



Veggies Made Easy



On the Grill

July 2019



BROCCOLINI® baby broccoli with BBQ Shrimp

Ingredients

- 1 pound mini red potatoes
- 2 bunches Mann's BROCCOLINI® baby broccoli (about 16-18 stalks)
- 3 ears corn, each cut into quarters
- 1 pound large shrimp, peeled, deveined and tails removed (16-20 count)
- ⅓ cup butter, melted
- 3 cloves garlic, minced
- 2 tablespoons freshly chopped parsley
- 1 tablespoon freshly chopped chives
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon smoked paprika
- lemon wedges, for serving

The Method

In a large saucepan, add potatoes and pour in enough water to cover. Bring to boil over high heat and cook for 12 to 15 minutes or until tender, adding BROCCOLINI® baby broccoli in the last 3 minutes of cooking time. Refresh under cold running water, then drain and pat dry with a paper towel.

Divide potatoes, BROCCOLINI® baby broccoli, and corn among 6 large double sheets of heavy-duty foil (foil sheets should be large enough so that packets can seal in the mixture). Top evenly with shrimp.

Stir together melted butter, garlic, parsley, chives, salt, pepper, and smoked paprika, then drizzle evenly over each package. Fold foil over and crimp edges to seal each packet. Preheat grill to medium-high heat. Grill packets for 5 to 7 minutes or until shrimp are opaque and cooked through and vegetables are steaming.

Serve with lemon wedges.

Servings: 6



Grilled Buffalo Vegetable Skewers

Ingredients

- 1 (12 ounce) bag Mann's Vegetable Medley
- 1/3 cup buffalo hot sauce
- 1/4 cup melted butter
- 1/4 cup blue cheese dressing

The Method

Blanch Mann's Vegetable Medley by putting in a large saucepan of boiling water for 2-3 minutes. Remove vegetables and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels.

Preheat grill to medium-heat and grease grate well.

In large bowl, stir hot sauce with butter. Toss vegetables with hot sauce mixture and thread evenly onto eight 4-inch skewers, alternating vegetables.

Grill for 2-3 minutes until tender-crisp and lightly charred. Be sure to turn skewers occasionally.

Serve with blue cheese dressing or with additional hot sauce, if desired.

Tip: If using bamboo skewers, soak in water for 30 minutes before threading to prevent burning on the grill.

Servings: 8



Grilled Sweet Potato Fries with Cilantro Lime Vinaigrette

Ingredients

- ¼ cup fresh lime juice
- 1 ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- ¼ cup chopped fresh cilantro
- ½ cup olive oil
- 1 (22 ounce) bag Mann's Sweet Potato Crinkle Cut Fries

The Method

Preheat stove top grill to medium-high heat.

Prepare the vinaigrette by combining lime juice, salt, pepper and cilantro. Slowly whisk in olive oil until well blended. Set aside.

Blanch Mann's Sweet Potato Crinkle Cut Fries in simmering water for 1-2 minutes until just tender. Remove immediately and drain well. Plunge into a large bowl of ice water to stop the cooking process. Pat dry vegetables with paper towels.

Grill Mann's Sweet Potato Crinkle Cut Fries in 2-3 batches on lightly oiled heated stove top grill, uncovered, turning until grill marks appear and potatoes are just tender, 3-6 minutes total.

Place on serving platter and drizzle with vinaigrette.

Can be served warm or at room temperature.

Servings: 4



Charred Brussels Sprouts Skewers

Ingredients

- 1 (12 ounce) bag Mann's Brussels Sprouts
- 2 tablespoons olive oil
- 1 teaspoon garlic salt
- 1 teaspoon dry mustard
- Juice of 1 lemon
- Pepper, to taste
- 1 cup prepared honey mustard sauce

The Method

In a microwave, steam Mann's Brussels Sprouts in bag, about 3 minutes or until tender.

Once cooled, place Brussels Sprouts in a large mixing bowl and coat well with olive oil. Add garlic salt, mustard, lemon juice, and pepper to taste. Toss well.

Place 4 to 5 Brussels Sprouts on each skewer.

Place Brussels Sprouts skewers on a pre-heated grill and grill on high heat, for 4-5 minutes or until the outside leaves are nicely charred. Turn skewer over and grill for an additional 5 minutes.

Allow skewers to cool before serving with a side of honey mustard dipping sauce.

Servings: 4 as an appetizer



Grilled Snow Peas & Mushrooms

Ingredients

- 2 (6 ounce) bags Mann's Snow Peas
- ½ cup sliced mushrooms
- 2 tablespoons sliced green onions
- 1 tablespoon fresh dill
- 2 tablespoons butter
- Salt and pepper, to taste

The Method

Preheat grill to medium-high heat.

Center Mann's Snow Peas and mushrooms on a large sheet of aluminum foil. Sprinkle with onions, dill and add butter. Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside.

Place foil packet over heated grill and cook uncovered for 8-10 minutes or until tender. Allow to cool.

Open foil packet carefully to allow steam to escape.

Add salt and pepper, to taste.

Serve hot.

Servings: 4