

Grilled Zucchini with Onions

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Servings: 4

*6 small zucchini, halved
lengthwise
4 teaspoons olive oil,
divided
2 green onions, thinly sliced
2 tablespoons lemon juice
1/2 teaspoon salt
1/8 teaspoon crushed red
pepper flakes*

Drizzle the zucchini with two teaspoons of oil. Grill, covered, over medium heat for 8 to 10 minutes or until tender, turning once.

Place the zucchini in a large bowl. Add the green onions, lemon juice, salt, pepper flakes and remaining oil. Toss to coat.

Per Serving (excluding unknown items): 85 Calories; 5g Fat (45.4% calories from fat); 4g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 277mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1 Fat.