

Grilled Vegetables

Serves 4-6

1/4 cup salt-free marinade (Mrs. Dash Southwester Chipotle 10-minute marinade)
2 zucchini, sliced lengthwise into 1/2-inch strips
2 yellow squash, sliced lengthwise into 1/2-inch strips
1 eggplant, sliced lengthwise into 1/2-inch strips
2 red peppers, seeded and cut into 4 strips
2 red onions, peeled and cut into 4 wedges

Place prepared vegetables into a large bowl and add marinade, mixing carefully until vegetables are coated. Allow to marinate for 10 minutes. Preheat grill to medium-high heat.

Place marinated vegetables on grill. After 6-8 minutes, flip vegetables. Allow vegetables to grill for another 6-10 minutes, or until tender. Remove vegetables to a large serving platter, and cut into bite-size cubes. Serve immediately.

Nutrition information per serving (for 6 servings): 80 calories, 1.5g fat (0g saturated fat), 3g protein, 6g fiber, 20mg sodium. Daily Values: 30% Vitamin A, 130% Vitamin



The University of Georgia

Food Services