

Excerpts from:

## LAUGHTER IS AN INSTANT VACATION Humorous Quotes on Life

*The best time to give advice to your children is while they're still young enough to believe you know what you're talking about.*

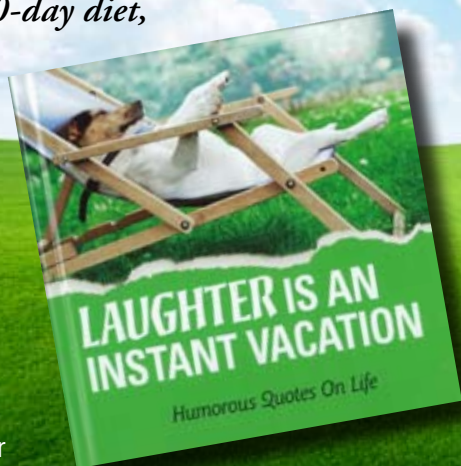
– Evan Esar

*Camping is nature's way of promoting the motel business.*

– Dave Barry

*So far on my 30-day diet, I lost 18 days.*

– Terry McEntire



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## Grilled Corn and Peppers

The onions and peppers add fantastic flavor to the sweet ears of corn.

Prep: 15 min. + marinating

Grill: 25 min.

Yield: 8 Servings

### Ingredients

3 cups Italian salad dressing

8 large ears fresh corn,  
husked and cleaned

4 medium green peppers, julienned

4 medium sweet red peppers, julienned

2 medium red onions, sliced and separated into rings



### Directions

Place salad dressing in a large re-sealable plastic bag or shallow glass container. Add corn, peppers and onions; turn to coat. Seal or cover and refrigerate for 30 minutes.

Drain and discard marinade. Place vegetables in a grill pan or disposable foil pan with holes punched in the bottom. Grill, covered, over medium heat for 25 minutes or until corn is tender, turning frequently.

**Nutritional Analysis:** One serving (prepared with fat-free Italian dressing) equals 145 calories, 1 g fat (0 saturated fat), 0 cholesterol, 452 mg sodium, 33 g carbohydrate, 5 g fiber, 4 g protein. Diabetic Exchanges: 1-1/2 starch, 1 vegetable.

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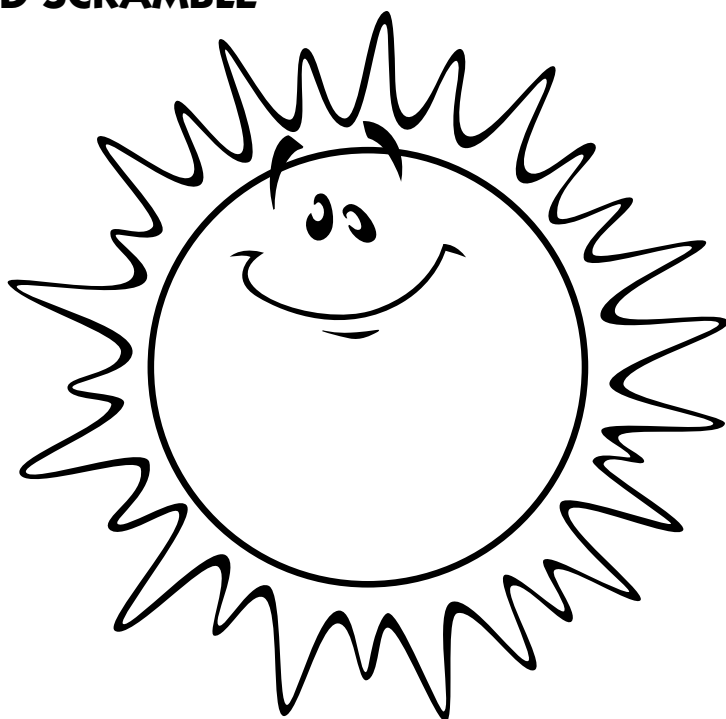
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