

GRILLED MEDITERRANEAN VEGETABLES

Preparation Time: 15 – 25 minutes depending on the amount

Cooking Time: 40 – 50 minutes depending on the amount

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Egg plant, chopped into cubes	¼ Medium	½ Medium	1 ½ Medium	1 Medium
Patty pan squash, halved	3 Medium	6 Medium	9 Medium	12 Medium
Button mushrooms, halved	4 Medium	8 Medium	12 Medium	16 Medium
Red pepper, cored, seeded and julienned	¼ Medium	½ Medium	¾ Medium	1 Medium
Yellow pepper, cored, seeded and julienned	¼ Medium	½ Medium	¾ Medium	1 Medium
Carrots, slim, halved lengthwise	1 Medium	2 Medium	3 Medium	4 Medium
Black pepper, ground	To taste	To taste	To taste	To taste
Marinade:				
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Lemon juice, fresh	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Balsamic vinegar	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Oregano, dried	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.
Garlic, crushed	1 Clove	2 Cloves	3 Cloves	4 Cloves
Thyme, dried	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Mix all of the vegetables together in an ovenproof dish.
- Mix together the olive oil, lemon juice, balsamic vinegar, oregano, garlic and thyme and pour over the vegetables and toss until well mixed and glistening. Cover and leave to marinate for approximately 2 hours, tossing occasionally.
- Just before grilling, season the vegetables with black pepper to taste.
- Place the vegetable mix into the oven and roast for 40 – 50 minutes, or until the vegetables are cooked.

Tips to Reduce Preparation & Cooking Time:

- Use a sharp knife when preparing the vegetables.
- Use bottled lemon juice instead of squeezing fresh lemons.
- Use already crushed garlic in order to decrease preparation time.

Grilled Mediterranean Vegetables - Analysis per Serving	
Energy:	
Calories (kcal):	132
Protein (g):	2.5
Total Fat (g):	8.3
Saturated Fat (g):	1.1
Monounsaturated Fat (g):	5.9
Polyunsaturated Fat (g):	0.8
Omega-3's (g):	0.1
Cholesterol (mg):	0.0
Carbohydrates (g):	15.2
Of which is sugars (g):	2.0
Fiber (g):	4.6
Sodium (mg):	23.0