



GRILLED ZUCCHINI

Ingredients:

- 2 whole zucchini
- 1 tablespoon olive oil
- 1 teaspoon garlic powder, or other preferred seasoning
- salt and pepper to taste

Prep time: 5 minutes

Cook time: 6 minutes

Instructions:

1. Preheat grill to roughly 350 F
2. Wash zucchini and slice lengthwise into ¼ inch thick planks
3. Brush each plank lightly with oil and sprinkle with desired seasoning
4. Place zucchini planks on hot grill, cooking 1 to 3 minutes on each side, or until grill marks appear and zucchini softens

Enjoy as is or top with your favorite topping, such as balsamic glaze, parmesan cheese, or pesto.

Nutrition Facts

Serving size: 2 planks

Servings per recipe: about 4

Amount per serving:

Calories 55

Calories from fat 40

Total fat 4g

Saturated fat 1g

Trans fat 0g

Sodium 5mg

Total carbohydrates 5g

Dietary fiber 2g

Protein 2g