

Grilled Vegetable Recipe



The grilled vegetable recipe is a simple and tasty recipe that is perfect for summer. Vegetables are grilled over medium-high heat until tender and charred.

The combination of onion, eggplant and pepper is a classic combination that is always a hit.

See below the ingredients and preparation method for this grilled vegetable recipe.

Ingredients

- 1 large onion, cut into slices
- 2 medium eggplants, cut into slices
- 2 red peppers, cut into slices
- 1/4 cup olive oil
- 1 tablespoon balsamic vinegar

- 1 teaspoon dried herbs such as thyme, oregano or rosemary
- Salt and pepper to taste

Preparation method

1. Preheat grill or skillet to medium high heat.
2. In a large bowl, combine the onion, eggplant, pepper, olive oil, vinegar, herbs, salt and pepper.
3. Distribute the vegetables on the grill or frying pan and cook for 5-7 minutes on each side, or until tender and grilled.
4. Serve immediately.

Tips

- To prevent vegetables from sticking to the grill, grease it with a little olive oil.
- If you are using a frying pan, add a little water to prevent the vegetables from burning.
- You can add other vegetables to the recipe, such as tomatoes, garlic, corn or broccoli.
- Serve the grilled vegetables with a sauce of your choice, such as vinaigrette or pesto.

Recipe variations

- For a vegan version, use olive oil flavored with herbs or a vegan sauce, such as tahini sauce or eggplant sauce.
- For a vegetarian version, add grilled meat or grilled chicken to the vegetables.
- For a children's version, cut the vegetables into smaller pieces.

The recipe is easy to follow and can be customized to your taste.

You can add other vegetables to the recipe, such as tomatoes, garlic, corn or broccoli.

You can also use a sauce of your choice, such as vinaigrette or pesto.

Here are some tips for making delicious grilled vegetables:

- Use fresh, seasonal vegetables.
- Cut the vegetables into thin slices or large pieces, depending on your taste.
- Season the vegetables with olive oil, herbs and spices before grilling.
- Do not add too many vegetables to the grill or pan at once so they cook evenly.
- Turn the vegetables frequently so they cook on all sides.

Grilled vegetables are a great way to enjoy the flavor of summer vegetables. They are healthy, tasty and can be served as a side dish, main dish or snack.

Here are some suggestions for serving grilled vegetables:



- Serve them as an accompaniment to a meat or chicken dish.
- Use them as a base for a salad.
- Add them to a sandwich or wrap.
- Serve them as a snack with a sauce of your choice.

With a little creativity, you can use grilled vegetables in many different ways.

Video

Watch the video of this recipe below to help you prepare your meal.

Below you can download the PDF of the recipe to print and share with your friends.

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