



**June 17- Grilled Vegetables – Happy eat all your veggies day!**

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetables>

**Recipe**

*Ingredients:*

- 2 Tablespoons vegetable oil
- 2 garlic clove
- 3 sweet potatoes
- 3 corn cobs
- 1 eggplant
- 12 green onion

*Directions:*

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

Yield 6 servings

Nutrition Facts	
Serving Size 1/6 recipe (232.5g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 7g	<b>27%</b>
Sugars 8g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A 190%	Vitamin C 20%
Calcium 6%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	