

# Marinated Veggies

A healthy way to grill veggies! Makes a great sandwich too!

Recipe by Rémi Roy | Created on **Mar 8, 2022**

## Ingredients

- ½ cup thickly sliced zucchini
- ½ cup sliced red bell pepper
- ½ cup sliced yellow bell pepper
- ½ cup sliced yellow squash
- ½ cup sliced red onion
- 16 large fresh button mushrooms
- 16 cherry tomatoes
- ½ cup olive oil
- ½ cup soy sauce
- ½ cup lemon juice
- ½ clove garlic, crushed

## Directions

- Place the zucchini, red bell pepper, yellow bell pepper, squash, red onion, mushrooms, and tomatoes in a large bowl.
- In a small bowl, mix together olive oil, soy sauce, lemon juice, and garlic. Pour over the vegetables. Cover bowl, and marinate in the refrigerator for 30 minutes.
- Preheat grill for medium heat.
- Lightly oil grate. Remove vegetables from marinade, and place on preheated grill. Cook for 12 to 15 minutes, or until tender.

## Nutrition Facts

Serving: **8 servings** | Calories: **159.3 kcal** | Carbohydrates: **7.9 g** | Protein: **3.2 g** | Saturated fat: **1.9 g** | Sodium: **909.4 mg** | Fiber: **1.6 g** | Sugar: **2.3 g**

## Categories

Appetizers and Snacks