Grilled Broccoli and Cauliflower

Broccoli and cauliflower florets tossed with olive oil, garlic, salt and pepper and grilled

Yield:

4-6 servings

Ingredients:

2 medium-large red onions, cut into halves and thickly sliced
4 cups broccoli florets (bite-size)
1 medium head cauliflower, washed, trimmed and cut into florets (bite-size)
2 teaspoons salt
1/2 teaspoon black pepper
1-2 tablespoons minced garlic (I like a lot!)
1/3 cup oil

Instructions:

1. Pre-heat grill, along with a grill grid/pan* on HIGH for 10 minutes. Toss all ingredients together in a large mixing bowl. (When adding the salt, sprinkle it rather than dumping it all in one spot.)

2. Pour vegetables onto pre-heated grill pan and spread out evenly. Turn heat to LOW and grill with lid closed for 20-30 minutes. (Smaller florets will cook more quickly.)

Stir and check for doneness every 10 minutes; vegetables are done when crisp-tender and browned on some sides. Serve hot and enjoy!

I like to serve these grilled veggies with grilled fish, beef, or chicken.



This recipe is from Tammy’s Recipes.