Grilled Vegetables

Yield: 4 servings

Ingredients

1 Zucchini - medium

1 Yellow Squash - medium

1 Tomato - medium

1 Garlic bulb

1 Bell Pepper - medium

1 Red Onion - medium

1 Table spoon Olive Oil

Directions

1. Preheat grill to 350 degrees F
2. Trim, cut and slice vegetables
3. Place vegetables in a bowl and mix, coating lightly with the olive oil
4. Place vegetable on a sheet of foil, folding the edges over to partially cover
5. Grill for 20 minutes

Nutrition Facts per serving

57 calories, 4 g fat, 16 mg sodium, 5 g carbohydrates, 1 g protein