

Grilled Seasonal Vegetables with Tahini Sauce

40 minutes

Based on a recipe by David Tanis

Ingredients (serves four)

Onion
Zucchini
Pepper
Cherry tomatoes
Fennel bulb
Herbs (parsley, dill, mint)
Tahini Sauce (1 cup yogurt, 3 tbsp lemon juice, 2 tbsp olive oil, 1/4 cup of tahini)
Salt
Pepper
Olive oil



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Grate garlic cloves, add to tahini sauce with a good pinch or two of salt and mix well.
2. Prepare your grill. It can be a propane or Charcoal BBQ or a grill pan on the stovetop. Ensure grill is clean and hot.
3. Prepare vegetables. Cut onions crosswise into 1/4" slices. Cut peppers into large slices and remove seeds. Cut zucchini on an angle 1/2" slices. Cut fennel top and bottom off, discard outer layer and cut from top down into 1/2" slices, keeping the core intact so that the slices don't fall apart. Place all vegetables on a tray, drizzle with olive oil and desalt and pepper.
4. Grill onions, peppers and fennel over medium high heat. 4 to 5 minutes each side. Start peppers skin side down.
5. Grill zucchini 3 to 4 minutes each side. Grill tomatoes one side only for about 5 minutes.
6. Arrange vegetables on platter, drizzle with tahini sauce and scatter washed and chopped herbs over top.
7. Serve with flatbread or salad and Enjoy!