



Great Grilled Vegetables

Ingredients

- 1 sweet red bell pepper, seeded and cut into 8 sections
- 1 bunch asparagus, trimmed
- 1 zucchini, sliced diagonally into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices
- 1 yellow squash, sliced diagonally into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices
- 1 t. olive oil
- $\frac{1}{2}$ cup Splenda brown sugar
- $\frac{1}{4}$ cup Lawry's Seasoning Salt — 25% less sodium (if on a salt-restricted diet, substitute Mrs. Dash)

Preparation:

Prepare the grill and wash all vegetables, dry, cut as directed; Toss vegetables in olive oil.

Mix the Lawry's salt and brown sugar together in a small bowl or jar.

Grill the vegetables on indoor or outdoor grill, using a small amount of olive oil if needed. Grill each side until grill marks are visible.

When the vegetables are grilled, remove and arrange in alternating colors on a platter. Sprinkle with the salt/sugar mixture (don't sprinkle while the vegetables are on the grill — they will burn and stick)

Serve with whole grain rice or quinoa.

Nutrition Per Serving:

Calories	201 kcal
Fat	8 g
Saturated Fat	1 g
Monounsaturated Fat	5 g
Polyunsaturated Fat	1 g
Cholesterol	0 mg
Sodium	540 mg (0 if using Mrs. Dash)
Potassium	739 mg
Carbohydrates	51 g
Dietary Fiber	6 g
Sugars	45 g
Protein	5 g

Vitamin A	95 %
Vitamin C	287 %
Calcium	5 %
Iron	18 %