

LUNCH OR DINNER — SIDE DISH

Grilled Marinated Vegetables

Makes 6 servings · about ⅓ cup each

SATIETY SCORE 2 / 5	NUTRITION HIGH
Per serving (approx.): Protein 1 g · Fiber 2 g · Calories 60	

Ingredients

- 2 cups vegetables of your choice (yellow squash, zucchini, onion, peppers, mushrooms)
- 1 tsp dried sage
- 1 tsp dried tarragon
- 1 tsp black pepper
- 1 tsp garlic powder
- 2 Tbsp sesame oil
- ⅓ cup water
- 8 skewers (4.5-inch), if grilling

Directions

1. Preheat the grill or broiler and cut the vegetables into bite-sized chunks.
2. In a large bowl, whisk the water, oil, and seasonings, then add the vegetables and coat.
3. Marinate at least 10 minutes.
4. To grill: skewer and grill 2–3 minutes per side. To broil: spread on a baking sheet and broil, turning occasionally, until tender.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 6 oz mushrooms (about 2 cups sliced)

CHECK YOUR PANTRY

- ☐ Sage
- ☐ Tarragon
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Sesame oil