

Pesto-Topped Grilled Summer Squash

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4 servings | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

- 1/2 cup chopped fresh basil
- 1/4 cup toasted pine nuts, (see Tip)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon grated Parmesan cheese
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 2 medium summer squash, (about 1 pound), sliced diagonally 1/4 inch thick
- Canola or olive oil cooking spray



Preparation

1. Preheat grill to medium-high.
2. Combine basil, pine nuts, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
3. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. Serve topped with the pesto.

Nutrition

Per serving : 115 Calories; 10 g Fat; 1 g Sat; 4 g Mono; 1 mg Cholesterol; 6 g Carbohydrates; 3 g Protein; 2 g Fiber; 167 mg Sodium; 371 mg Potassium

Exchanges: 1 vegetable, 1 fat

Tips & Notes

- **Tip:** To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

http://www.eatingwell.com/recipes/pesto_topped_grilled_summer_squash.html