



Grilled Vegetables with Herb Vinaigrette

4 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 garlic clove, minced
- 1 Tablespoon rosemary, chopped
- 1 Tablespoon oregano, chopped
- 1 Tablespoon basil, chopped
- 2 Tablespoons balsamic vinegar
- ¼ cup olive oil, 1 Tablespoon separated
- ¼ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 medium zucchini, sliced lengthwise, about 1" thick
- 1 red bell pepper, sliced into 4 large pieces
- 1 small eggplant, sliced lengthwise, about 1" thick

DIRECTIONS

1. Preheat grill or broiler to low setting. Meanwhile, combine garlic, rosemary, oregano, basil, balsamic vinegar, olive oil, salt, and pepper in a jar. Seal and shake to combine. Set aside.
2. Brush the grill with oil or toss vegetables with just enough olive oil to coat.
3. Cook vegetables on one side on grill or broil, about 2-3 minutes. Flip and cook for another 2-3 minutes.
4. Remove the vegetables from the grill or broiler and place into a bowl. Shake the vinaigrette once again, and, using a spoon, drizzle just enough to dress the vegetables. Allow to sit for 10-15 minutes before serving.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 483mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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