

Grilled Zucchini

Learn how to make perfect grilled zucchini with this easy recipe. Healthy, low-carb, and delicious summer side dish ready in 25 minutes.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 zucchini
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp italian seasoning
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 4 leaf basil

Instructions

1 Prepare the grill

Preheat your grill to medium-high heat (200°C/400°F). Clean the grill grates and brush them lightly with oil to prevent sticking.

2 Prepare the zucchini

Wash 2 zucchini thoroughly and trim off both ends. Cut each zucchini lengthwise into strips that are 1/2 inch thick.

3 Make the seasoning mixture

Combine 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 teaspoon Italian seasoning, 1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl. Whisk until well combined.

- 4 Add the zucchini strips to the bowl with the seasoning mixture. Toss gently with your hands or tongs until all pieces are evenly coated with the oil and spices.
- 5 **Grill the zucchini**

Place the seasoned zucchini strips directly on the grill grates using tongs. Cook for 3-4 minutes without moving them, until you see distinct grill marks and the edges begin to soften.
- 6 Flip each zucchini strip carefully with tongs and grill for another 3-4 minutes, until tender when pierced with a fork and nicely charred on both sides.
- 7 **Serve**

Transfer the grilled zucchini to a serving platter and garnish with 4 fresh basil leaves. Serve immediately while hot.

Tips

Choose small to medium zucchini for the sweetest flavor and best texture - larger zucchini tend to be watery and bitter.

Cut zucchini at least ½ inch thick lengthwise to prevent them from falling through grill grates and to ensure even cooking.

Don't skip preheating your grill to medium-high heat - proper temperature is essential for achieving those beautiful grill marks.

Avoid moving the zucchini too frequently on the grill; let them develop proper sear marks before flipping once.

If your zucchini seems watery, lightly salt the cut pieces and let drain for 15 minutes before seasoning and grilling.

Use fresh lemon juice rather than bottled for the brightest, most vibrant flavor in your seasoning mixture.

For extra flavor, finish the grilled zucchini with a sprinkle of fresh herbs, grated Parmesan, or a drizzle of balsamic glaze.

When using a grill pan indoors, don't overcrowd the pan - cook in batches to ensure proper browning rather than steaming.