

Sizzling Fresh Veggie Medley

3 medium yellow or green zucchini
1 small onion
2 peppers (green or yellow or red or orange)
2-3 Tbsp. Olive oil
2-3 Tbsp. Balsamic vinegar
2-3 cloves garlic, minced



Cut zucchini lengthwise in julienne strips no smaller than 3/8 inch wide and approximately 3-4 inches long. Cut onion and peppers into chunks. Marinate vegetables in olive oil, vinegar, and garlic mixture for 15-30 minutes. Remove from marinade and place in a grill pan on the grill. Cook over low to medium heat for 15 minutes or until done, turning occasionally. Add fresh herbs if you desire, or sprinkle with sodium free herbs/spices (Mrs. Dash, oregano, basil, pepper, etc.). Serves 6-8.

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