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Fresh vegetables are a colorful addition to your summer barbecue. This versatile recipe is simple, flavorful and our new grilling go-to. Made with a variety of bell peppers, summer squash and mushrooms, your version can use any seasonal produce. A marinade of olive oil and balsamic reduction adds a light sweetness and enhances your body's ability to absorb their fat-soluble vitamins.

### Summer Grilled Balsamic Veggies

3 medium bell peppers, chopped (any color works red, yellow and orange)

2 medium zucchini, thickly sliced

1 medium cauliflower head, cut into small florets

1 container baby bella mushrooms (~8 oz)

2 Tbsp extra virgin olive oil

Salt and pepper, to taste

1 cup balsamic vinegar, reduced (or [1/4 cup pre-made balsamic reduction](#)) <link to blog>

2 Tbsp chopped fresh basil

Place chopped vegetables and mushrooms in large mixing bowl. Toss with oil and salt and pepper, if using, to coat evenly. Add vegetables to a grill basket and grill over medium heat for 15 minutes or until vegetables are fork tender. If you don't have a grill, spread vegetables evenly over 1-2 baking sheets and roast for 20 minutes at 400°F, stirring after 10 minutes.

While vegetables are cooking, bring balsamic vinegar to a boil in small saucepan. Reduce heat to medium/low and let vinegar simmer for 10-15 minutes, stirring occasionally. The reduction is done when vinegar has thickened enough to lightly coat the spoon. Let the balsamic glaze cool (at room temperature or in fridge); it will continue to thicken as it cools.

To serve, drizzle glaze over roasted veggies and garnish with chopped fresh basil.

**Makes 8 servings. Yield: about 8 cups**

**Per serving:** 78 calories, 4 g total fat (<1 g saturated fat), 11 g carbohydrate, 3 g protein, 4 g dietary fiber, 30 mg sodium.