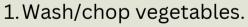
## VEGETABLE KABOBS

- <image>
- 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) ½ cup balsamic vinegar ⅓ cup olive oil ¼ teaspoon salt ½ teaspoon pepper ½ teaspoon garlic powder ½ teaspoon onion powder

Green

NUTRITION

- <sup>1</sup>⁄<sub>4</sub> teaspoon dried basil
- <sup>1</sup>⁄4 teaspoon dried parsley



- 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.