

# 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	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	45 MIN

## INGREDIENTS

1 medium	Red Bell Pepper, cut into planks
1 medium	Red Onion, ends removed and cut into ½" thick rounds
1 large	Zucchini, ends removed and cut 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** ~3/4 cup (104g)

**Amount Per Serving**

**Calories** **70**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 1g **2%**

Vitamin D 0.1mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 260mg 6%

\* 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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