

Grilled Zucchini

1.9% of calories from fat

Yes, you can still use your BBQ and cook with no oil! The secret is in the use of a nonstick metallic grill sheet!

This is the recipe that enables me to easily use the bumper crop of summer squashes I get from my garden most years, and keeps me wanting to plant the same quantity the next year!

Ingredients

- Wood chips, any type (optional)
- 1 large zucchini, green or yellow with skin
- 1 teaspoon sumac, ground
- ¼ teaspoon salt



Directions

If using wood chips, soak in water 1 hour before grilling.

1. Preheat the grill to medium heat. Drain the wood chips and add to the grill.
2. Place a nonstick metallic grill sheet over the grill.
3. Slice zucchini about ½” thick, and sprinkle the slices with sumac and salt as indicated or to taste.
4. Place zucchini slices directly on the nonstick metallic sheet and close the cover on the grill. Cook for about 10 minutes or until there are brown spots on the zucchini. Turn over and cook another 4 to 6 minutes until the other side has brown spots.
5. Remove and let cool a few minutes before serving.

Serves 1.

Nutritional Information: 50 calories per serving, 1 cup per serving, 1g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 420mg sodium, 10g total carbohydrate, 10g dietary fiber, 8g total sugars, 4g protein, 0mcg (0%) vitamin D, 52mg (4%) calcium, 1mg (6%) iron, 843mg (20%) potassium.