

Grilled Vegetables

This method is a quick and easy way to make a large batch of mixed vegetables that you can eat as a simple side or add to other dishes later.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 medium	Red Bell Pepper, core and seeds removed, cut into planks
1 medium	Red Onion, ends removed and cut into ½" thick rounds
1 large	Zucchini, ends removed and cut crosswise into ½" thick rounds
2 large	Portabella Mushrooms, stems removed
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground

CHEF'S NOTES

Use this recipe for any combination of vegetables in season. Make sure to cut vegetables so they are big enough to not fall through the grill grates.

For added flavor, try squeezing a lemon and sprinkling a handful of chopped parsley or cilantro over your cooked vegetables.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat grill to medium-high heat.
2. In a large mixing bowl, add all the prepared vegetables.
3. Add the oil, salt, and pepper and toss until evenly coated.
4. Using tongs, place the vegetables on the grill and cook until tender, about 4-5 minutes per side. Allow each piece to develop grill marks before moving or flipping.
5. Remove and allow to cool slightly before chopping into smaller pieces and serving.

Nutrition Facts

6 servings per container

Serving Size about 3/4 cup (104 g)

Amount per serving

Calories **60**

% Daily Value *

Total Fat 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 4g **0%**

Dietary Fiber 1g **5%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 1g **3%**

Vitamin D 0.07mcg 0%

Calcium 10mg 0%

Iron 0.31mg 0%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Assorted Grilled Vegetables" (6/5/19)



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