

Grilled Vegetables

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: Approximately 4 ½ wt oz
Calories Per Serving: 120 Kcal

STEP 1

3 lb total	Assorted vegetables (your choice), such as red bell peppers, yellow squash, zucchini, carrots, asparagus, mushrooms, eggplant or onions	<i>carrots cut in ½ and sliced into rectangles, use mushroom caps only, eggplant can be slices and onions cut into ½-inch rings</i>	Cut vegetables as desired. If necessary, par cook or blanch the vegetable prior to grilling them, such as the carrots.
	<i>Sample choices (listed below) for 10 servings at about 4.8 wt ounces per serving (weight before marinating and grilling)</i>		
1 lb	Red bell peppers	cut into 4 thick pieces	
1 lb	Yellow squash	circles or in ½ rectangles	
1 lb	Zucchini	circles or in ½ rectangles	

STEP 2

9 fl oz	Vegetable or olive oil		Combine all ingredients for marinade. Place on cleaned and vegetable sprayed grill. Brush on marinate while grilling (brush on lightly to avoid grill flare ups). Once cooked, place on platter or serving vessel. Paint with additional marinade. Flash in oven to heat if needed. Reserve all left overs and use in a variety of wraps or sandwiches.
2 fl oz	Soy sauce		
1 ¼ fl oz	Lemon juice or vegetable stock		
½ wt oz	Garlic	minced	
½ tsp	Fennel seeds	toasted and ground	
2 tsp	Thyme leaves	chopped	
2 tsp	Oregano or basil	chopped	
as needed	Salt		
as needed	Ground black pepper		