

## The grill is for more than meat

If you love getting out the grill for summer meals, don't stop at burgers and chicken. The grill is an excellent way to prepare some of summer's most delicious fresh produce. The Produce for Better Health Foundation says you can use the grill to turn many familiar fruits and veggies into healthy and delicious treats. Try these suggestions:

- Fresh pineapple chunks can be grilled on skewers for a sweet twist for kabobs and salads.



- Cut peaches in half and remove pit. Grill on low, cut side down, for a few minutes.



- Corn can be soaked in water, husks on, and grilled. Once they're cooked, the husks will slide right off, and you'll have hassle-free corn!



- Toss summer squash or zucchini with a little olive oil and fresh herbs before grilling for a nutritious and tasty side dish.



If you've never grilled these items before, don't be afraid to give them a try. Test them out when you've got extra time and no guests coming over. Then you can perfect your method before you serve it to others.