

WELLNESS CONNECTION

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NOURISHING YOU - Balsamic Grilled Vegetables

Recipe by Leana Coffey

Prep time: 8 minutes; Cook time: 12 minutes;

Yield: 6 servings

If you know me, you know I LOVE my veggies! I made a huge batch of these Balsamic Grilled Vegetables and ate the leftovers for days. I ate it as a cold salad the next day for lunch and warmed it up as a side with dinner the day after. You can substitute your favorite veggies to make it even better. I added yellow squash and mushrooms to mine. If you'd rather roast them in the oven, they'll be just as delicious! Simply put them in a baking dish sprayed with a little bit of cooking spray and roast at 425 degrees for 20 minutes. Add the dressing after grilling or roasting.



Photo Credit: ifoodreal.com

Ingredients

- 1 lb zucchini or yellow squash, sliced lengthwise into shorter sticks
- 1 lb red bell peppers, sliced into side strips
- 1 large red or white onion, cut into ½ inch thick rounds
- 1/3 cup Italian parsley or basil, finely chopped
- Cooking spray

Balsamic Dressing

- 2 tbsp olive oil, extra virgin
- 2 tbsp balsamic vinegar
- 2 garlic cloves, grated
- 1 tsp salt

- Ground black pepper to taste

Instructions

1. In a small bowl, whisk together olive oil, balsamic vinegar, garlic, salt and pepper. Set aside.
2. Spray grill with cooking spray and then preheat on low heat.
3. Place vegetables in a single layer on the grill, close the lid and cook for 12 minutes, flipping once. Vegetables should be tender to the touch with nice grill marks. Cook longer if you like softer vegetables.
4. Transfer vegetables to a large bowl, pour balsamic dressing on top, sprinkle with parsley or basil and gently mix.
5. Serve hot, warm or cold with grilled meat or seafood and a side of quinoa or brown rice.

Nutrition Information: (serving size 1 cup) Calories 97 | Fat 5.3g | Carbs 10.7g | Protein 3.3g

