Dinner Tonight!
Low-Salt Grilled Vegetables

Cooking spray  1/2 red pepper, cut in strips
8 medium asparagus spears  8-10 fresh string beans
1 medium-large zucchini, sliced lengthwise

Optional Other Ingredients:
Eggplant, onions, summer squash, green pepper, and sliced apples

Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)

Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about four times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after five minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.

Preparation Time: 5 minutes
Cook Time: 10-15 minutes
Serves: 4

Nutrition facts per serving:
Calories: 85
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 4 mg
Total Carbohydrate: 8 g
Protein: 2 g