

# Fruit and Vegetable Grilling Chart

For even grilling, cut fruit and vegetables into uniform sizes. To prevent small pieces from slipping through the grill racks, use skewers or a vegetable basket.

Prepare your grill by cleaning it well before starting.

Brush your fruits or vegetables with a favorite oil before and during grilling. Natural sugars can make them stick easily. A grilling spray can also be useful to prevent sticking.

Grill vegetables and fruits until tender. Turn halfway through grilling time.

FRUIT OR VEGETABLE	SLICE OR THICKNESS	HEAT	COOKING TIME (MINUTES PER POUND)
<b>Fruits</b>			
Apples	1/2-in. slices	Medium/Direct	4 to 6
Apricots, pitted	halved	Medium/Direct	6 to 8
Bananas	halved lengthwise	Medium/Direct	6 to 8
Peaches, pitted	halved	Medium/Direct	8 to 10
Pears	halved	Medium/Direct	8 to 10
Pineapple	1/2-in. rings	Medium/Direct	7 to 10
<b>Vegetables</b>			
Asparagus	1/2-in. thick	Medium/Direct	6 to 8
Sweet peppers	halved or quartered	Medium/Direct	8 to 10
Corn (NO HUSK)	whole	Medium/Direct	10 to 12
Corn (WITH HUSK)	whole	Medium/Direct	25 to 30
Eggplant	1/2-in. slices	Medium/Direct	8 to 10
Fennel	1/4-in. slices	Medium/Direct	10 to 12
Mushrooms (buttons)	whole	Medium/Direct	8 to 10
Mushrooms (portobello)	whole	Medium/Direct	12 to 15
Onions	1/2-in. slices	Medium/Direct	8 to 12
Potatoes	whole	Medium/Indirect	45 to 60



Adapted from [www.tasteofhome.com](http://www.tasteofhome.com)

# How to serve grilled fruits and vegetables

- Sprinkle grilled veggies or fruits with fresh herbs before serving – while any herb you like is great for this, fresh basil and fresh thyme are especially good with both.
- Top grilled veggies and meats with an herb compound butter or drizzle with your favorite balsamic vinegar or your favorite vinaigrette (mustard vinaigrette is great for this).
- Serve grilled fruits as a side to any grilled chicken, beef, pork, or fish entrée.
- Top polenta with grilled veggies
- Slice/chop grilled fruit and add to any salad, including fruit salads
- Cut fruit into large chunks and make a fruit kabob. Serve fresh off the grill with a fruit dip. Use leftovers and make fruit salsa or add to your favorite salsa for a new flavor.
- Toss grilled vegetables in salads
- Toast poundcake lightly on the grill and top with grilled fruits and homemade ice cream.
- Drizzle grilled fruits with chocolate sauce or caramel sauce and finely chopped, toasted nuts for a seasonal dessert.
- Serve grilled veggies on a platter with dipping sauce such as pesto.
- Top grilled fruits with ice cream and caramel or chocolate sauce.
- Serve grilled fruits as a cheesecake topping.

