

Grilled Summer Vegetable Salad

Although Lynn Jeffers, who hails from Parkersburg, serves this prize-winning hot-off-the-grill veggie combo with her Balsamic Pork Tenderloin, you can team it with any grilled meat, fish, or poultry you like.

SERVINGS: 6 (about 1-cup) side-dish servings

CARB GRAMS PER SERVING: 11

Ingredients

- 1 medium eggplant, cut crosswise into ½-inch-thick slices
- 1 medium onion, cut into ½-inch-thick wedges*
- 2 green and/or red sweet peppers, halved, stems, membranes, and seeds removed
- 6 large cremini mushrooms, stems removed
- 3 plum tomatoes, halved lengthwise
- 3 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 recipe Herbed Vinaigrette (below)
- Fresh thyme (optional)

Directions

- 1.** In a very large bowl, combine eggplant, onion wedges, sweet peppers, mushrooms, and tomatoes. Add olive oil and cider vinegar. Toss to coat vegetables.
- 2.** Place vegetables on rack of an uncovered grill directly over medium-hot coals. (If grilling with Balsamic Pork Tenderloin, arrange vegetables over coals around outside edge of rack.) Grill for 3 minutes; turn vegetables. Grill for 3 to 4 minutes more or until vegetables are tender.
- 3.** To serve, cut each pepper half into 3 strips. Arrange vegetables on a platter. Drizzle with Herbed Vinaigrette. Serve warm or at room temperature. If desired, garnish with fresh thyme. Makes 6 (about 1-cup) side-dish servings.

Herbed Vinaigrette: In a small bowl, whisk together 1 tablespoon olive oil, 2 teaspoons cider vinegar, 1 teaspoon snipped fresh parsley, ¼ teaspoon snipped fresh thyme, ¼ teaspoon snipped fresh rosemary, ⅛ teaspoon salt, and dash ground black pepper.

*Test Kitchen Tip: Leave onion wedges attached at the root end to hold wedges together.



Nutrition Facts

Servings: 6 (about 1 cup)

Calories	126
Total Fat	9g
Saturated Fat	1g
Sodium	55mg
Carbohydrate	11g
Fiber	5g
Protein	2g

Diabetic Exchanges

Vegetables (d.e.)	2
Fat (d.e.)	1.5