



# Grilled Vegetables Provençal-Style

12 Servings • 1 Serving = ½ Cup

## INGREDIENTS

- 4 cloves garlic
- ¾ cup extra virgin olive oil
- 1 ½ teaspoon rosemary, minced
- 1 pound zucchini, sliced ¾" thick on the bias
- 1 pound eggplant, sliced ¾" thick on the bias
- 1 ½ cup onion, sliced
- Salt and freshly ground black pepper, to taste
- 1 red bell pepper
- 1 green bell pepper
- ½ cup tomato pulp (grate tomatoes, discard skin)
- Balsamic vinegar, to taste
- ½ cup basil, chiffonade

## DIRECTIONS

1. Place the garlic in a large, shallow pan, and add enough oil to barely cover. Add the rosemary and simmer, partially covered, over a low heat, until the garlic is cooked but not falling apart, 15 to 20 minutes. Remove from the heat and cool to room temperature.
2. Preheat a gas grill to medium, leaving one burner off. If you are using a charcoal grill, build a fire, and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
3. Brush the zucchini, eggplant, and onion slices with the garlic rosemary oil, and season with salt and pepper. Place them on the grill and cook on one side until browned. Turn one and complete cooking on the second side until vegetables are fully cooked, about 3 minutes. Remove from the grill, cut into medium sized pieces, and set aside.
4. Grill or broil the red and green bell peppers until evenly charred on all sides. Remove from the grill and let the peppers cook in a bowl covered with plastic wrap. Remove the skin, core, and deseed. Cut the peppers into medium pieces and set aside.
5. Heat the cooked garlic and the remaining oil in a large saucepan over medium heat. Add the grilled vegetables and tomato pulp and stir gently. Season with balsamic vinegar, to taste.
6. Garnish vegetables with basil.

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 291mg	6%

\*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.

Recipe developed by the Culinary Institute of America

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