

OLIVE-LEMON GRILLED VEGETABLES

INGREDIENTS:

Vegetables i.e. squash, eggplant, peppers, asparagus, red onion...

¼ c oil

2 tsp lemon juice

1/3 tsp salt

¼ tsp pepper

¼ tsp garlic powder

½ tsp parsley flakes

INSTRUCTIONS:

Preheat grill. Mix all ingredients besides vegetables. Slice the vegetables and brush with lemon-olive mixture, using a pastry brush. Grill for a few minutes until vegetables are soft but still firm. Flip halfway through.

Variation: Preheat oven to 500°. Spray vegetables with oil and sprinkle salt and pepper. Bake 5-10 minutes.

Diet by

Sheindy

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