

Summertime Grilled Veggies

INGREDIENTS:

2 T	balsamic vinegar
2 ea.	garlic cloves, minced
1/4 tsp.	black pepper
1 T	olive oil
1/2 ea.	eggplant, cut into 1 inch cubes
2 ea.	portobella mushrooms, cut into 1 inch cubes
1 ea.	red bell pepper, cut into 1 inch squares
1 ea.	zucchini, cut into 1 inch cubes
1 T	fresh basil leaves, chopped

DIRECTIONS:

To make vegetable marinade, combine vinegar, garlic, salt and pepper into a small bowl. Add oil slowly and whisk to blend. Next, combine eggplant, mushroom, bell pepper and zucchini in a large bowl and pour marinade over vegetables, tossing to coat. Let stand for 1 hour. After marinating, place vegetables onto skewers, alternating with different vegetables. Grill over medium-high heat for about 5 minutes on each side or until vegetables are tender and browned. To serve place on plate and sprinkle with chopped basil and a dash of pepper.

Makes approximately 4 servings.

Calories per serving: 88

NUTRITIONAL INFORMATION PER SERVING:

3 g protein
12 g carbohydrates
4 g fat
15 mg sodium
0 mg cholesterol
4 g fiber