

VEGETABLE KABOBS



2 cups mushrooms whole (~4 oz)
2 cups zucchini cut in 1 inch circles (~2 squash)
2 cups bell peppers cut in 1.5 inch squares (~2 peppers)
2 cups onions cut in 1 inch segments (~2 small onions)
1/3 cup balsamic vinegar
1/3 cup olive oil
1/4 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon dried basil
1/4 teaspoon dried parsley



1. Wash/chop vegetables.
2. In a bowl, whisk together marinade.
3. In a large bowl, or plastic bag combine vegetables/marinade. Allow the marinade to sit for at least 10 minutes (one hour is best).
4. While vegetables marinate, heat grill to 375 (medium/high).
5. Once vegetables have marinated - add them to skewers.
6. Place skewers on heated grill for 9-10 minutes. Flip and cook for an additional 5-6 minutes.

Note: If you don't have a grill you can bake these at 400 for 10-15 minutes, until vegetables are tender.