

## 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

### 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.

### 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

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### Nutrition Facts

Serving Size: 2 kabobs	
Servings: 4	
Amount Per Serving	
<b>Calories 89</b>	Calories from Fat 36
%Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 00mg	<b>0%</b>
<b>Sodium</b> 275mg	<b>11%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>14%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin A 10%	Vitamin C 47%
Iron 7%	Calcium 4%
*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.**

Adapted from Taste of Home's Vegetable Kabobs Recipe

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