Eggplant Mixed Grill

Nutritional Information:
(Per cup)
Calories: 114.5
Fat: 4.9 grams
Protein: 4.3 grams
Carbohydrates: 13.3 grams

Ingredients:
- 2 tablespoons chopped fresh parsley (Produce Aisle)
- 2 tablespoons chopped fresh oregano (Produce Aisle)
- 2 tablespoons chopped fresh basil (Produce Aisle)
- 6 cloves of minced garlic (Produce Aisle)
- 1 red onion, cut into wedges (Produce Aisle)
- 18 spears of fresh asparagus, trimmed (Produce Aisle)
- 12 mushrooms (Produce Aisle)
- 1 pound eggplant, sliced into 1/4 inch rounds (Produce Aisle)
- 1 red bell pepper, cut into wedges (Produce Aisle)
- 1 yellow bell pepper, cut into wedges (Produce Aisle)
- 1 teaspoon salt (Aisle 10)
- 1/2 teaspoon black pepper (Aisle 10)
- 1 tablespoon balsamic vinegar (Aisle 11)
- 2 tablespoons olive oil (Aisle 11)

Preparation: 2 hours and 30 minutes
- In a large re-sealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally.
- Preheat the grill for high heat.
- Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.