

Grilled Veggies

Fire up the BBQ!

Ingredients

- 2 medium sweet potatoes cut in large chunks
- 2 medium root veggies cut in large chunks (e.g., white potatoes, rutabagas, turnips, parsnips, beets)
- 2 cups mushrooms, sliced
- 1 large onion, sliced
- 1 medium pepper
- 2 medium carrots, diced

Marinade

- ¼ cup fresh basil, chopped
- 2 sprigs rosemary, stripped from stems
- ¼ cup fresh parsley, chopped
- 2 garlic cloves, minced
- 2 TBS olive oil
- 1 TBS balsamic vinegar **OR**
- Use 2-3 TBS of your favorite low fat salad dressing

(Note: Coat veggies to taste. You do not have to use 2-3 TBS of dressing)



Preparation

Toss the cut up veggies in the marinade and leave covered in the fridge for 1-2 hours prior to grilling. Drain marinade from veggies prior to spreading them on your grill pan. Place the grill pan on your BBQ and turn veggies every 7 to 10 minutes while cooking. Depending on heat, veggies should be ready in 30 to 45 minutes (you can use tin foil or a foil lined cookie sheet as your grill pan).

(Note: you may substitute any of your favorite veggies and seasonings in this recipe. It's great to have a broad, colorful spectrum of veggies in this dish. If you prefer, roast the veggies on a cookie sheet in the oven at 350 degrees for one hour.)

Nutritional Information

Servings: 6

Nutrition information per serving may vary depending on quantities of vegetables/ingredients used in recipe.

Nutrition Facts	
Grilled Veggies	
Serving Size: 1 serving	
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Amount Per Serving	
Calories	177
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Total Fat	4.8g
Saturated Fat	0.6g
Trans Fat	0g
Cholesterol	0mg
Sodium	461mg
Carbohydrate	29.5g
Dietary Fiber	5.3g
Sugars	4.7g
Protein	4.8g
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Vitamin A 274%	Vitamin C 63%
Calcium 4%	Iron 11%