



The Best Grilled Veggies (your choice)

Ingredients:

- Zucchini
- Bell pepper
- Red onion
- Mushrooms
- Asparagus
- Eggplant

To prepare:

- 1) Choose your favorite balsamic dressing or make your own marinade using extra virgin olive oil, balsamic vinegar, garlic and fresh parsley or basil.
- 2) Wash and cut the vegetables. I like to cut bell pepper into wide strips and onion into "steaks." As for zucchini, you have to go by its size. Baby zucchini slice lengthwise and chop in half for shorter sticks. Larger garden zucchini are best sliced in thick rounds.
- 3) Coat in balsamic dressing or your homemade marinade.
- 4) Grill vegetables covered on low heat for 4 to 6 minutes, turning once. Vegetables should be tender to the touch with nice grill marks. Cook longer if you like softer vegetables.
- 5) Toss with balsamic dressing and fresh herbs, and/or salt and pepper to taste.