

Grilled Bell Pepper, Onions and Mushrooms

Ingredients:

2 Tbsp olive oil

½ tsp peppered seasoned salt

½ tsp dried basil leaves

8 to 12 fresh whole mushrooms (¾ to 1 inch in diameter)

1 medium onion cut into thick wedges

1 green or red bell pepper, quartered length wise

Directions:

- 1) Heat Grill
- 2) In large bowl, combine oil, peppered seasoned salt and basil; mix well
- 3) Add vegetables; toss to coat
- 4) When grill is ready, place onion and bell peppers in a grill basket or directly on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium coals
- 5) Cook 6 minutes
- 6) Add mushrooms to grill basket
- 7) Cook 6 to 10 minutes or until vegetables are crisp-tender, turn occasionally

Makes 4 servings

Per Serving

100 Calories

7g fat

60mg sodium

7g carbs

3g sugar

2g protein

Source: Pillsbury Classic Cookbooks #231

Submitted by: James Meyer