

Stir Fry on the Grill



Grilled Farmers' Market Vegetables

Serves: 4 | Serving Size: 1 and 1/2 cups

Ingredients:

1 head bok choy
1 carrot
1 spring onion
2 cloves garlic
1 bunch Chinese broccoli
1 tablespoon olive oil

Directions:

Preheat your grill to 400 degrees Fahrenheit.

Drizzle the oil on a sheet of aluminum foil, then toss the veggies in it. Arrange the vegetables in a single layer on the foil, then put the whole thing on the grill and close the lid.

Cook for 3-4 minutes, then stir the vegetables. Continue to cook until the vegetables are crisp-tender, roughly 2-4 more minutes.

Remove from the grill and serve.

Nutrition Information:

Serves 4. Each serving contains 128 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 329 mg sodium, 18 g carbohydrate, 7 g dietary fiber, 8 g sugar, and 9 g protein.

Each serving has 583% DV vitamin A, 343% DV vitamin C, 52% DV calcium, and 27% DV iron.

Chef's Tips:

Serve this meal alongside grilled salmon and brown rice.

Use tongs to serve the vegetables — they're quite hot when they come off the grill.

If you can't find Chinese broccoli, try broccoli rabe or even plain broccoli.

Topping your plate with sliced green onions, Thai basil, and cilantro will really take the flavors to the next level.

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