



## Assorted Grilled Vegetables

### U.S.

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

### Metric

3 medium
3 medium
4 medium
15 ml
1.5 g
0.6 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat grill to medium-high heat.
3. Cut the zucchini and yellow squash into long 1/4 inch thick slices. Lay the slices flat on a sheet pan. Cut the tomatoes in half and place them on the sheet pan with the other vegetables.
4. Drizzle the olive oil on each side the vegetables and sprinkle both sides with the salt and pepper.
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**

<b>Serving size</b>	<b>1/2 tomato + 4 oz other veg</b>
<b>Servings</b>	<b>8</b>
<b>Calories</b>	44
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	85 mg
Carbohydrates	6 g
Dietary Fiber	2 g
Sugars	4 g
Protein	2 g
Vitamin A	70 %
Calcium	2 %
Vitamin C	45 %

Iron	3 %
Phosphorus	0 mg

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