

## **Eggplant Mixed Grill**

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### **INGREDIENTS:**

2 TBS olive oil  
2 TBS chopped fresh parsley  
2 TBS chopped fresh oregano  
2 TBS chopped fresh basil  
1 TBS balsamic vinegar  
1 TBS kosher salt  
1/2 tsp black pepper  
6 garlic cloves, minced  
1 red onion  
18 asparagus spears (about 3/4 lb)  
12 cremini mushroom caps  
1 (1-lb) eggplant, cut crosswise into 16 (1/4"-thick) slices  
1 red bell pepper, cut into 6 wedges  
1 yellow bell pepper, cut into 6 wedges  
Cooking spray

### **INSTRUCTIONS:**

1. Combine first 8 ingredients in an extra-large zip-top plastic bag. Cut onion into 6 wedges, leaving root end intact. Add onion + next 5 ingredients (onion through yellow bell pepper) to bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
2. Prepare grill.
3. Remove vegetables from bag. Place vegetables on grill rack coated with cooking spray; grill 6 minutes on each side or till tender.

YIELD: 6 servings

[NUTRITIONAL INFO: CALORIES 100 (48% from fat); FAT 5.3g (sat 0.7g, mono 3.4g, poly 0.7g); PROTEIN 3g; CARB 12.7g; FIBER 4.1g; CHOL 0mg; IRON 1.9mg; SODIUM 202; CALC 29mg]