

# HOW TO GRILL

## ARTICHOKES

Serves: 4 Prep Time: 10 minutes  
Cook Time: 20 minutes

### INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed  
Olive oil, for brushing  
Salt and pepper, to taste



#### STEAM

Artichokes until tender.



#### CUT

Steamed artichokes in half and brush with olive oil.



#### SEASON

With salt and pepper.



#### HEAT

Grill over medium heat.



#### GRILL

Cut side down until lightly charred.

## BROCCOLI

Serves: 4 Prep Time: 10 minutes  
Cook Time: 10 minutes

### INGREDIENTS

1 head Ocean Mist Farms broccoli, rinsed and cut into florets  
1 Tbsp. olive oil  
Salt and pepper, to taste  
1 lemon, halved  
Additional herbs of choice  
Sheet of aluminum foil or grill basket



#### PREHEAT

Grill over medium heat.



#### TOSS

Broccoli florets with olive oil and seasonings.



#### GRILL

On a sheet of aluminum foil or grill basket, turning frequently for 8-10 minutes.



#### REMOVE

From heat and add a squeeze of lemon juice.

## CAULIFLOWER

Serves: 4 Prep Time: 10 minutes  
Cook Time: 10 minutes

### INGREDIENTS

1 head Ocean Mist Farms cauliflower, rinsed and cut into florets  
1 Tbsp. olive oil  
Salt and pepper, to taste  
1 lemon, halved  
Additional herbs of choice  
Sheet of aluminum foil or grill basket



#### PREHEAT

Grill over medium heat.



#### TOSS

Cauliflower florets with olive oil and seasonings.



#### GRILL

On a sheet of aluminum foil or grill basket, turning frequently for 8-10 minutes.



#### REMOVE

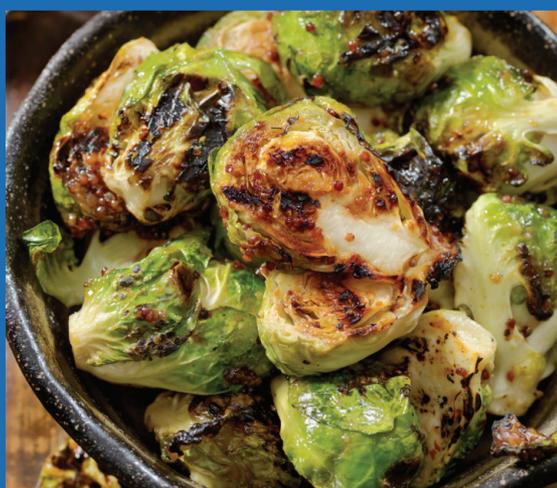
From heat and add herbs and lemon juice.

## BRUSSELS SPROUTS

Serves: 4 Prep Time: 10 minutes  
Cook Time: 10 minutes

### INGREDIENTS

1 package Season & Steam Brussels Sprouts  
1 Tbsp. olive oil  
Salt and pepper, to taste  
Additional herbs of choice  
Sheet of aluminum foil or grill basket



#### PREHEAT

Grill over medium heat.



#### TOSS

Brussels sprouts with olive oil and seasonings.



#### STEAM

Brussels sprouts in package until tender.



#### GRILL

On a sheet of aluminum foil or grill basket about 5-7 minutes, charring on each side.



#### REMOVE

From heat and serve.