

Stir Fry on the Grill

 foodandhealth.com/recipe_print.php

Jun 05, 2017



Serves: 4 | *Serving Size:* 1.5 cups
Total Time: 18 min | *Prep:* 10 min | *Cook:* 8 min

Ingredients:

2 small heads of bok choy, rinsed and cut in half
3 large carrots, peeled and sliced thin
2 cloves of garlic, chopped
1 spring onion, sliced thin
1 large bunch of Chinese broccoli or broccoli rabe
1 tablespoon olive oil



Directions:

Place all vegetables in a single layer on aluminum foil with oil. Preheat a grill to 400 degrees F.

Place the veggies on the grill and close the lid. Stir them half way through. They are done when crisp tender, in about 5 to 8 minutes.

Serves 4. Each 1.5 cups serving: 128 calories, 5g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 329mg sodium, 18g carbohydrate, 7g fiber, 8g sugars, 9g protein.© Food and Health Communications
