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## Grilled Vegetables

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Serves 2-3

This is a simple way to balance a summer barbeque with the antioxidant power of your favorite veggies.

### Ingredients:

As much as you want of:

- Fresh yellow, orange, and red pepper
- Zucchini
- Asparagus
- Sweet potato (sliced and blanched)
- Olive oil
- Rice wine vinegar
- Salt and Pepper
- Goat cheese (optional)

### Directions:

Slice each pepper into 3-4 large pieces, remove seeds and stem, toss in vinegar, olive oil, salt and pepper. Slice zucchini into long thin strips, toss in vinegar, olive oil, salt and pepper. Toss asparagus in vinegar, olive oil, salt and pepper. Toss Sweet potato in olive oil salt and pepper.

Prepare the grill; use a vegetable grill when possible. Grill vegetables on medium low heat until tender yet crispy. Top with goat cheese as desired and serve warm.

Left over veggies are great in sandwiches, wraps, and on top of salads the next day!

Special Notes: