

## Grilled vegetable skewers



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

### **About this recipe**

Serves

5

Serving size

1/5 of prepared recipe

Time to make

20 minutes preparation; 5 minutes cook time

### **Ingredients**

- 3 large green peppers, cut into 1/2 inch cubes
- 3 medium zucchini, cut into 1/2 inch cubes
- 24 cherry tomatoes
- 1 medium eggplant, cut into cubes
- 24 whole mushrooms
- Nonstick cooking spray
- 1/4 teaspoon basil
- 1/4 teaspoon oregano

## Directions

1. If using bamboo skewers, soak skewers (pointed side up) in a glass of water for 2 minutes. (This will keep them from breaking or catching fire when they are over the hot coals.)
2. Put green pepper, zucchini, cherry tomatoes, eggplant, and mushrooms into bowl. Lightly spray vegetables with nonstick cook spray while mixing with a spoon.
3. Sprinkle basil and oregano over vegetables. Mix.
4. Place vegetables onto skewers, alternating vegetables as you go.
5. Grill over hot coals or broil for 3-5 minutes. Serve. Refrigerate leftovers.

## Tips and variations

- Add or swap in other vegetables your family might like, or add pineapple chunks to the skewers.
- If you don't own skewers, you can also make these vegetables in a grill basket.
- Use other spices like garlic or paprika.
- If you have leftovers, finely chop and add them to pizza, soups, or salads.

## Nutritional info

Calories

106

Total fat

1.8 g  
Saturated fat  
0.4 g  
Cholesterol  
0 mg  
Sodium  
23 mg  
Total carbohydrates  
20.8 g  
Dietary fiber  
8.6 g  
Protein  
6.8 g  
Total sugar  
11.8 g  
Allergens  
Soy

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