

GRILLING PRODUCE

FRUIT

AVOCADOS

Just brush with oil and/or lime juice and throw on the grill. Grilling gives avocados a smoky flavor, and they just look awesome!

MANGOS

Slice lengthwise a little off-center, avoiding the seed. For a fun twist, try drizzling with lime juice, and add a little bit of salt, chile powder, and lime zest!

PINEAPPLES

They have a great flavor, especially when drizzled with honey or hot sauce!

PEACHES & NECTARINES

A perfect dessert that taste incredible with brown sugar or cinnamon! To prevent sticking, brush with butter or oil.

PEARS

Pair with a savory dish, like pork chops, or as a sweet treat, by simply adding vanilla ice cream.

BANANAS

Cut ripe, but firm bananas in half lengthwise and leave the peel on!



VEGETABLES

EGGPLANT

Grill sliced eggplant and top with a bit of balsamic vinegar, some feta cheese, or a spoonful of pesto. The eggplant will be tender, but the edges will be crispy and charred.

ONIONS

Try rubbing BBQ sauce, honey mustard, balsamic vinegar, or another dressing instead of butter or oil for a flavorful twist.

PEPPERS

Grill whole peppers, or cut peppers lengthwise in half, and remove the seeds and stem.

SWEET CORN

Sweet Corn can be grilled a couple of ways. Try grilling in the husk by placing it directly on top of the grill. The outside will be completely black, but the inside will be delicious and flavorful!

ASPARAGUS

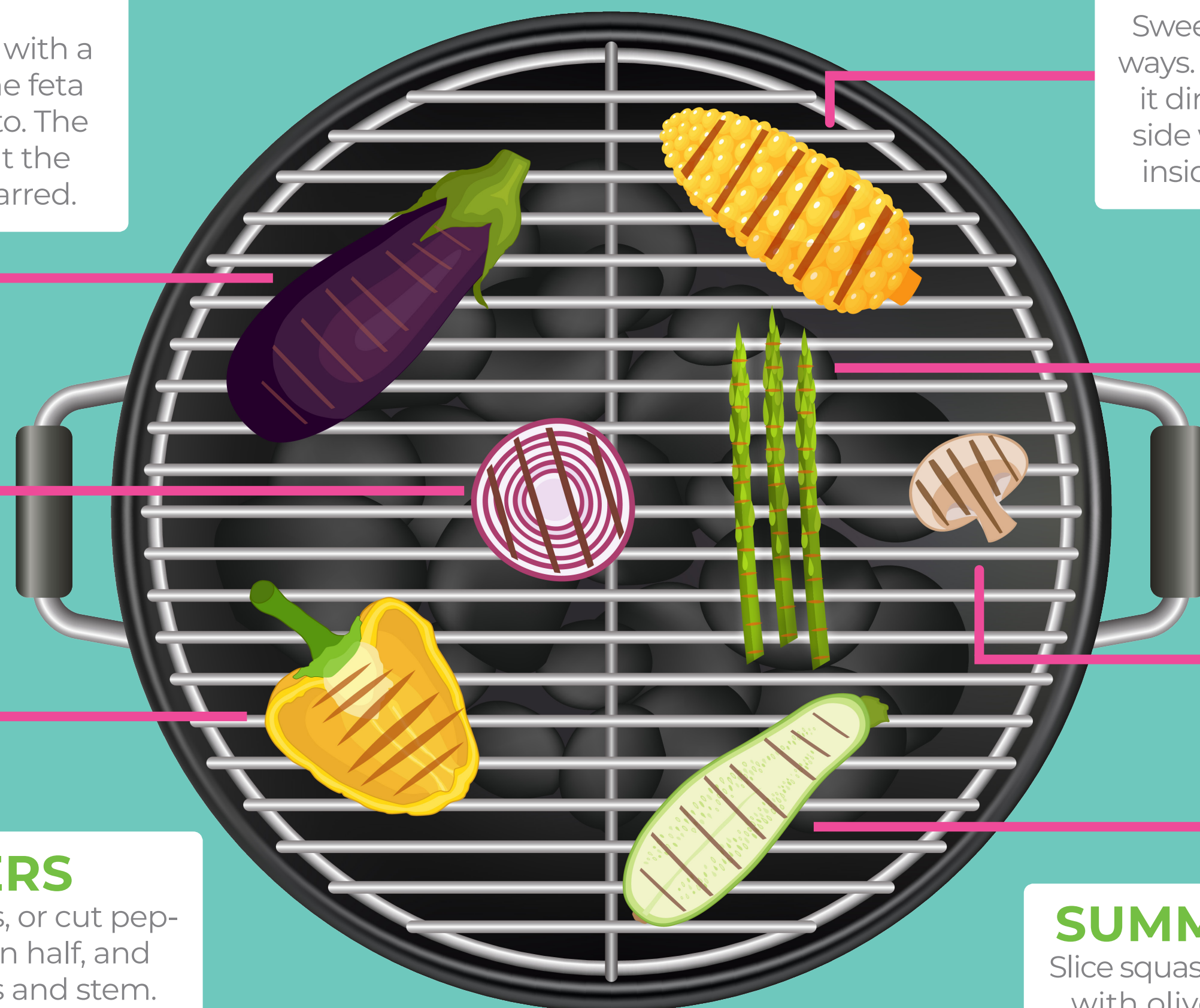
To make grilling asparagus a little easier, skewer the asparagus to avoid spears falling through the grates.

MUSHROOMS

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SUMMER SQUASH

Slice squash lengthwise and brush with olive oil and fresh herbs!



GRILLING TIPS:

- Clean grill grate, preheat the grate, and rub with olive oil so the fruit doesn't stick when grilled!
- For grill marks that are instagram-worthy, don't turn fruit more than once on the grill.
- Use firm, almost ripe fruit on medium-low heat.
- Skewers are perfect for grilling smaller fruits, like berries.



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