








# Balsamic Grilled Vegetables

*These Balsamic Grilled Vegetables are marinated in the most flavourful balsamic dressing and come out so juicy and delicious! They are the best veggies for the grill.*



5 from 1 vote

 <b>Course</b>	Dinner
 <b>Keyword</b>	Dairy Free, Egg Free, Gluten Free, Nut Free, vegan, Vegetarian
 <b>Prep Time</b>	30 minutes
 <b>Cook Time</b>	15 minutes
 <b>Total Time</b>	45 minutes
 <b>Servings</b>	5 servings
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## Ingredients

- 1 large zucchini **chopped**
- 1 Eggplant **sliced**
- 8 ounces crimini mushrooms **sliced**
- 1 Bell pepper **chopped**
- 1 large red onions **sliced**
- 2 beef tomatoes
- A dozen cherry tomatoes on skewers

## Balsamic Marinade

- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 5 cloves garlic **finely diced**
- Juice of one lime
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

## Instructions

1. In a small bowl, mix the Balsamic Marinade ingredients together.
2. Divide all the veggies between two large ziplock bags and add in, except the beef tomatoes, cherry tomatoes and the onions. Pour the marinade into both bags, leaving a few tablespoons behind. Toss the bags to distribute the marinade. Allow the veggies to marinate for at least 30 minutes but up to a day.
3. Heat and prepare your grill while the veggies are marinating. When ready, add the veggies to the grill at high heat, either directly to the grill for larger veggies, or to a grill sheet or foil for all the other veggies.
4. Add the red onion slices, beef tomatoes and cherry tomatoes onto the grill too, and brush with the remaining balsamic glaze. Brush all the other veggies with any remaining glaze too.
5. Grill the veggies until tender. The timing will vary slightly; about 5-6 minutes for the cherry tomatoes mushrooms, eggplants and zucchini and about 10-15 minutes for the bell peppers, red onions and beef tomatoes. the straight grill for larger veggies.

6. Remove from the grill into an aluminium foil container, and lightly season with salt and pepper over the top. Serve and enjoy!

## Notes

1. This recipe is naturally vegan and gluten free. The cooking time may vary based on your grill so keep an eye on the vegetables to ensure they aren't either overcooked or undercooked. The quality of your coal will also affect the smokiness of the vegetables, so get the best quality coal and/or wood chips that you can find.
2. HOW TO STORE VEGGIES You can keep the veggies in the foil container, covered in the fridge, or transfer to an air tight tupperware container for around 4 to 5 days in the fridge.

*Balsamic Grilled Vegetables <https://jessicainthekitchen.com/balsamic-grilled-vegetables-recipe/> July 17, 2020*