Great Grilled Vegetables

Ingredients
1 sweet red bell pepper, seeded and cut into 8 sections
1 bunch asparagus, trimmed
1 zucchini, sliced diagonally into ¼ to ½ inch thick slices
1 yellow squash, sliced diagonally into ¼ to ½ inch thick slices
1 t. olive oil
½ cup Splenda brown sugar
⅛ cup Lawry's Seasoning Salt — 25% less sodium (if on a salt-restricted diet, substitute Mrs. Dash)

Preparation:
Prepare the grill and wash all vegetables, dry, cut as directed; Toss vegetables in olive oil.
Mix the Lawry's salt and brown sugar together in a small bowl or jar.
Grill the vegetables on indoor or outdoor grill, using a small amount of olive oil if needed. Grill each side until grill marks are visible.
When the vegetables are grilled, remove and arrange in alternating colors on a platter. Sprinkle with the salt/sugar mixture (don't sprinkle while the vegetables are on the grill — they will burn and stick)
Serve with whole grain rice or quinoa.

Nutrition Per Serving:
Calories  201 kcal
Fat        8 g
  Saturated Fat                                     1 g
  Monounsaturated Fat                                5 g
  Polyunsaturated Fat                                1 g
Cholesterol          0 mg
Sodium       540 mg (0 if using Mrs. Dash)
Potassium    739 mg
Carbohydrates  51 g
  Dietary Fiber                                   6 g
  Sugars                                           45 g
Protein      5 g
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>95 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>287 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>5 %</td>
</tr>
<tr>
<td>Iron</td>
<td>18 %</td>
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