



Grilled Antipasta Platter

Marinades (Choose one):

#1

¼ cup olive oil
2 tbsp raspberry vinegar
1 tbsp lemon zest
Freshly cracked pepper

#2

¼ cup olive oil
2 tbsp balsamic vinegar
2 garlic cloves, minced
Freshly cracked black pepper

#3

¼ cup olive oil
2 tbsp balsamic vinegar
2 garlic cloves, minced
Freshly cracked black pepper

1. Mix ingredients together in a bowl and set aside until ready to use.

1 zucchini cut in ¼ inch strips
1 summer squash cut into quarter inch strips
1 onion sliced in to ½ inch rings
4 tomatoes, seeded, quartered
2 cups green beans, snipped
4 peaches cut in half
4 purple plums cut in half
2 green bell peppers cut into ½ inch strips
2 red bell peppers cut into ½ inch strips
4 large Portobello mushrooms cut into 1 inch strips

1. Choose the marinade recipe above that best fits the type of marinade you are looking for.
2. Placed cut vegetables in marinade, toss to coat and allow vegetables and fruit to marinate for about 20 minutes.
3. Grill on a hot grill, salt to taste.
4. Arrange on a platter; serve and enjoy!

Nutritional Analysis

Calories	180
Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	20mg
Carbohydrates	26g
Dietary Fiber	5g
Protein	4g

Diabetic Exchanges:

Protein	1
Carbohydrates	1.5
Fat	1.5