

# Grilled Squash

## Ingredients

- 4 zucchini squash or yellow squash or any mix of the two
- 1 1/2 Tablespoons olive oil
- 1/8 tsp salt
- 1/4 tsp pepper
- 1/4 cup thinly sliced fresh basil

## Directions

1. Heat grill to medium heat.
2. Slice squash diagonally into 1/2 inch thick pieces.
3. In a large bowl, toss squash with olive oil, salt and pepper.
4. Grill vegetables until tender – about 6 to 8 minutes per side.
5. Return vegetables to bowl and toss with fresh basil. Serve.

## Nutrition Information makes 4 servings

### Per Serving

Calories: 110  
Fat: 5g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Sodium: 90mg  
Carbohydrate: 11g  
Fiber: 3g  
Protein: 4g



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