 10 minutes or until almost tender, then halve lengthwise | 2-1/2 to 3 | 5 |
| Mushrooms Button Portobello | Remove stems. | Do not precook | 2 to 4 3 to 4 | 6 to 8 6 to 8 |
| New potatoes | Halve potatoes. | 10 minutes or until almost tender | 5 to 6 | 10 to 12 |
| Plum tomatoes | Halve lengthwise. | Do not precook | 1 to 2 | 3 to 4 |
| Sweet peppers | Halve peppers lengthwise. Remove stems, seeds, and membranes. Cut into 1-inch strips. | Do not precook | 4 to 5 | 8 to 10 |
| Zucchini or yellow summer squash | Cut off ends. Quarter lengthwise. | Do not precook | 3 | 5 to 6 |