



BBQ RECIPE



GRILLED ZUCCHINI WITH CAPERS, BASIL AND LEMON

Zucchini is low in calories and rich in fibre which can help you feel full. It also has a high source of vitamin A which can promote active cell development in your eyes.

Grilled Zucchini with Capers, Basil, and Lemon

Serves 4

Ingredients:

- 1 tablespoon juice and 1 teaspoon zest from one lemon
- 3 tablespoons extra virgin olive oil, plus more for brushing zucchini
- 1/4 cup chopped fresh basil leaves
- Kosher salt and freshly ground black pepper
- 2 tablespoons capers, rinsed, dried, and roughly chopped
- 4 medium zucchini, sliced into 1/2" thick disks or quartered, lengthwise



Instructions:

1. Combine lemon juice, olive oil, basil, and capers. Whisk to combine, season to taste with salt and pepper, then set aside.
2. Preheat a gas grill on high for at least 10 minutes. Clean and oil the grilling grate.
3. Using a pastry brush, brush zucchini with olive oil on both sides, and season to taste with salt and pepper. When grill is hot, add zucchini slices and cook, covered, until zucchini is well-browned on one side, 4 to 5 minutes. Flip slices and cook, covered, until zucchini is well-browned and tender, 3 to 4 minutes. Transfer zucchini to a serving platter, spoon vinaigrette over the top, and serve.

Nutritional Info (per serving):

Calories: 126	Sodium: 117mg
Total Fat: 11g	Protein: 3g

Source: www.seriousseats.com