

# Balsamic Grilled Vegetable Medley with Herb Marinade

Colorful grilled vegetables marinated in a sugar-free balsamic herb blend. This low-glycemic side dish is packed with fiber and antioxidants for stable blood sugar.

Prep: 10 min

Cook: 15 min

Total: 30 min

Servings: 4

GL 2.6 / GI 18

## Ingredients

**Low GI vegetable, high in fiber and water content** medium zucchini, sliced into bite-sized pieces

**Contains chromium which may help regulate blood sugar** red onion, sliced into rings

**Rich in vitamin C, very low glycemic impact** bell pepper, seeded and sliced into strips

**Extremely low carb, provides B vitamins for glucose metabolism** mushrooms, halved

**Low GI despite natural sugars, high in fiber** cherry or grape tomatoes

**Very low carb and calorie, excellent for blood sugar control** eggplant, sliced into bite-sized pieces

**Healthy monounsaturated fats slow glucose absorption** extra virgin olive oil

**Natural sweetness without added sugar, may improve insulin sensitivity** balsamic vinegar

**May help lower blood sugar levels** garlic powder

**Anti-inflammatory herb with minimal glycemic impact** dried basil

[logifoodcoach.com/recipes/balsamic-grilled-vegetable-medley-with-herb-marinade](https://logifoodcoach.com/recipes/balsamic-grilled-vegetable-medley-with-herb-marinade)

**Acidic component helps lower overall glycemic response** fresh lemon juice

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sea salt

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**Contains piperine which may enhance nutrient absorption** black pepper, freshly ground

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## Instructions

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### Step 1

Prepare all vegetables by washing and cutting them into uniform pieces: slice zucchini into half-moons, cut red onion into thick rings, remove seeds from bell pepper and slice into strips, halve mushrooms, keep cherry tomatoes whole, and cube eggplant into bite-sized pieces. Uniform sizing ensures even cooking.

### Step 2

Preheat your grill to medium-high heat (around 400°F/200°C). If using a gas grill, preheat for 10-15 minutes with the lid closed. For charcoal, wait until coals are covered with white ash.

### Step 3

While the grill heats, prepare the balsamic herb marinade by whisking together olive oil, balsamic vinegar, garlic powder, dried basil, fresh lemon juice, salt, and black pepper in a small bowl or jar. Set aside to allow flavors to meld.

### Step 4

Arrange vegetables on a grill basket or grill pan to prevent smaller pieces from falling through the grates. Alternatively, thread larger pieces onto skewers. Place vegetables directly on the preheated grill grates.

### Step 5

Grill vegetables for 6-8 minutes per side, turning once, until they develop beautiful char marks and slight caramelization. Watch carefully—you want tender-crisp vegetables with a smoky flavor, not mushy ones. Eggplant and zucchini will cook fastest, while onions may need an extra minute.

### Step 6

Transfer all grilled vegetables immediately to a large serving bowl. Pour the prepared balsamic marinade over the hot vegetables and gently toss to coat evenly, ensuring every piece is kissed with the herb-infused dressing.

### Step 7

Allow the vegetables to rest for 5-10 minutes at room temperature so they absorb the marinade flavors. The residual heat will help the vegetables soak up the tangy, aromatic dressing. Serve warm or at room temperature as a side dish or over mixed greens for a complete low-glycemic meal.