

Balsamic Marinated Grilled Vegetables



Servings: 6

- 1/4 cup balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons maple syrup
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup olive oil
- 6 large button mushrooms
- 2 zucchinis, sliced lengthwise
- 1 red bell pepper, cut into quarters
- 1 yellow bell pepper, cut into quarters

In a bowl whisk together balsamic vinegar, Dijon mustard, maple syrup, salt, pepper, and olive oil.

Place the vegetables into a Ziploc bag and pour in the balsamic vinegar marinade. Shake the bag until the vegetables are coated.

Let the vegetables marinate in the fridge for at least 4 hours or overnight.

Heat your grill/barbeque to medium-high.

Remove the vegetables from the marinade and place on the grill/barbeque.

Grill the vegetables until they develop a nice char and grill marks about 3 minutes per side.

Once the vegetables are done arrange on a platter.

Serve Warm

Per Serving (excluding unknown items): 234 Calories; 18g Fat (67.0% calories from fat); 3g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.