



## Grilled Zucchini and Eggplant

Serves 4

2 medium zucchini  
1 medium eggplant  
Olive oil  
Salt

### Directions

Trim stem and bottom ends from zucchini and eggplant. Cut zucchini in half, then slice lengthwise, into strips a little less than ½ inch thick. Slice eggplant into rounds a little less than ½ inch thick. Brush both sides of zucchini and eggplant with olive oil and sprinkle zucchini with salt. Grill on medium-high heat on one side for about 10 minutes, or until vegetables have nice grill marks. Flip vegetables over and grill on the other side for about 5 minutes, or until the other side also has nice grill marks.



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please visit Your Healthy Kitchen  
via [www.yrmchealthconnect.org](http://www.yrmchealthconnect.org)**

### NUTRITION INFORMATION

#### PER 1/4 CUP SERVING:

Calories	160
Total Fat	10 g
Saturated Fat	2 g
Sodium	75 mg
Carbohydrates	11 g
Fiber	6 g
Protein	3 g
Potassium	572 mg

Also a good source of  
Vitamin C and beneficial  
phytochemicals

Cost per serving: \$ .85