

## Summer Grilled Vegetables

Serving Size: one tenth of recipe

Serves: 10

### Ingredients

¼ cup extra virgin olive oil  
2 tablespoons balsamic vinegar  
1 clove fresh garlic, minced  
2 tablespoons fresh basil, finely chopped  
2 teaspoons fresh thyme, pulled from the stem  
2 teaspoons fresh rosemary, pulled from the stem  
dash of salt  
½ teaspoon coarse ground black pepper  
1 eggplant, sliced ¼ inch  
1 zucchini squash, sliced ¼ inch  
1 yellow squash, sliced ¼ inch  
3 roma tomatoes, halved  
6 fresh button mushrooms, whole  
1 red onion, cut in half and quartered  
1 green bell pepper, cut in half and quartered

### Directions

1. Combine the olive oil, vinegar, garlic, herbs and spices in a medium mixing bowl.
2. Add the vegetables and toss until coated.
3. Wrap up the vegetables in enough heavy foil so that they can be completely enclosed and place on a cookie sheet or any pan suitable for the grill.
4. Grill the vegetables on medium heat until they are just fork tender.
5. Or instead of wrapping in foil, grill the vegetables directly on the grill taking care to turn so as not to over cook. (If this method, slice the onion and pepper.)
6. Or grill on skewers as shish kabobs.

### Exchanges per serving:

2 Vegetables, 1 Fat

### Nutrients per serving:

Calories: 90

Calories from fat: 50

Total Fat: 6g

Cholesterol: 0mg

Sodium: 20mg

Total Carbohydrate: 9g

Dietary Fiber: 3g

Protein: 2g