

Grilled Vegetable Platter



1/4 cup olive oil
2 tablespoons sugar-free honey
1 tablespoon plus 1/2 teaspoon balsamic vinegar, divided
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1 pound fresh asparagus, trimmed
3 small carrots, cut in half lengthwise
1 large sweet red pepper, cut into 1-inch strips
1 medium yellow summer squash, cut into 1/2-inch slices
1 medium red onion, cut into four wedges
1/8 teaspoon pepper
Dash salt

In a small bowl, combine the oil, sugar-free honey, 1 tablespoon vinegar, oregano and garlic powder. Pour 3 tablespoons marinade into a large resealable plastic bag; add the vegetables. Seal bag and turn to coat; refrigerate for 1-1/2 hours. Cover and refrigerate remaining marinade.

Place vegetables on a grilling grid or disposable foil pan with hole poked in bottom. Transfer to grill rack. Grill, covered, over medium heat for 4-6 minutes on each side or until crisp-tender.

Transfer to a large serving platter. Combine reserved marinade and remaining vinegar; drizzle over vegetables. Sprinkle with salt and pepper. Makes 6 servings.

Nutrition information per serving: 140 calories, 2 grams protein, 9 grams fat, 15 grams carbohydrate, 50 mg sodium.

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