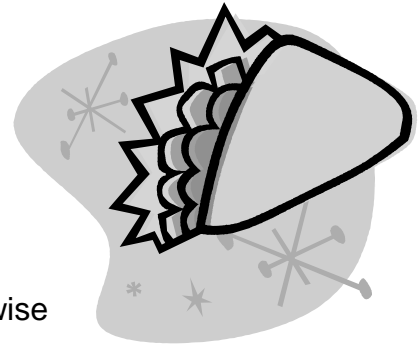


Low-Fat Grilled Vegetables on Focaccia

Ingredients:

- 3 tbsp balsamic vinegar or wine vinegar
- 2 tbsp water
- 1 tbsp olive oil
- 1 tsp dried oregano, crushed
- 2 large red and/or yellow sweet peppers
- 2 medium zucchini, halved crosswise and sliced thinly lengthwise
- 1 medium eggplant, cut crosswise into 1/2-inch slices
- 1 12-in round purchased focaccia
- 2 oz soft goat cheese (chevre) or other soft cheese of choice
- 2 oz fat-free cream cheese



Directions:

1. For the Balsamic-Vinaigrette, combine balsamic vinegar or wine vinegar, water, olive oil, and oregano in a small bowl. Set aside. *Note: May use 1/3 cup purchased, bottled Italian dressing instead of the Balsamic dressing.*
2. Cut sweet peppers in quarters. Remove stems, membranes, and seeds.
3. Arrange all vegetables on grill rack directly over medium-hot coals; brush with Balsamic-Vinaigrette.
4. Grill, uncovered, until slightly charred, turning occasionally (allow 8 to 10 minutes for peppers and eggplant, and 5 to 6 minutes for zucchini).
5. Cut cooked peppers into strips.
6. Cut focaccia in half crosswise. Split halves into two layers horizontally to form 4 pieces total.
7. Combine goat cheese and cream cheese, and spread over bottom layers of focaccia; top with some of the sweet pepper, zucchini, and eggplant; place top halves of focaccia over vegetables.
8. To serve, cut each focaccia half into four wedges.

Makes 8 main-dish servings. Can cut smaller for appetizer servings.

Per serving: 201 calories, 8g protein, 5g fat, 4mg cholesterol, 32g carbohydrate, 68mg sodium, 4g fiber.