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Extension Knox County

Presents

Grill on.....

With

Senior Certified Executive Chef Paul Higgins

A look at grilling fresh local vegetables to enhance flavor and introduce different ways to utilize the bounty of fresh produce from Knox County to help maintain a healthy life style.

Recipes provided by Senior Certified Executive Chef, Paul Higgins, through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is a member of the American Culinary Federation and former member of the National Research Chefs Association. In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of *A Journey in Taste* and *Senior-dining.com* and is an Afflicted Scholar at Kenyon College Rural Life Center, Local Food and Aging project. rurallife.kenyon.edu higginspl@kenyon.edu.

Mr. Higgins works with local community organizations and educators throughout Knox County and Ohio to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.



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Grilling Helpful Hints



Pre-heat the grill:

Pre-heating will get the grill to the proper temperature to insure your food cooks evenly.

Pre-heat the grill for 10 – 15 min. Wipe grill with a paper towel lightly oiled held with tongs.

Keep your grill clean:

Cleaning your grill after every use will insure there is no leftover food residue, grease or a chance your grill could catch on fire. Keeping your grill clean will also make your next grilling experience easier and free from any unwanted flavors.

When using a gas grill it is also important to check the propane bottle to be certain there is enough gas for your next cookout.

Use your grill year round and enjoy the wonderful flavors from outdoor cooking.

Marinade for Grilling

Ingredients:

3/4 c. olive oil
1/2 stick butter (optional)
2-4 cloves garlic, minced
1 tsp. dried rosemary
Freshly ground black pepper to taste

Preparation:

Combine ingredients in a microwaveable container and microwave for 1 1/2-2 minutes to bring the flavors together. Let cool in the refrigerator until at least room temperature. Lightly coat the vegetables with the marinade before grilling. Transfer the marinated vegetables to a wire grilling basket.

Variations:

Place the grilled vegetables on a baking pan, sprinkle with grated Parmesan cheese. Bake in a 350 degree oven for 15 minutes or until the cheese is cooked onto the top of the vegetables.

Add grilled vegetables to your favorite sauce, such as marinara, Alfredo or pesto sauce and serve over pasta.

Vegetables on the Grill

Grilling vegetables is easy. The general rule is to cut the vegetables into pieces that will cook quickly and evenly. All pieces should be of

consistent thickness and no more than about 3/4 to 1 inch thick. Soak vegetables in cold water for about 30 minutes before you grill them to keep them from drying out. Pat dry, then brush lightly with oil to prevent sticking. Do not overcook. Add Salt and pepper as desired



Asparagus: Cut off root ends. Soak in water. Brush lightly with oil. Place on grill, turning every minute. Remove when tips start to turn brown. You can add some extra flavor to asparagus by adding herbs to the oil.

Beets: Wash, cut off leafy tops. Wrap individually in foil and place on upper grill shelf and roast until tender, 60-90 min depending on size. When done remove foil carefully, cool and peel. Dice and mix with favorite vinaigrette. Let stand at room temperature for 1 hour before serving.

Bell Peppers: Cut through the middle of the pepper top to bottom. Remove stems, seeds and whitish ribs. Brush lightly with oil and grill for 2-3 minutes on each side.

Chili Peppers: Brush with oil. Grill whole on each side, 2-3 minutes. To reduce the spicy heat, cut off the stems and pull out the seeds.

Corn on the cob: Gently pull back the husks but don't remove. Remove the silk and cut off the very top end. Soak in cold water, dry and brush with butter. Fold the husks back onto cob and tie or twist the ends. Place on grill for about 5 to 7 minutes. Turn to avoid burning.

Garlic: Take whole bulbs and cut off the root end. Brush with olive oil and place cut side down over a hot fire. Grill garlic bulbs for about 10 minutes or until the skin is brown.

Onions: Remove skin and cut horizontally about 1/2 inch thick. Brush with oil and grill 3-4 minutes.

Tomatoes: Cut in half, top to bottom. Brush with a light coating of oil and grill cut side down 2-3 minutes.

Potatoes: Wash thoroughly and dry. Rub with oil. Wrap in aluminum foil and grill 35-40 minutes, turning occasionally.

Zucchini: Slice 1/2 inch thickness. Brush with oil and grill 2-3 minutes per side.

Grilled Corn

Ingredients:

Ohio sweet corn

Directions:

Leaving the husks and silks intact, submerge the ears of corn in water, using a bucket or sink. Soak for at least two hours, or up to six.

When ready to cook, preheat the grill to medium high. Place the corn in a single row on the grill grate.

Cook with the lid lowered for 15 to 20 minutes, turning every five minutes until lightly browned on all sides.



Grilled Spinach / and other greens

Ingredients:

Olive oil

1 bunch spinach stems removed (12 oz.)

Salt

2 tsp. minced lemon zest

(crushed garlic, red pepper, nutmeg may be added to enhance flavor)

Directions:

Preheat grill to medium-high.

Place two large pieces of heavy duty foil on counter.

Drizzle oil onto foil.

Pile spinach in middle of foil and lightly season with salt.

Bring foil ends together, folding tight to seal.

Grill spinach until leaves are slightly wilted, about 8 minutes. Remove foil package from grill and open carefully before serving.

Garnish spinach with zest.

Grilled Vegetable Rollups (Wraps, Tortillas)

Ingredients:

1 medium zucchini, cut lengthwise into 1/2-inch slices
1 yellow squash, cut lengthwise into 1/2-inch slices
1 small sweet red or yellow pepper cut in half
2 tbsp salad oil
1/2 tsp salt
1 large tomato, seeded and chopped
6 flour tortillas (8-10-inch)
4-6 oz Monterey Jack cheese (or other WIC cheese)

Directions:

Brush the zucchini, yellow summer squash and red pepper with 1 tablespoon of oil. Sprinkle with salt

Grill vegetables over medium heat for 4-5 minutes on each side or until tender (can also be roasted in the oven at 425 degrees for 6-8 mi)

When cooked, cut into 1/2-in. cubes and place in a small bowl; stir in tomato.

Place 1/4 cup of mixture down the center of each tortilla, top with 1/4 cup of the cheese (shredded or cut in narrow strips)

Fold the tortilla into thirds

Heat 2 tsp of oil in a skillet

Place the rolls into the pan, three at a time, and cook for 3 minutes, turning until golden brown. (If making large batches place on cookie sheet and brown in oven, can also be placed on foil on the grill)

Grilled Veggie Skewers

INGREDIENTS:

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| 8 wooden skewers | 1 red bell pepper, large dice |
| 2 zucchinis, cut into 1-inch slices | 1/3 cup olive oil |
| 2 yellow squash, cut into 1-inch slices | 1 1/2 teaspoons dried basil |
| 1/2 pound whole fresh mushrooms | 3/4 teaspoon dried oregano |
| 1 red onion, cut into chunks | 1/2 teaspoon salt |
| 12 cherry tomatoes | 1/8 tsp ground black pepper |
| 1 fresh pineapple, cut into chunks | |

DIRECTIONS:

1. Soak skewers in water for 10 to 20 minutes.
2. Preheat grill for medium heat and lightly oil the grate. Alternately place zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper onto the skewers.
3. Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush mixture over vegetables.
4. Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.



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