



PREP TIME: 15 MIN COOKING TIME: 20 MIN

Ingredients

- 3 zucchini cut into ½-inch thick diagonal slices
- 2 red bell peppers cut into ½-inch strips (seeds removed)
- 2 green bell peppers cut into ½-inch strips (seeds removed)
- 1 red onion, thinly sliced
- 1 clove of garlic, finely minced
- 2 cups cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp **BBQ Spice Blend** (see page 2 for recipe)
- 2 tbsp balsamic vinegar
- 1 tbsp fresh basil, chopped
- 1 pinch of salt

BBQ Spiced Summer Vegetables

Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. In a large bowl, mix zucchini, red onion, bell peppers, garlic and cherry tomatoes together.
3. Add olive oil, balsamic vinegar and **BBQ Spice Blend**. Mix vegetables until they are evenly coated.
4. Spread vegetables out evenly on baking tray and roast for 20 minutes.
5. Remove from oven and add a pinch of salt and fresh chopped basil.

Tip: This recipe can be adapted to cooking on the grill by quartering vegetables and grilling for 8-10 minutes instead of in the oven. Make sure to put vegetables on aluminum foil so they don't fall through the grill plates. If you'd like, ask a loved one to help with the actual grilling to avoid the heat.

Yield: 4 servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.