



Grilled Vegetables



One
Two
Two tablespoons
Three
Two tablespoons
Two tablespoons
One tablespoon
Salt and pepper

eggplant
zucchini
olive oil
sweet peppers (red, green and yellow)
balsamic vinegar
fresh thyme, chopped
water



1. Cut eggplant into ½ inch thick slices. Place in steamer in single layer; steam for 4 minutes.
2. Cut zucchini diagonally into ¼ inch thick slices; brush with one tablespoon olive oil.
3. Seed and cut pepper lengthwise into 8 pieces.
4. Grill vegetables in grill basket, in batches if necessary, over medium heat for 4-6 minutes on each side or until tender but firm. Transfer to serving bowl.
5. Whisk together remaining oil, vinegar, thyme, water and salt and pepper. Pour over hot vegetables and toss to coat.

Tip: Serve this side dish hot or at room temperature.

Nutrition Information Per Serving

Calories: 80 Protein: 1 g Carbohydrate: 10 g
Fat: 5 g Fibre: 3 g

Adapted from Anne Lindsay's Light Kitchen

