



CEDARS-SINAI®

HEART INSTITUTE

**RECIPE:**

## **BARBECUED VEGETABLES**

---

Makes 2 servings.

This is a great vegetarian meal, especially if you have aging fresh vegetables.

**Nutrition Analysis** Calories 300, Fat 1g, Sat Fat 0g, Chol 0mg, Sodium 150 mg  
(per ½ recipe serving) (varies with your BBQ sauce)

---

INGREDIENTS	AMOUNT	ITEM
	½	Onion, sliced
	1	Zucchini, sliced thick
	1	Summer squash, sliced thick
	1	Eggplant, small, cut into bite-size pieces
	1	Green or red pepper, sliced
	8	New potatoes, small
	8	Mushrooms, large
	1/4 cup	BBQ sauce

---

### **INSTRUCTIONS**

1. Preheat oven to 425°. Spray 13 x 9 baking pan with nonstick vegetable spray.
  2. Pre-cook potatoes slightly by placing them in microwave on HIGH for 4 minutes. Put all vegetables into pan and cover with BBQ sauce.
  3. Bake for 30 minutes and then finish under broiler for 5 minutes.
  4. Serve with basmati rice and salad.
-