

Grilled Vegetables

Ingredients:

Vegetables

- 2 red bell peppers, diced
- 2 yellow squash, diced
- 2 zucchini, diced
- 2 Japanese eggplant, diced
- 12 mushrooms, cut in half
- 1 bunch asparagus, cut off bottom 1/4 and discard and cut remaining stems in 2" pieces
- 2 onions, diced

Marinade

- 1/3 cup olive oil
- 1/4 Cup Balsamic Vinegar
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- 5 garlic cloves, minced

DIRECTIONS:

My favorite way to eat vegetables is to grill them. I dice up my favorite ones, put them in a ziplock bag. I add the marinade, seal the bag and shake. Ideally, they marinate for at least an hour. With the grill on med/high we add them to our grill basket and cook until they are just softened and charred. When I make them I make extra so I can add them on top of salads, put them over pasta or rice, mix them into my scrambled eggs or I love to make a grilled veggie wrap with a whole wheat tortilla and grilled vegetables. (if you don't have a grill basket leave the vegetables in larger pieces and place directly on the grill)