

CHAR-GRILLED VEGETABLES

Equipment needed –

Grill pan, large bowl, measuring cup, chopping board, knives, measuring spoons (1 tablespoon), measuring cups (1/3 cup)

Ingredients from the Garden –

- 1 large red capsicum
- 1 large green capsicum
- 2 large eggplants
- 3 large zucchini
- 3 small red onions

Ingredients from the Pantry –

- 1/3 cup olive oil
- 1 tablespoon cracked black pepper

What to do –

1. Wash and cut the capsicums into thick slices, and place in a large bowl.
2. Wash and cut the eggplants into thick round slices and place in a large bowl.
3. Wash and cut the zucchinis into thick slices and place in a large bowl.
4. Cut the red onions into small wedges and place in the large bowl.
5. Measure out 1/3 cup of olive oil and add to the large bowl. Add the cracked pepper.
6. Combine all of the ingredients in the large bowl.
7. Preheat the grill, and cook the vegetables until browned and tender.

Serves –

- 28 students.