

DINNER

Grilled Baby Vegetables

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
13 min	8 min	5 min	2	\$17.84	440 kcal

Grilled Baby Vegetables is a gluten free and dairy free main course. For \$17.84 per serving, this recipe covers 56% of your daily requirements of vitamins and minerals. This recipe serves 2. One portion of this dish contains around 27g of protein, 25g of fat, and a total of 440 calories.

Ingredients

- ☐ 12 baby portobello mushrooms, criminis
- ☐ 2 to 3 baby eggplants, thinly sliced lengthwise, 1/2 pound
- ☐ 6 baby zucchini, halved lengthwise, 1/2 pound
- ☐ 2 teaspoons Dijon mustard
- ☐ 1 large clove garlic, crushed
- ☐ 2 teaspoons grill seasoning, 2/3 palm full (recommended: Montreal Steak Seasoning blend by McCormick)
- ☐ ½ lemon, juiced
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 tablespoon Worcestershire sauce, eyeball it

EQUIPMENT Bowl, Grill, Grill pan

Method

- 1

Preheat a grill pan, indoor or outdoor grill to medium high-high heat.
- 2

Place the vegetables in a large plastic food storage bag.
- 3

Mix dressing ingredients in a small bowl, stream in the extra-virgin olive oil and beat dressing with a fork.

- 4 Pour dressing into the food storage bag and seal bag. Coat the vegetables evenly with dressing then grill vegetables a couple of minutes on each side until marked and tender. Arrange on a small platter.

Nutrition per serving

440

KCAL

27 g

PROTEIN

25 g

FAT

42 g

CARBS

Saturated Fat	3.8 g · 24% of daily needs
Fibre	13.6 g · 54% of daily needs
Sugar	13.8 g · 15% of daily needs
Sodium	230 mg · 10% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	206 mg · 249% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-baby-vegetables-148478