Heart-Healthy Recipe Cards

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Title: Veggies On The Grill

Category: Lunch or Dinner

Advantage: Add grilled veggies to slices of whole-grain bread for a delicious vegetarian sandwich. A slice of melted low-fat cheese and a drizzle of balsamic vinaigrette will take it from good to great!!

Ingredients:
1 - 2 each of red, yellow, and green peppers
1 eggplant
2 - 3 zucchini, depending on size
1 package of large, whole mushrooms
15 - 16 cherry tomatoes
2 red onions
1/3 cup olive oil
4 cloves of garlic
Large pinch each of fresh herbs to taste - such as rosemary, basil, oregano, and parsley

Optional: Coarse sea salt, black pepper

Tips: To get beautiful grill markings on your vegetables - try not to move them too much while grilling. Flipping them one time is best.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 recipe</td>
<td>144.5</td>
<td>9.4g</td>
<td>1.3g</td>
<td>12mg</td>
<td>14.5g</td>
<td>4.2g</td>
<td>3.1g</td>
</tr>
</tbody>
</table>

Prep Time: 10 Minutes  
Cook Time: 20 Minutes  

Level: Easy  
Serves: Eight

Directions:
1. Heat outdoor grill on medium heat (you can also use an indoor grill-top on your stove).
2. Slice the large vegetables, skewer tomatoes and mushrooms (use metal skewers or wooden skewers pre-soaked in water).
3. Mince a variety of fresh herbs to taste. (Works great with rosemary, basil, oregano and/or parsley.)
4. Mince 4 cloves of garlic.
5. Brush vegetables with a mixture of herbs, garlic and approximately 1/3 cup of olive oil to lightly coat the vegetables.
6. Sprinkle with a bit of coarse sea salt and black pepper (optional).
7. Transfer vegetables to the grill, cooking until tender and slightly charred. The vegetables will cook for different times, so keep a close eye on them.
8. Transfer veggies to a platter for a colorful and delicious presentation. Can be served hot or cold.