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.

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This recipe is from Tammy’s Recipes.