Anti Pasto Grilled Vegetables
Serving Size: 1/6 of recipe
Serves: 6

Ingredients
6 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
4 teaspoons Dijon mustard
2 cloves garlic, minced
2 tablespoons fresh basil, minced
2 tablespoons fresh oregano, minced
2 tablespoons fresh parsley, minced
¼ teaspoon Salt
freshly ground black pepper to taste

2 medium zucchini, thinly sliced
1 medium eggplant, thinly sliced
2 medium yellow squash, thinly sliced
1 onion, thinly sliced

Directions
Combine the olive oil, vinegar, mustard and garlic in a medium bowl. Whisk until blended. Add the fresh herbs, reserving 1 tablespoon for garnish. Season with salt and pepper.

Add the sliced vegetables and mix to coat.

Cook vegetables in grill pan over medium heat, until just tender, about 2 to 3 minutes each side.

Cool and arrange on salad plates. Garnish with fresh herbs.

Exchanges per serving:
2 Vegetable, 3 Fat

Nutrients per serving:
Calories: 179
Calories from fat: 125
Total Fat: 14g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 53mg
Carbohydrate: 13g
Dietary Fiber: 5g
Protein: 3g