



Assorted Grilled Vegetables

U.S.

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

Metric

1 medium
1 medium
2 large
15mL
3g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat grill to medium-high heat.
3. Cut the zucchini and yellow squash into 1/4 inch thick rounds. Cut the tomatoes into 4 pieces. 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!

Nutrition Facts

4 Servings

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

Amount per serving

Calories **50**

Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	300 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	1 g
Vitamin D	0 %
Calcium	0 %
Iron	2 %
Potassium	300 mg
Phosphorus	35 mg
