BODYELITEFIT

EASY GRILLED ZUCCHINI

MAKE PERFECTLY GRILLED ZUCCHINI ALL SUMMER LONG OR ANYTIME AT ALL. QUICK AND EASY, GREAT AS A SIDE DISH WITH ANYTHING YOU'RE GRILLING - FROM CHICKEN TO BEEF TO FISH.

NUTRITION PER SERVING:

CALORIES	94
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	5 G

PREP TIME:	10 MINUTES
COOK TIME:	5 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 YIELD

INGREDIENTS:

6	MEDIUM-SIZED ZUCCHINI TRIMMED
1	LEMON JUICED (ABOUT 1/4 CUP)
2 TBSP	OLIVE OIL
½ TSP	SALT
2 TSP	ITALIAN SEASONING
1 TSP	GARLIC POWDER

01 Cut the zucchini in half, slicing lengthwise.

02 Squeeze lemon juice over zucchini halves and brush with olive oil.

03 Season lightly with salt, or to taste, and sprinkle Italian seasoning and garlic powder over.

04 Preheat an outdoor grill to medium heat, about 350 degrees F.

05 Place zucchini directly onto a well oiled grate, flesh side down to start. Cook with the lid closed, about 10 to 15 minutes, flipping halfway through.

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