

Anti Pasto Grilled Vegetables

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

6 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
4 teaspoons Dijon mustard
2 cloves garlic, minced
2 tablespoons fresh basil, minced
2 tablespoons fresh oregano, minced
2 tablespoons fresh parsley, minced
¼ teaspoon Salt
freshly ground black pepper to taste

2 medium zucchini, thinly sliced
1 medium eggplant, thinly sliced
2 medium yellow squash, thinly sliced
1 onion, thinly sliced

Directions

Combine the olive oil, vinegar, mustard and garlic in a medium bowl. Whisk until blended. Add the fresh herbs, reserving 1 tablespoon for garnish. Season with salt and pepper.

Add the sliced vegetables and mix to coat.

Cook vegetables in grill pan over medium heat, until just tender, about 2 to 3 minutes each side.

Cool and arrange on salad plates. Garnish with fresh herbs.

Exchanges per serving:

2 Vegetable, 3 Fat

Nutrients per serving:

Calories: 179

Calories from fat: 125

Total Fat: 14g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 53mg

Carbohydrate: 13g

Dietary Fiber: 5g

Protein: 3g