

MARINATED AND GRILLED VEGETABLE KEBABS

Preparation: 20 minutes | Cooking: 15 minutes | Servings: 4

INGREDIENTS

16 cherry tomatoes
12 medium mushrooms
8-inch skewers
2 garlic cloves, minced
1 medium zucchini
1 red onion
¼ cup extra-virgin
olive oil
¼ cup balsamic vinegar
1 tablespoon Italian
seasoning
½ teaspoon ground
pepper

For an increase in protein, add chicken to your kabobs or a side of black beans.



INSTRUCTIONS

Preheat grill to medium heat. In a large bowl, whisk together olive oil, balsamic vinegar, Italian seasoning, salt and pepper. Cut tomatoes, mushrooms, zucchini and red onion to desired size. Add cut tomatoes, mushrooms, zucchini and red onion into marinade and toss until well coated. For a richer flavor, let vegetables sit in marinade in the refrigerator for 1 to 4 hours. Place vegetables on skewers in desired order. Cook for 12 to 15 minutes, flipping halfway through. Vegetables should be tender when done. To add extra flavor, drizzle vegetables with remaining marinade.