

## Grilled Vegetables with Balsamic Vinegar

Smoky Slices of grilled eggplant, zucchini, and green bell peppers marinated in balsamic vinegar and soy sauce make a terrific summer side dish

- **Yield:** 8 servings
- **Total Prep Time : 15 Minutes**                      **Cook time: 15 Minutes**

### Ingredients

- ½ cup olive oil
- 2 tablespoons soy sauce
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 eggplants, cut into ½ inch slices
- 3 zucchinis, cut into ½ inch slices
- 2 green peppers, cut into ½ inch slices



### Preparation

1. Whisk olive oil, soy sauce, balsamic vinegar, salt, pepper in a large bowl. Toss eggplants, zucchinis, and bell peppers in soy sauce marinade. Marinate for about 45 minutes.
2. Pre-heat grill for medium heat and lightly oil the grate. Remove vegetables from marinade, shaking off excess.
3. Grill vegetables on pre-heated grill until tender, 10-15 minutes, brushing vegetables with marinade. Transfer cooked vegetables to a platter and serve with any remaining marinade.

**Nutritional Information: Amount per serving:** Calories: 147

Fat: 13.7g                      Protein: 1.6g      Carbohydrate: 6g  
Fiber: 2.1g                  Cholesterol: 0mg      Sodium: 381mg