

# Grilled Spring Vegetables with Two Marinades

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*Café 1500*

## Ingredients:

1 cup each seasonal PA Preferred™ spring vegetables such as

- Asparagus
- Shiitake mushrooms
- Eggplant
- Peppers

## Pesto Marinade

- 2 cups packed basil (or any leafy green like spinach or chard)
- 2 cloves minced garlic
- ¼ cup pine nuts (or pistachios for something different)
- ½ cup parmesan cheese
- 2/3 cup extra virgin olive oil
- Salt and pepper to taste

## Balsamic Vinaigrette

- ½ cup balsamic vinegar
- ¾ cup extra virgin olive oil
- 2 tablespoons fresh herbs like thyme and rosemary
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- Salt and pepper to taste

## Instructions:

In two separate bowls combine the ingredients for the marinades. Process the pesto ingredients in a food processor. Simply whisk the balsamic vinaigrette ingredients in a bowl. Chop vegetables into uniform pieces to ensure even cooking and aesthetic appeal. Marinate the vegetables in two separate containers; one for the Pesto Marinade and one for the Balsamic Vinaigrette. Marinate for up to three hours but no longer. Vegetables will get soft if marinated too long, unlike proteins such as meat that can marinate for many hours.

Crank the grill up to high and let it get nice and hot. Sear the veggies on the grill while it is on high and then turn the heat back to medium setting to allow them to cook to your desired softness. Each vegetable will vary depending on density and size so keep an eye on them and test them often to ensure that they to your liking.

