



## Grilled Vegetables

Grilling vegetables is a great way to add some variety to your typical method of eating or preparing vegetables. Grilling produces a smoky flavour that many people love, which could help you increase your vegetable consumption. For even more health benefits, leave the skin on since the peel is a good source of fibre and phytonutrients.

Prep: 25 minutes • Total: 35 minutes

### Ingredients:

Eggplant, diced	1 small	1 small
Red pepper, sliced	2 each	2 each
Zucchini, sliced	3 each	3 each
Mushrooms, halved	6 each	6 each
Red onion, sliced	½ each	½ each
Olive oil	2 Tbsp	30 mL
Balsamic vinegar	3 Tbsp	45 mL
Black pepper	½ tsp	2 mL
Italian dried herb blend	1 tsp	5 mL

### Directions:

1. Toss vegetables in olive oil, balsamic, and spices.
2. Allow to sit for 15 minutes.
3. Brush or spray grill with olive oil.
4. Place vegetables directly on grill in a grilling basket or on skewers on medium/high heat.
5. Flip after 2/3 minutes each side, or until desired doneness.

\*This recipe can be done with any vegetables you desire, just ensure all vegetables are similar in size so cooking times are even.

\*If you do not have a BBQ an indoor grill or George Foreman can be used.

### Nutrition Facts

Serving Size (153g)

Servings Per Container

Amount Per Serving

**Calories 70**      Calories from Fat 35

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 4g

**Protein 2g**

Vitamin A 0%      • Vitamin C 120%

Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza*

Makes 8 servings (152 g / serving ) • 1 serving = 1.25 cups of vegetables

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