



Grilled Vegetables with Miso Sauce

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Grill-roasted Asian-style vegetables hit the spot on a weeknight. Serve over a bed of steamed basmati or jasmine rice.



Ingredient List

Serves 2

Vegetables

- 1/4 red kuri or kabocha squash, seeded and cut into 1/2-inch-thick slices
- 1 small red onion, sliced
- 2 tsp. sesame oil
- 1 large bok choy, leaves separated

Miso Sauce

- 1 Tbs. miso paste
- 1 clove garlic, minced (1 tsp.)
- 1/2 tsp. light brown sugar
- 1 tsp. sesame oil
- 1/2 tsp. rice vinegar
- 2 green onions, chopped (1/4 cup)
- 1 Tbs. toasted sesame seeds

Directions

1. To make Vegetables: Brush squash and onion slices with oil. Spray grill with cooking spray, and lay squash slices on grill. Close, and cook on medium-high 10 minutes, or until squash is tender; transfer to plate. Place onion slices on grill; cook 4 to 5 minutes, or until crisp-tender; transfer to plate. Place bok choy leaves on grill; cook 3 to 4 minutes, or until wilted and crisp-tender; transfer to plate.

2. Meanwhile, to make Miso Sauce: Combine miso paste, garlic, brown sugar, and 1/4 cup water in small saucepan. Bring to a simmer over medium heat. Cook 1 minute, or until miso dissolves and begins to bloom. Remove from heat; stir in oil and vinegar. Fold in green onions and sesame seeds.

3. Serve Grilled Vegetables drizzled with Miso Sauce, or serve Miso Sauce on the side.

Nutritional Information

Per serving (1 1/2 cups vegetables and 3 tbs. sauce): Calories: 184, Protein: 5g, Total fat: 10g, Saturated fat: 1g, Carbs: 21g, Cholesterol: mg, Sodium: 379mg, Fiber: 4g, Sugars: 8g

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