

GRILLED ASPARAGUS MEDLEY

Ingredients

- 1 pound fresh asparagus, trimmed
- 1 each sweet red, yellow and green pepper, julienned
- 1 cup sliced fresh mushrooms
- 1 medium tomato, chopped
- 1 medium onion, sliced
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon lemon-pepper seasoning
- 1/4 teaspoon dill weed



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Directions:

In a disposable foil pan, combine the vegetables, olives and garlic; drizzle with oil and toss to coat. Sprinkle with parsley, salt, pepper, lemon-pepper and dill; toss to coat.

Grill, covered, over indirect medium heat for 20-25 minutes or until vegetables are crisp-tender, stirring occasionally.

Nutrition Facts:

Per serving

78 calories
5g fat (1g saturated fat)
0 cholesterol
241mg sodium
8g carbohydrate (0
sugars, 2g fiber)
3g protein

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