



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.



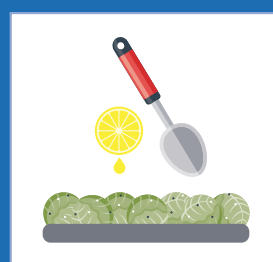
STEAM

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.



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