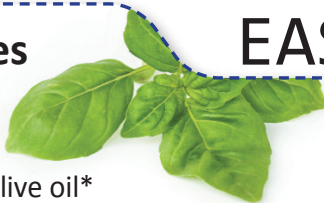


Grilled Summer Vegetables With Basil Vinaigrette

EASY | RECIPE



Vinaigrette

½ cup basil leaves, chopped
2 tbsp olive oil*
1 tbsp balsamic vinegar
1 tbsp fresh orange juice
1 tsp minced garlic

1 tbsp olive oil*
1 medium eggplant, cut crosswise in ½-inch-thick rounds
2 medium zucchini, cut lengthwise into ½-inch-thick slices
2 medium orange or yellow bell peppers, quartered lengthwise
1 large red onion, cut crosswise in ½-inch-thick slices
1 cup ripe grape tomatoes, halved

**Oil prevents sticking to the grill — much of it will drop off during cooking.*

1. Preheat grill to medium-high. Whisk vinaigrette ingredients.
2. Place vegetables (except tomatoes) in a large bowl and gently toss with olive oil.
3. Grill vegetables 4-6 inches from heat for about 5 minutes per side; remove as they become tender and slightly browned (do not char).
4. Arrange on platter with tomatoes. Drizzle vinaigrette over all.

MAKES ABOUT 5 1 ½-cup servings. Per serving:

134 calories | 2g protein | 9g fat | 1g sat fat | 0mg cholesterol | 14g carbs
| 6g sugar | 3g fiber | 8mg sodium