

BBQ RECIPES

GRILLED ZUCCHINI WITH CAPERS, BASIL, AND LEMON

Zucchini is low in calories and rich in fibre, which helps you feel full. It's also a source of vitamin A, which promotes active cell development in your eyes.

Grilled Zucchini with Capers, Basil, and Lemon

Makes 4 servings

Ingredients

- 1 tbsp lemon juice
- 1 tsp lemon zest
- 3 tbsp extra-virgin olive oil, plus more for brushing zucchini
- 1/4 cup chopped fresh basil leaves
- 2 tbsp capers, rinsed, dried and roughly chopped
- 4 medium zucchini, sliced into 1/2" disks
- Kosher salt and freshly ground black pepper, to taste



Directions

1. To make the vinaigrette, add lemon juice, olive oil, basil, and capers to a bowl. Whisk to combine and season with salt and pepper. Set aside.
2. Preheat the grill on high for at least 10 minutes. Clean and oil the grilling grate.
3. Brush the zucchini with olive oil on both sides, and season with salt and pepper. When the grill is heated, add zucchini and cook, covered, until well-browned on one side (4-5 minutes). Flip and cook, covered until well-browned and tender (3-4 minutes.)
4. Transfer zucchini to a serving platter. Spoon vinaigrette over top and serve warm.

Nutrition Info Per Serving: Cal 126 | Fat 11g | Protein 3g | Sodium 117mg

