Grilled Greek Style Vegetables

Ingredients

- 2 small yellow summer squash, thinly sliced
- 2 small zucchini, thinly sliced
- 1 medium tomato, seeded and chopped
- 1/4 cup pitted ripe olives
- 2 tablespoons chopped green onion
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- 3/4 teaspoon garlic salt
- 1/4 teaspoon dried oregano
- 1/8 teaspoon pepper
- 2 tablespoons grated Parmesan cheese - optional

Directions

- Place the yellow squash, zucchini, tomato, olives and onion on a double thickness of heavy-duty foil (about 17 in. x 18 in.). Combine the oil, lemon juice, garlic salt, oregano and pepper; pour over vegetables. Fold foil around mixture and seal tightly.
- Grill, covered, over medium heat for 30-35 minutes or until vegetables are tender. Open foil carefully to allow steam to escape.
- Transfer vegetables to a serving bowl. Sprinkle with cheese (optional). Yield: 4 servings.

Nutritional Facts 3/4 cup equals 80 calories, 5 g fat (1 g saturated fat), 2 mg cholesterol, 479 mg sodium, 8 g carbohydrate, 3 g fiber, 4 g protein. Diabetic Exchanges: 2 vegetable, 1/2 fat