

GRILLED VEGETABLE PLATTER WITH YOGURT MINT SAUCE

Ingredients

- 1 cup 0% Greek yogurt
- 1/4 cup fresh chopped mint, divided
- 2 cloves minced garlic, divided
- 1 teaspoon extra virgin olive oil
- salt and black pepper

Vegetables:

- 2 large red and orange color bell peppers, seeded and cut 1 inch pieces
- 1 red onion, sliced into 1/4 inch thick rounds
- 1 pound asparagus, trimmed
- 1 yellow squash, sliced diagonally 1/4 inch thick
- 1 large zucchini, sliced diagonally 1/4 inch thick
- 2 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried Zataar seasoning
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper



Instructions

- Combine yogurt with half of the mint, half of the garlic, 1/4 teaspoon salt and black pepper. Transfer to a small serving bowl. Swirl in 1 teaspoon olive oil on top and garnish with more mint.
- Heat the grill or grill pan over medium-high heat. When ready oil the grates.
- Toss the vegetables in a bowl with olive oil, lemon juice, remaining garlic, zaatar, 1/2 teaspoon salt and black pepper, to taste. Grill the vegetables turning occasionally, until lightly charred, about 6 to 10 minutes. Arrange on a platter with the mint yogurt sauce. Sprinkle with remaining mint.

Click here for full recipe and nutritional content: [Grilled Vegetable Platter with Yogurt Mint Sauce - Skinnytaste](#)