

Nutrition News

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Eat Vegetables, Move More: A Grilling Feast for Midsummer

The Fourth of July is a time for celebration, family and friends and, of course, barbecuing. The grilling season lasts through July until early August. Take advantage of the warm summer sun by grilling up some of your favorite vegetables to complement those delicious burgers.

According to the USDA 2005 Dietary Guidelines for Americans, the average person should consume five to nine servings of fruits and vegetables daily. Grilling is a great way to incorporate vegetables into your diet. It also adds tons of flavors without adding those extra calories.

Vegetables contain carotenoids, the pigments that make fruits and vegetables red, green, yellow or orange. Carotenoids have been proven to slow down the aging process, prevent certain types of cancer and protect us against vision problems, to name a few benefits. Vegetables also contain flavonoids, which are responsible for their antioxidant abilities that help prevent many types of diseases.

Featured Vegetables

Many vegetables are naturals for grilling. Here are just a few:

Corn
Yellow squash
Mushrooms
Onions

Other Grill Candidates

Eggplant
Bell Peppers
(Red, Yellow, Orange, Green)
Zucchini (summer squash)
Many, many more!

Quick tips for featured vegetables

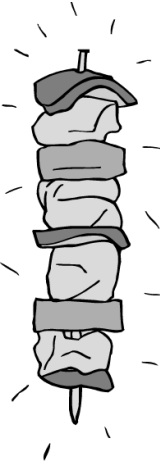
Vegetable	What to Look For	Storage & Preparation	Great Uses
Corn	Look for husks that are tight, green and fresh looking. The stalk should be green and moist and the silk still moist, soft and light in color. Kernels should be plump. For the freshest corn, visit your local farmer's market.	Corn can be stored in the refrigerator up to 1 week, although it should be eaten within 24 hours for maximum sweetness. (The sugar in corn changes to starch as it is stored.) If it's going to be kept longer than 24 hours, place it (with husk still intact) in a perforated plastic bag in the crisper of your frig. Before eating, remove husk and run under water to remove extra silk.	Corn tastes delicious when grilled, but remember to keep the husk on until after it is cooked. Corn also can be boiled, microwaved, roasted or steamed for side dishes.
Yellow squash	Choose a squash heavy for its size, firm but tender and has a sleek, shiny, unblemished skin. Small to medium squash have the best flavor and texture.	Yellow squash can be stored in the refrigerator up to four days. Always wash before cutting. Slice in shape or size you desire.	To grill, slice lengthwise and coat with marinade or olive oil to prevent burning. You can use any favorite herbs and spices. Turn occasionally. Squash can be eaten raw in salads or sautéed with onions and zucchini.
Mushrooms	Choose dry, velvety mushrooms with a firm and unblemished head and stem. Avoid mushrooms that feel sticky.	Mushrooms can be stored in the refrigerator for several days in a perforated plastic bag or container. They cannot be frozen. Always wash before eating to get rid of excess dirt, and cut off the end of the stem. Keep whole or sliced according to your preference.	Before grilling, marinate according to taste. Place on wooden skewers and grill approximately 10 minutes. Mushrooms also can be eaten raw or sautéed in butter or oil.
Red Onions	Choose onions that are firm and dry with no sprouting. Also, look for onions with a shiny peel.	Onions can be kept for several months after purchase. They should be stored in a dark, dry place. Always peel the onion before use. Cut off both ends, peel away the outer layer and slice lengthwise or dice. To reduce eye irritation, refrigerate the onion for an hour or place in the freezer for 15 minutes.	Red onions are perfect for grilling. Marinate for a half hour, place on wooden skewers and grill about 20 minutes. They are also good raw in salads or sautéed with mushrooms and put in an omelet.



Easy Grilled Vegetables

Ingredients

- 1 large red onion, quartered
- 1 large red bell pepper, cut into 2-inch pieces
- 1 large yellow bell pepper, cut into 2-inch pieces
- 2 packages baby Portobello mushrooms, stems removed
- 1 bottle of Italian dressing marinade
- 5 wooden skewers



Directions

1. Soak vegetables in marinade approximately 30 minutes.
2. Soak wooden skewers in water for approximately 30 minutes to prevent from burning.
3. Since vegetable cooking times differ, separate like vegetables and place on wooden skewers.
4. Grill onion and bell pepper skewers for 20 minutes or until crisp-tender.
5. Grill mushroom skewer(s) for 10 minutes or until tender.
6. Serve as a side dish with your favorite grilled meat.

Resources:

The Worldwide Gourmet. *Vegetables*. Available at <http://www.theworldwidegourmet.com>. Accessed June 27, 2007.

Tony Tantillo: *The Fresh Grocer. Disease fighting phytochemicals*. Available at <http://www.tonytantillo.com/reference/phyto.html>. Accessed June 25, 2007.

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