

# Foods for Vibrant Health

Airing on WLAQ, 1410 AM • Saturdays 9:30-10:00 a.m.

## *Onion Recipe* *Show #8*



Cherokee  
Herb Shop

4 Coosawattee Avenue • Rome, Georgia  
706/232-4478 • CherokeeHerb.com

### Easy Grilled Vegetables

- 2 onions cut in 1/4 inch slices
- 2 peppers either red, orange or yellow, cut into 2 inch strips
- 1 zucchini and/or yellow squash cut into 1/4 inch thick slices on the diagonal
- 1 eggplant cut into 1/4 inch slices
- 12 spears of asparagus with the bottom ends snapped off

Brush the vegetables with a mixture of olive oil and Mama Garlic spice (available at Cherokee Herb Shop) or your favorite grilling spices. Grill eggplant, onion and asparagus first; when almost done (tender), add peppers and zucchini and/or yellow squash and grill just until fork tender.

This is a delicious addition to any cookout, or, if you have a George Foreman grill or a grill on your stove, you can have them anytime. Serves 4