



Think you're  
getting enough  
vegies?  
Cut it out.



## BBQ VEGIES

 7 minutes preparation + 10 minutes cooking

 **Provides 2½ serves of vegies per person**  
Serves 6 people

- 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

Combine oil and juice in a small bowl. Brush vegetables with this mixture. Heat BBQ and lightly spray with oil. Barbecue vegetables until tender (about 10 minutes depending on thickness), turning after 5 minutes.

For more information visit:  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



An Australian Government, State and Territory health initiative.

