



BeFit

Be Fit. Eat Healthy. It's your choice.

Grilled Summer Vegetables

2 medium zucchini, cut into large slices (about 1½ inches)
2 bell peppers (red, yellow, orange, or green), cored and cut into large chunks (about 1½ inches)
1 large eggplant, cut into medium slices (about ¾ inch)
1 red onion, peeled and cut into ¼ inch rounds
1 tablespoon fresh herbs (basil, thyme, chives, etc.)
1 tablespoon lemon juice
½ tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

Instructions:

Turn grill on medium-high heat (or see notes below). Place all the vegetables in a bowl and add in herbs, lemon juice, olive oil, salt, and pepper. Toss together until vegetables are well coated.

Spread vegetables on grill grate. Cook until they soften and start to show grill marks (about 10 minutes). Use grill tongs to flip them once or twice during this time to ensure even cooking.

Notes:

-To judge heat on a charcoal grill, hold your hand about 5 inches above the grill grate. Keeping your hand there for 4 to 5 seconds (before it becomes too hot) is roughly medium-high temperature. (Use extreme caution when doing this and when grilling in general.)

-Keep an eye on the vegetables, some may cook faster than others.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 120 calories

PROTEIN: 4 g

SODIUM: 160 mg

CARBOHYDRATE: 22 g

FIBER: 9 g

FAT: 3 g

SAT FAT: 0 g