## 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

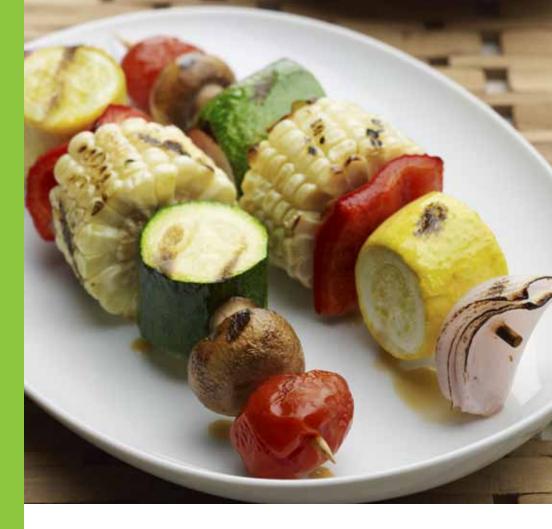
<sup>1</sup>/<sub>2</sub> cup balsamic vinegar

2 tablespoons mustard

3 cloves garlic, minced

 $\frac{1}{4}$  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

