

Grilled Italian Vegetables with Pasta

SOURCE: Cooking Light

These smoky vegetables are also great on an appetizer platter with goat cheese and bread. Salting the eggplant pulls out some of the bitter flavor, but you can skip that step if you prefer. Any short pasta will work.

INGREDIENTS:

1 (1 1/4-lb) eggplant, cut into 1/2"-thick slices
1 tsp salt, divided
3/4 lb zucchini, quartered lengthwise and cut into 1"-thick slices
1 red bell pepper, seeded/quartered
Cooking spray
4 plum tomatoes, halved
4 C (3") sliced green onions (about 2 bunches)
2 TBS extra-virgin olive oil
1 TBS grated lemon rind
1/2 C thinly sliced fresh basil
6 C hot cooked penne (about 12 oz uncooked tube-shaped pasta)
1/4 C (1 oz) grated fresh Parmesan cheese

DIRECTIONS:

Place eggplant in colander; sprinkle with 3/4 tsp salt - toss gently to coat - cover - let stand 30 minutes - rinse eggplant with cold water and drain well.

Prepare grill.

Place eggplant, zucchini + bell pepper on grill rack coated with cooking spray - grill 10 minutes, turning once - add tomatoes + onions - cook 5 minutes, turning often - remove vegetables from grill - cut all into 1" pieces except tomato - cut tomato halves in half lengthwise.

Combine 1/4 tsp salt, oil, rind + basil in large bowl - add vegetable mixture, pasta + cheese - toss well.

6 servings (serving size: 2 C)

Nutrition Facts: **Calories:** 333 **Fat:** 7g **Carbohydrates:** 57g **Cholesterol:** 3mg **Sodium:** 295mg
Protein: 12g **Fiber:** 6g % **Cal. from Fat:** 19% % **Cal. from Carbs:** 68%