

## Grilled Vegetables with Balsamic Vinaigrette

Yield: 8 servings (serving size: 1 cup)

1/4 cup balsamic vinegar  
2 tablespoons honey  
1 tablespoon olive oil  
1 teaspoon coarsely ground black pepper  
1/2 teaspoon salt  
4 garlic cloves, minced  
4 plum tomatoes, halved  
2 zucchini, cut lengthwise into 1/4-inch slices  
1 (1-pound) eggplant, cut crosswise into 1-inch-thick slices  
1 red bell pepper, cut into 8 wedges  
1 onion, cut into 2-inch-thick wedges  
1 small bunch kale (about 8 ounces)  
Cooking spray

Combine first 6 ingredients in a bowl.

Combine tomatoes and next 5 ingredients (tomatoes through kale) in a bowl. Divide balsamic vinaigrette and vegetable mixture evenly between 2 large zip-top plastic bags. Seal; marinate in refrigerator 1 hour, turning bags occasionally.

Remove vegetables from bags; reserve marinade. Prepare grill. Place vegetables on grill rack coated with cooking spray; grill 7 minutes on each side or until onion is tender, basting with reserved marinade.

CALORIES 87 (24% from fat); FAT 2.3g (sat 0.3g,mono 1.3g,poly 0.4g); IRON 1.5mg; CHOLESTEROL 0.0mg; CALCIUM 71mg; CARBOHYDRATE 16.6g; SODIUM 168mg; PROTEIN 2.7g; FIBER 2.6g

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