

Balsamic Grilled Vegetables

Grilled and lightly dressed summer vegetables are equally delicious served warm or at room temperature.

Ingredients

1 small red onion, cut into ½ inch thick slices
4 sweet peppers cut into 1 inch wide strips
2 zucchini, cut lengthwise into ¼ inch thick strips

Balsamic Dressing:

1/3 cup extra-virgin olive oil
3 tbsp balsamic vinegar
1 tsp minced fresh oregano (or ½ tsp dried, crumbled)
½ tsp each of salt and black pepper



Preparation

1. Pre-heat grill to medium-high heat.
2. For balsamic dressing: whisk together oil, vinegar, oregano, salt and pepper. Set aside.
3. Skewer onion slices through edges to keep rings intact.
4. Toss half of the balsamic dressing with peppers and zucchini; brush some of the remainder over onions. Let stand for 10 minutes.
5. Grill, covered, on greased grill over medium-high heat, turning once, until tender and grill-marked (about 10-15 minutes).
6. Transfer to platter, peeling skins off peppers, if desired; drizzle with remaining balsamic dressing. Makes 6 servings.

Nutrition (per serving)

154 calories, 1g protein, 12g total fat (2g sat.fat), 11g carbs, 2g fibre, 0mg cholesterol, 197mg sodium

Nutrition Bonus: Calcium (2%), Iron (6%), Vitamin A (21%), Vitamin C (210%), Folate (12%)