

7 Easy Grilled Vegetable Sides

That Upgrade Any BBQ Spread | HomemadeRecipes.com

THE 7 SIDES

1. Charred Zucchini with Lemon and Garlic

Ingredients: 3 zucchini, 2 tbsp olive oil, 3 garlic cloves minced, zest of 1 lemon, salt, pepper, parsley

Method: Slice into 1/2-inch planks. Pat dry. Toss with oil, garlic, salt, pepper. Grill 3-4 min per side. Top with lemon zest and parsley.

Sub: No parsley? Use basil. No lemon? Splash of white wine vinegar.

2. Smoky Grilled Corn with Chili Butter

Ingredients: 4 ears corn (husks off), 3 tbsp softened butter, 1 tsp chili powder, 1/2 tsp smoked paprika, salt

Method: Mix butter, chili powder, paprika, salt into paste. Grill corn over medium-high, turning every 2-3 min, about 10 min total. Brush with chili butter while hot.

Sub: No chili powder? Use chipotle powder or just smoked paprika and lime zest.

3. Blistered Bell Peppers with Balsamic Glaze

Ingredients: 4 bell peppers (mixed), 2 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp honey, salt

Method: Cut into thirds, remove seeds. Toss with oil and salt. Whisk balsamic and honey. Grill skin-side down 4-5 min, flip 2 more min. Drizzle glaze immediately.

Sub: No balsamic? Red wine vinegar with extra honey works.

4. Grilled Asparagus with Parmesan

Ingredients: 1 lb thick asparagus, 2 tbsp olive oil, salt, cracked pepper, 1/4 cup grated parmesan

Method: Snap off woody ends. Toss with oil, salt, pepper. Lay perpendicular to grates over medium-high. Grill 3-4 min, roll once. Top with parmesan while hot.

Sub: No parmesan? Nutritional yeast or lemon zest.

4 SEASONING COMBOS

Lemon-Herb: Olive oil + lemon zest + garlic + parsley. Apply after grilling. Best on zucchini, asparagus, mushrooms.

Smoky-Sweet: Smoked paprika + brown sugar + cayenne + olive oil. Apply before grill. Best on corn, eggplant, onion.

Umami-Soy: Soy sauce + sesame oil + rice vinegar + ginger. Marinate 10 min before grill. Best on mushrooms, eggplant.

Balsamic-Honey: Balsamic + honey + olive oil + black pepper. Apply as glaze in last minute only. Best on peppers, onion.

THE 7 SIDES (CONTINUED)

5. Caramelized Red Onion Halves

Ingredients: 3 large red onions, 3 tbsp olive oil, 1 tbsp balsamic vinegar, 1 tsp brown sugar, salt

Method: Cut into 1/2-inch rounds, do not separate rings. Brush with oil. Grill over medium (not high) 5-6 min per side. Brush balsamic-sugar glaze in last minute.

Sub: No brown sugar? Honey works.

6. Eggplant Rounds with Tahini Drizzle

Ingredients: 2 medium eggplants, 3 tbsp olive oil, salt, 1/4 cup tahini, juice of 1 lemon, 1 garlic clove, 3 tbsp water, fresh mint

Method: Slice 3/4-inch rounds. Salt both sides, rest 20 min, pat dry. Brush with oil. Grill 4-5 min per side until golden. Whisk tahini, lemon, garlic, water. Drizzle over and top with mint.

Sub: No tahini? Greek yogurt thinned with lemon juice and garlic.

7. Portobello Mushrooms with Herb Oil

Ingredients: 4 large portobello caps, 3 tbsp olive oil, 2 garlic cloves minced, 1 tsp fresh thyme or rosemary, salt, pepper

Method: Wipe caps, remove stems, score gill side in crosshatch. Brush herb oil on gills. Rest 5 min. Grill gill-side up 5 min, flip 3-4 min until tender.

Sub: No fresh herbs? 1 tsp dried Italian seasoning in the oil.

3 NO-COOK SUMMER SIDES

Tomato + Cucumber Salad: Dice tomatoes and cucumber. Toss with red onion, olive oil, red wine vinegar, salt, fresh basil. Make the night before.

White Bean + Herb Salad: 2 cans white beans drained. Toss with olive oil, lemon juice, garlic, parsley, salt. Add arugula if you have it.

Watermelon with Feta + Mint: Cube watermelon. Crumble feta over top. Add fresh mint and a drizzle of olive oil. 5 minutes, no heat.

DAY-OF PREP CHECKLIST

Night before: Make no-cook sides. Mix dry seasoning rubs. Salt eggplant if using, drain overnight.

Morning of: Cut all vegetables. Pat dry. Store uncovered on sheet pans in fridge.

30 min before: Pull vegetables from fridge to reach room temperature.

At the grill: Corn + mushrooms first (longest). Peppers + onions next. Zucchini + asparagus + eggplant last.