



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## It's BBQ time again !!!!

Summer BBQ's are not just about grilling your favorite meat any longer. Vegetables are perfect for grilling and if you slice them just right it is easy to do.

Red, white, or sweet onion, sliced into 1/2-inch thick rounds.

Corn on the cob (take off the husks and silks).

Whole mushrooms. Grill portabellas like a burger or them cut into thick slices; grill small mushrooms strung on a skewer or kabob.

Eggplant, cut lengthwise into 1/4-inch slices.

Zucchini, cut lengthwise into 1/4-inch slices.

Asparagus spears. Just trim off the white end and grill the spears whole.



Burn approximately 100 calories while you barbecue those delicious vegetables.



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