Persian-Style Grilled Vegetables

6 servings | serving size: about 7 pieces

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing the mint, cilantro, or basil and gently rubbing the eggplant, summer squash, bell peppers, red onion, lemons, and garlic under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients

1 medium eggplant, sliced into ½ inch rounds
1 medium summer squash, sliced lengthwise into ⅛ inch strips
2 medium bell peppers, any color, sliced lengthwise into 8 strips each
1 large red onion, cut into 8 wedges
1 ½ Tablespoons olive oil
Zest of 1 lemon
Juice of 2 lemons (about 6 Tablespoons)
1 Tablespoon Dijon mustard
3 garlic cloves, miniced
⅓ cup nonfat, plain yogurt
1 cup finely chopped fresh mint, cilantro, or basil

Directions

1. Place the eggplant, squash, peppers, and onion in a large bowl.
2. In a small bowl, whisk together the olive oil, lemon zest, lemon juice, mustard, and garlic. Stir 2 Tablespoons of the mixture into the yogurt and refrigerate. Pour the remainder of the mixture over the vegetables. Stir to coat and marinate for 30 minutes.
3. While the vegetables are marinating, preheat a gas or charcoal grill on one side only.
4. After the 30 minutes, grill the vegetables over indirect heat for about 10 minutes or until they are soft and have grill marks. Brush the vegetables once with the leftover marinade.
5. Turn the vegetables over, brush with the leftover marinade, and grill for another 5 to 10 minutes until soft.
6. Remove the vegetables when they are done and place on a platter. They may cook at different rates.
7. Serve with the yogurt dip and chopped herb of choice.

Calorie Density: 0.43 calories per gram