

## A CenFully Good Recipe from



### Grilled Vegetable Platter

4 servings

#### Ingredients

1/3 c extra virgin olive oil  
3 tbl balsamic vinegar  
4 garlic loves, minced  
12 asparagus spears, trimmed  
2 portobello mushrooms, stems removed  
2 green onions, trimmed  
1 small eggplant, cut crosswise into ½ inch slices  
1 red bell pepper, cut into eights  
1 yellow pepper, cut into eights  
½ large red onion, cut into ½ inch slices

#### Instructions

1. In a large bowl, whisk together olive oil, vinegar and garlic. Add asparagus, mushrooms, green onions, eggplant, red and yellow peppers, and red onion. Stir to coat well. (preheat Grill to high)
2. Reduce Grill to medium heat. Grill Vegetables adding in order to cook time:
  - 1st eggplant and peppers- 20 mintes
  - 2nd red onion and mushrooms- 15 minutes
  - 3rd green onions and asparagus-8 minutes

Glycemic Index: low  
Glycemic Load: low