

Mixed Vegetables w/ Grape Seed Oil

Also Known As

Course	Yield	Type of Food	Main Ingredient
Side Dish	4 servings	Vegetable	Vegetable

Comments

This is a great way to steam your vegetables. It is best done on the grill, but can easily be done in the oven. The grape seed oil adds a very light flavor to the vegetables.

Prep Time 10 minutes **Cooking Time** 10 minutes **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Measure	Ingredient	Pre-Heat?	Yes	Temperature	350	Grease Pan?	Ingredient
2	yellow sweet peppers, chunked						
2	red or orange sweet peppers, chunked						
1 medium	sweet onion, bite size chunks						
1 large	English "seedless" cucumber, peeled and sliced						
	salt & pepper to taste						
2 oz.	grape seed oil						
2 oz.	herbed vinegar						

You may substitute any veggies that you like.

Instructions

Peppers should be de-stemmed, with the seeds and veins removed, then cut into bite sized chunks. Peel the onion and cut it into bite sized chunks. Peel the cucumber and slice it. Cut the slices in two.

Using Heavy Duty Aluminum foil, make 2 packets for the veggies. Mix then divide the veggies into the two packets. Add salt & pepper to taste. Drizzle an ounce of grape seed oil into each packet. Then drizzle an ounce of herbed vinegar into each packet. Seal tightly and place on a cookie sheet (if using an oven) or place on the edges of the grill grate if using a grill. Let steam for about 10 minutes. Carefully open packet & serve.