

# GRILLED ASPARAGUS MEDLEY

## Ingredients

- 1 pound fresh asparagus, trimmed
- 1 each sweet red, yellow and green pepper, julienned
- 1 cup sliced fresh mushrooms
- 1 medium tomato, chopped
- 1 medium onion, sliced
- 1 can (2 ¼ ounces) sliced ripe olives, drained
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon minced fresh parsley
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon lemon-pepper seasoning
- ¼ teaspoon dill weed



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## Directions:

In a disposable foil pan, combine the vegetables, olives and garlic; drizzle with oil and toss to coat. Sprinkle with parsley, salt, pepper, lemon-pepper and dill; toss to coat.

Grill, covered, over indirect medium heat for 20-25 minutes or until vegetables are crisp-tender, stirring occasionally.

## Nutrition Facts:

### Per serving

78 calories

5g fat (1g saturated fat)

0 cholesterol

241mg sodium

8g carbohydrate (0 sugars, 2g fiber)

3g protein



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