



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

# BALSAMIC GRILLED ZUCCHINI

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Makes 2 servings covering your vegetables.



## Ingredients

2 zucchinis, quartered lengthwise  
1 Tbs organic coconut or avocado oil  
½ tsp garlic powder  
1 tsp Italian seasoning  
2 Tbs balsamic vinegar  
Pink Himalayan salt and fresh-ground pepper, to taste

## Directions

Preheat grill to medium-low heat. Brush zucchini with oil. Sprinkle with garlic powder, Italian seasoning, salt and pepper. Grill 3-4 minutes on each side until beginning to brown. Brush with balsamic vinegar and grill 1 minute more.