



## Assorted Grilled Vegetables

### U.S.

2 medium	Zucchini squash, 1/4" thick slices
2 medium	Yellow Squash, 1/4" thick slices
4 medium	Tomatoes, cut in half
2 Tbsp	Olive Oil
3/4 tsp	Salt, Kosher
To taste	Black Pepper, ground

### Metric

3 medium
3 medium
4 medium
30mL
4.5g
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat grill to medium-high heat.
3. Cut the zucchini and yellow squash lengthwise into long 1/4 inch thick slices. Cut the tomatoes in half. Place all of the vegetables in a large bowl.
4. Add the oil, salt, and pepper to the vegetables and toss until evenly coated.
5. Place the vegetables on the grill and grill them until tender, about 4-5 minutes per side. Remove the vegetables from the grill and serve!

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## Nutrition Facts

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8 Servings

**Serving size**                    **1/2 tomato + 1/2 cup squash**

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**Amount per serving**

**Calories**                            **60**

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<b>Total Fat</b>	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	230 mg
<b>Total Carbohydrate</b>	6 g
Dietary Fiber	2 g
Total Sugars	4 g
Includes 0g Added Sugars	
<b>Protein</b>	2 g
Vitamin D	0 %
Calcium	0 %
Iron	3 %
Potassium	400 mg
Phosphorus	50 mg

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