

Balsamic Drizzled Grilled Veggies

Yields: As much as you want to make at one time

Ingredients:

It is up to you, but try:

Bella Mushrooms

Zucchini

Yellow squash

Roma tomatoes, quartered & seeded

Sweet Onion Slices

Orange Bell Peppers, sliced

-this is a great blend and goes well with the drizzle!

Veggie Grill Directions:

Step 1: Use a grill rack pan. Spray it with Olive Oil Cooking Spray. Heat on Medium-High.

Step 2: When the grill is good -n- hot, add the hard veggies first (squash). Use a wooden spatula to move the veggies around from time to time. Add the next veggies (the softer ones). The whole process should take about 10 minutes max. Do not over-cook. A little crunch is best.

Drizzle Ingredients:

-makes about 1 1/2 cups (it keeps beautifully in the refrigerator for a week+)

1 cup Light Olive Oil

1/4 cup Balsamic Vinegar

2 Tbsp. Dijon Mustard

2 Garlic Cloves, minced

2 packets Splenda

Cracked Black Pepper (to taste)

Drizzle Directions:

Whisk together using a hand-held whisker. Store in a container with a top or cork.

Drizzle your portion only, not the whole pan.