

Superb Grilled Vegetable Medley V GF

INGREDIENTS

- 3 red bell peppers, seeded and halved
- 3 yellow squash (about 1 lb. total), sliced lengthwise into long ½ inch thick pieces
- 3 zucchini (about 12 oz. total), sliced lengthwise into long ½ inch thick pieces
- 2 small eggplant, sliced lengthwise into ½ inch thick pieces
- 12 large white mushrooms or 2 portabellas sliced
- 1 bunch (1 lb.) asparagus, trimmed
- 12 green onions, roots cut off
- ¼ cup plus 2 Tbsp. olive oil
- Salt and freshly ground black pepper
- 3 Tbsp. balsamic vinegar
- 2 garlic cloves, minced
- 1 tsp. chopped fresh Italian parsley leaves
- 1 tsp. chopped fresh basil leaves
- ½ tsp. finely chopped fresh rosemary leaves



NUTRITION FACTS 6-8 servings	
Calories: 255	Total Carbohydrate: 31 g
Fat: 14 g	Dietary fiber: 14 g
Sodium: 62 mg	Protein: 9 g

DIRECTIONS

1. Place a grill pan over medium high heat or prepare the barbecue (medium high heat).
2. Use ¼ cup of the oil to lightly coat vegetables. Sprinkle the vegetables with salt and pepper.
3. Working in batches, grill the vegetables until tender and slightly charred (8-10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions).
*To get nice grill marks, do not move vegetables too frequently once placed on grill.
4. Whisk together 2 Tbsp. of oil, balsamic vinegar, garlic, parsley, basil, and rosemary.
5. Arrange vegetables on a serving plate and drizzle the dressing over all veggies. Serve warm.