

grilled vegetable kabobs

Ingredients

2 medium zucchini
2 medium yellow squash
2 red or green bell peppers, seeded
2 medium red onions
16 cherry tomatoes
8 ounces fresh mushrooms
2 medium ears sweet corn
nonstick vegetable oil spray

Sauce

1/2 cup balsamic vinegar
2 tablespoons mustard
3 cloves garlic, minced
1/4 teaspoon thyme
8 6-inch wooden or metal skewers (optional)



1. Rinse all the vegetables.
2. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
3. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
4. Mix the vinegar, mustard, garlic, and thyme for the sauce.
5. Toss vegetables in the sauce and thread vegetables into skewers.*
6. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
7. Grill 20 minutes or until tender.

You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.

**If you use wooden skewers, soak them in water for 30 minutes before using.*

Yield 8 servings, **Serving Size** 1 kabob, **Calories** 73, **Total Fat** 1g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 107mg, **Total Fiber** 4g, **Protein** 4g, **Carbohydrates** 4g, **Potassium** 515mg



National Heart, Lung,
and Blood Institute