

GOOD SEASONS® Grilled Vegetables

**Prep Time:**

10 min

Total Time:

1 hr 20 min

Makes:

8 (1/2 cup each)

1/4 cup vinegar

3 Tbsp. lemon juice

1 envelope GOOD SEASONS Italian Salad Dressing & Recipe Mix for Fat Free Dressing

1/2 cup water

2 lb. assorted cut-up vegetables, such as zucchini, red peppers,

yellow peppers, green peppers, new potatoes and squash

MIX vinegar, lemon juice, salad dressing mix and water in cruet or small bowl as directed on package. Reserve 1/4 cup of the dressing; refrigerate.

POUR remaining dressing over vegetables; cover. Refrigerate 1 hour to marinate. Drain; discard dressing.

GRILL vegetables on greased grill over medium-hot coals 8 to 10 minutes or until tender, turning and brushing occasionally with reserved 1/4 cup dressing.

Kraft Kitchens Tips

Use Your Broiler

Place drained marinated vegetables on rack of broiler pan 4 inches from heat. Broil 8 to 10 minutes or until tender, turning and brushing occasionally with reserved 1/4 cup dressing.

Nutritional Information

Calories 60

Total fat 0 g

Saturated fat 0 g

Cholesterol 0 mg

Sodium 220 mg

Carbohydrate 14 g

Dietary fiber 2 g

Sugars 4 g

Protein 2 g

Vitamin A 35 %DV

Vitamin C 100 %DV

Calcium 0 %DV

Iron 6 %DV

Nutrition Bonus

This fat free blend of grilled vegetables provides an excellent source of vitamins A and C when made with red and green peppers.