

## Citrus Herb Grilled Vegetables

SELF REGIONAL  
HEALTHCARE

*Courtesy of my recipes.com*



**Makes:** 6 servings

### Ingredients

1/2 cup olive oil  
2 tsp. salt, 1 tsp. pepper  
4 cloves garlic, crushed  
1 tsp. dried oregano  
1 Tbsp. **each** chopped fresh: rosemary, thyme, parsley  
2 tsp. grated lemon zest **and** 6 Tbsp. lemon juice  
3 medium zucchini, cut lengthwise into 4 pieces  
3 yellow squash, cut lengthwise into 4 pieces  
2 red bell peppers, cut lengthwise into 4 pieces  
1 large sweet onion, cut into quarters, on a skewer  
2 eggplants, each cut lengthwise into 4 pieces  
3 Portobello mushrooms, stems removed

### Preparation:

1. In a bowl, combine oil, salt, garlic, oregano, rosemary, thyme, parsley, pepper, lemon zest and juice. Put zucchini, squash, bell peppers and onion in a large Ziploc bag and pour in half of marinade. Seal bag and shake to coat vegetables. Let stand for 3 hours at room temperature. Put eggplant and mushrooms in a separate Ziploc bag; add remaining marinade, seal and shake to coat vegetables. Let stand for 1 hour at room temperature.
2. Preheat grill to medium. When heated, oil grates. Place onions, bell peppers and eggplant on grill and cook for 10 minutes. Add zucchini, squash and mushrooms to grill and cook all vegetables about 15 minutes longer, turning halfway through.
3. Cut vegetables into smaller sizes for serving, if desired. Arrange on a platter and serve warm, or cover and chill to serve cold.

**Nutrition Per serving : 112 calories; 9g fat, 14 g carbs; 3g protein; 407mg sodium**