Grilled Veggie Kabobs

Ingredients:
1 garlic clove
½ teaspoon salt
2 tablespoons olive oil
3 tablespoons lemon juice
1 teaspoon Italian seasoning
¼ teaspoon pepper
8 small mushrooms
1 small yellow squash, cut in ½ inch rounds
1 small zucchini squash, cut in ½ inch rounds
2 small onions, quartered
8 cherry tomatoes

Equipment Needed:
Cutting board
Knife
Small bowl
Resealable bag OR container with lid
Wooden or metal skewers
Grill

Number of Servings: 4
Prep Time: 15 minutes
Total Time: 45 minutes

Directions
1. In a small bowl, mash together garlic and salt to form a paste. Stir in oil, lemon juice, Italian seasoning and pepper.
2. Place cut vegetables in a resealable bag or container with lid. Pour marinade over vegetables and let soak for at least 15 minutes. You can prepare these the day before and store in the refrigerator until ready to cook.
3. Thread vegetables onto skewers and discard remaining marinade.
4. Preheat grill to medium and brush grates with oil. Grill kabobs, covered, until vegetables are tender, about 10-15 minutes.

Adapted from Taste of Home’s Vegetable Kabobs Recipe

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

Nutrition Facts
Serving Size: 2 kabobs
Servings: 4
Amount Per Serving

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<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value</th>
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<tbody>
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<tr>
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<tr>
<td>Calcium</td>
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*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Other firm vegetables work well in this recipe, including potatoes, Brussels sprouts or bell peppers.