



The Edible Garden

Recipe featured at the *Whole Foods Market Friday* demonstration,
September 24

Grilled Veggie Wedges and Dip

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Ingredients

2 medium zucchini, cut on the diagonal into ½-inch slices
2 medium summer (yellow) squash, cut on the diagonal into ½-inch slices
½ cup Italian dressing (not balsamic)
2/3 cup reduced-fat sour cream
2 scallions, chopped fine
½ teaspoon Worcestershire sauce
1 teaspoon freshly squeezed lemon juice
1 teaspoon salt
Pinch of black pepper

Instructions

1. Preheat grill to medium high. Toss zucchini and squash with the Italian dressing in a medium bowl.
2. Place vegetables on grill and cook for 3 minutes. Turn and cook another 3 minutes, until tender.
3. Meanwhile, prepare the dip by stirring together the other ingredients in a medium bowl. Cover and chill until serving time.