

GOOD COOKING

Grilling is the ultimate high-flavor, lowfat cooking method. It intensifies the flavor of foods without relying on extra fat.



Grilled Vegetables with Ranch Dressing

Yields 8 servings

2 red bell peppers, seeded
2 yellow bell peppers, seeded
1 small eggplant, cut in half lengthwise
16 asparagus spears
1 medium zucchini, cut in half lengthwise
8 plum tomatoes
2 tablespoons olive oil
½ teaspoon black pepper
¼ teaspoon salt
Cooking spray

Ranch Dressing

¾ cup lowfat buttermilk
¼ cup fat-free sour cream
½ teaspoon dry mustard
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon salt
¼ teaspoon dried dill
¼ teaspoon black pepper
1 garlic clove, minced

For dressing, combine all ingredients in a bowl; stir well with a whisk. Cover and chill.

Brush peppers, eggplant, asparagus, zucchini and tomatoes with oil; sprinkle evenly with black pepper and salt. Place bell peppers on a grill rack coated with cooking spray; grill five minutes. Add eggplant; grill five minutes. Add asparagus, grill five minutes. Add zucchini; grill five minutes. Add tomatoes; grill five minutes. Remove vegetables from grill. Cut each bell pepper into quarters; cut each eggplant in half and zucchini in half into four equal pieces. Serve with dressing.

From "Cooking Light."