



Grilled Vegetables

(Makes 6 servings)

4 cups (1L)

raw vegetables:
zucchini, peppers,
potatoes, mushrooms,
onions, broccoli,
cauliflower, cherry
tomatoes

½ cup (125ml)

balsamic or flavoured vinegar
1

1

1 Tbsp. (15ml)

garlic clove, minced
coarsely ground pepper

1 tsp. (5ml)

salt

½ cup (125ml)

olive oil

Cut into bite-size pieces (or slightly larger).
Microwave hard vegetable pieces (cauliflower,
potatoes) for 2-3 minutes.

Mix together vinegar, garlic, pepper and salt.
Add oil gradually and whisk until mixture thickens.

Pour two-thirds of marinade over vegetables and
let stand for 1 hour in fridge.
Set remaining marinade aside for basting.
Grill vegetables in grill basket over medium high
heat for 8-10 minutes on each side or until tender;
baste periodically with remaining marinade.



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Colorful Corn and Bean Salad

SALAD

- 1 can (19 oz. [540 mL]) black beans, rinsed and drained
- 1 can (12 oz. [341 mL]) corn kernels, drained
- 1 cup (250 mL) chopped tomatoes
- ½ cup (125 mL) chopped green or red bell peppers
- ½ cup (125 mL) chopped red onions
- ¼ cup (50 mL) chopped fresh parsley

1. In a large bowl, combine beans, corn, tomatoes, peppers, onions and parsley. Set aside.

DRESSING

- 2 tbsp. (25 mL) red wine vinegar or balsamic vinegar
- 1 tbsp. (15 mL) olive oil
- ½ tsp. (2 mL) ground cumin
- ½ tsp. (2 mL) minced garlic
- ½ tsp. (2 mL) hot pepper sauce (optional)
- ¼ tsp. (1 mL) salt
- black pepper

2. In a small bowl, or measuring cup, whisk together vinegar, oil, cumin, garlic, hot pepper sauce (if using), salt and pepper to taste. Blend well. Pour over salad.

Makes 5 cups (1.25 L)



Garden Tomato Salsa

- 2 medium tomatoes
- 1 [about 1 tbsp (15 mL)] jalapeno pepper, seeded & chopped
- 1/3 cup (75 mL) diced sweet red pepper
- 1/4 cup (50 mL) chopped fresh cilantro
- 2 finely chopped green onions
- 2 cloves garlic, crushed
- 2 tsp (10 mL) balsamic vinegar
- 1/4 tsp (1 mL) salt & freshly ground pepper, each

Makes 8 servings (2 cups)

Serve with baked tortilla chips.

DIRECTIONS

- Chop tomatoes and drain excess juice.
- In a bowl, combine tomatoes, jalapeno and red peppers, cilantro, onion and garlic.
- Stir in vinegar, salt and pepper.
- Cover and refrigerate for at least 30 minutes or for up to 5 days.



Adapted from More Choice Menus by Marjorie Hollands & Margaret Howard; Canadian Diabetes Association, MacMillan, 1996. Distributed by Hastings & Prince Edward Counties Health Unit. Call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext 610. TTY 613-966-3036 Monday to Friday from 8:30 am to 4:30 pm. Visit us online at www.hpechu.on.ca or lifeworks4health.org.
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