



RECIPES

Spice Blends:
Veggie Heaven
Fire Salt

SUMMER VEGETABLES ON THE GRILL

The sizzle of vegetables on the grill, the aromatic blend of fire and spices, and the vibrant colors of fresh produce evoke a sense of joy and relaxation. Grilling season is where meals are more than just nourishment; they're a celebration of the freshness of the garden, the simplicity of fresh ingredients, and the pleasure of dining al fresco. Gather your friends and family, fire up the grill, and let the essence of summer infuse every bite of these Veggie Heaven Veggies with memories of sun-soaked days, lake side BBQ's, or breezy evenings.

Serves: 6-8

INGREDIENTS:

2 medium zucchinis, sliced into 1/2-inch rounds, halved
1 large yellow squash, sliced into 1/2-inch rounds, halved
1 large red bell pepper, cut into 1-inch strips
1 large onion, cut into thick wedges
8 oz mushrooms, cleaned and halved
4 medium potatoes, cut into 1-inch cubes
2 tbsp olive oil
2 tbsp Fennel and Fire Veggie Heaven seasoning
Fennel and Fire Fire Salt to taste
Fresh herbs (optional, for garnish)

DIRECTIONS:

Preheat your grill to medium-high heat (about 400-450°F).

Prepare the Vegetables.

In a large microwave safe bowl, place the cubed potatoes, microwave 4 min or parboil potatoes. Remove from microwave and combine the zucchini, yellow squash, red bell pepper, onion wedges, and mushrooms.

Drizzle the olive oil over the vegetables.

Sprinkle with Fennel and Fire Veggie Heaven seasoning.

Toss everything together until the vegetables are evenly coated with the oil and seasonings.

Place the seasoned vegetables in a grill basket.

Grill the vegetables for about 20-25 minutes, stirring occasionally, until they are tender.

SERVE:

Remove the vegetables from the grill and transfer them to a serving platter.

Season to taste with Fennel and Fire Fire Salt or Fennel and Fire Veggie Heaven. Garnish with fresh herbs if desired.

Serve immediately as a side dish with your favorite grilled meats or as a main course for a light, healthy meal.

EXCITE YOUR TASTE B U D S, *naturally!*
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