

# Grilling Fruits and Vegetables on a Double-sided Grill

If you've limited the use of your kitchen double-sided grill (i.e. George Foreman grill, etc.) to grilling meats, following are some quick ideas for grilling fruits and vegetables. Check your instruction book for exact times and directions for your grill -- here are some general guidelines:

- Slice foods the same width so they get done in the same amount of time.
- Slice foods about 1/2 to 1 inch thick (or as recommended in your directions) so both sides of the grill touch the food when it is closed.
- If one side of the food is flat and the other side is rounded (such as the bananas shown below), place the flat side downward on the grill so decorative grill marks show up on it.
- Test whether foods, such as vegetables and fruits, are grilled until tender-crisp by inserting the tip of a sharp knife (such as a paring knife) into them.
- Follow the directions that come with your grill for preventing foods from sticking to it -- for example, some grills recommend spraying the grill with nonstick cooking spray. Coating both sides of the fruit or vegetable lightly with oil also will help prevent sticking. (Use a very mild-flavored oil with fruits.)
- Firmer fruits and vegetables work best.
- Begin checking whether fruits and vegetables are done before the recommended grilling time is up.



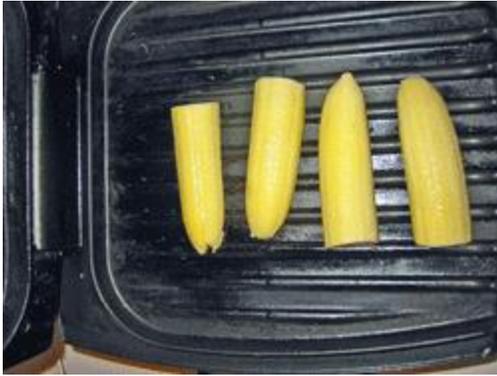
1/2 inch slices of sweet potatoes were grilled about 8 minutes. Times may vary.



1/2 inch slices of butternut squash were grilled about 7 minutes. Times may vary.



Fingerling potatoes were split in half and grilled about 3 minutes. Times may vary.



Place bananas crosswise on the grill so they lay flat. Grill about 2 minutes or until warmed throughout.



Sprinkle bananas lightly with a little sugar to which a dash of cinnamon has been added. Top with low fat ice cream.

Here's a quick dessert idea using bananas.

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