

# SUMMER GRILLED BALSAMIC VEGGIES

## INGREDIENTS:

- 3 bell peppers, chopped
- 2 medium zucchini, thickly sliced
- 1 medium cauliflower head, florets
- 1 container cremini mushrooms
- 2 tablespoons olive oil
- 1/4 black pepper
- 1 cup balsamic vinegar
- 2 tablespoon basil, chopped

## DIRECTIONS

1. Preheat oven at 400°F. Place chopped veggies and mushrooms in a large mixing bowl. Toss with oil and pepper. Add veggies to a grill basket and grill over medium heat for 15 minutes. If baking, spread on a baking sheet and roast for 20 minutes, stirring after 10 minutes.
2. While veggies are cooking, bring balsamic vinegar to a boil in a small saucepan. Reduce heat to low and let vinegar simmer for 15 minutes. Let balsamic vinegar cool; it will continue to thicken.
3. To serve, drizzle glaze over roasted vegetables and garnish with chopped fresh basil.

<b>Nutrition Facts</b>	
Serving Size 1 cup (185g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein</b> 3g	
Vitamin A 30%	• Vitamin C 170%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

