

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

Acidic component helps lower overall glycemic response fresh lemon juice

sea salt

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

Instructions

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.