


# BBQ Vegies

 7 minutes preparation + 10 minutes cooking.

 17 serves of vegetables

## INGREDIENTS

1 tablespoon olive oil  
Juice of 1 lemon  
1 large red onion, cut into wedges  
3 flat mushrooms, sliced thick  
3 baby eggplants, halved lengthways  
3 baby zucchinis, halved lengthways  
1 red capsicum, seeded and cut into six  
3 yellow squash, halved  
3 firm ripe tomatoes, halved  
Olive or canola oil spray



## DIRECTIONS

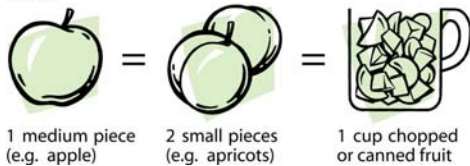
Combine oil and juice in a small bowl. Brush vegetables with this mixture. Heat barbecue and lightly spray with oil. Barbecue vegetables until tender (about ten minutes depending on thickness), turning after 5 minutes. Serves 6.

## HINT

Leave root end of onion intact to avoid falling apart. If a Barbecue is unavailable use a heavy pan with grill markings on a gas hotplate or place vegetables under a grill on a foil-covered tray, turning after 5 minutes.

## WHAT IS A SERVE?

### Fruit

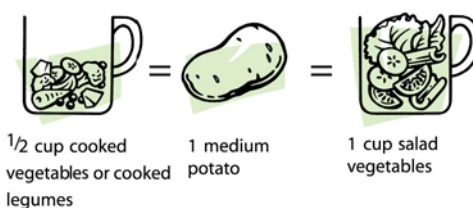


1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup chopped  
or canned fruit

### Vegetable



1/2 cup cooked  
vegetables or cooked  
legumes

1 medium  
potato

1 cup salad  
vegetables



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