



### **Grilled Vegetables with Balsamic Vinaigrette**

Christianna Gozzi MA, MS, RD, Eurest at UHG onsite dining

Cooking time 15 minutes, total time 20 minutes

Serves 8 ½ cup portion with 1 tablespoon of vinaigrette

#### **Ingredients:**

2 portobello mushrooms  
2 red bell peppers, sliced  
2 zucchinis, sliced  
2 yellow squash, sliced  
1 red onion, sliced  
1 pinch of salt and pepper  
1 tablespoon (15 mL) extra-virgin olive oil

#### **Instructions:**

1. Preheat Grill. Clean portobello mushrooms. Slice vegetables into 1/4" thick slices/planks. Toss vegetables with oil, salt and pepper.
2. Grill all vegetables on both sides until tender and char marks visible, 3-4 minutes per side.

#### **Vinaigrette:**

¼ cup (60 mL) balsamic vinegar  
¼ cup (60 mL) red wine vinegar  
¼ teaspoon (1.25 mL) kosher salt  
¼ teaspoon (1.25 mL) ground black pepper  
¼ cup (60 mL) freshly chopped herbs of your choosing (parsley, oregano, basil etc)  
1 cup (240 mL) olive oil

#### **Instructions:**

In a mixing bowl or blender whisk together the vinegars, salt, pepper, herbs. Drizzle the oil into the vinegar while mixing to emulsify. You will have extra vinaigrette for salads!

#### **Nutrition:**

Calories: 130  
Sugar 4g  
Sodium: 85mg  
Total fat: 11g  
Sat/trans fat: 0  
Carbs: 6g  
Fiber: 2g  
Protein: 2g  
Cholesterol: 0 mg