



## **Seasonal Vegetable Medley**

- 1 zucchini, cut lengthwise into 1/2-inch slices
- 2 yellow summer squash, cut lengthwise into 1/2-inch slices
- 4 Japanese or 1 medium eggplant, sliced lengthwise into 1/2-inch slices
- 1 onion, sliced into 1/4-inch pieces
- 1 red bell pepper, sliced lengthwise into 1/2-inch pieces

### *Olive Oil Seasoning*

- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1 tablespoon dried basil
- 1/8 teaspoon cayenne pepper (optional)
- 1/2 teaspoon crushed fennel seeds
- 1/4 teaspoon salt (optional)
- 1/8 teaspoon coarsely cracked black pepper
- 1/4 cup freshly squeezed lemon juice

Put the sliced vegetables in a large bowl. In a separate bowl, mix all the seasoning ingredients together, then pour it over the vegetables. Toss thoroughly with a big spoon, completely coating all the vegetables.

Spread the vegetables on top of the grill over medium-low heat for at least 5 minutes. Turn them over and cook for an additional 5 minutes or until desired tenderness. To make vegetable grilling easier consider purchasing a tray made especially for grilling fish and vegetables. An alternative to grilling is to roast the vegetables on a cookie sheet at 425 degrees. Stir the vegetables occasionally until tender and well browned, about 20-30 minutes.

**Serves 8.** *Per serving: 185 calories, 9.8 grams fat, 24 grams carbohydrate, 70 mg sodium, 0 mg cholesterol, 2.5 grams fiber.*

From the “Cookbook of the Quarter,” *The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit* by Andrew Weil, M.D. and Rosie Daley, available at Asheville’s Barnes & Noble (discounted 20% through September).

If the fat grams are a little too high for your comfort level, the olive oil could easily be reduced by 1 or 2 tablespoons. Keep in mind that fat comes with a lot of calories, but the fat found in olives—monounsaturated—is the kind of fat that is best for our bodies.

Your Partners in Health,  
Candace and Lucy