



MARINATED VEGETABLE KEBABS

By Dr. Cindy Tanzar
(Standard, Vegan/Vegetarian, Maintenance)

These grilled kebabs are a great way to enjoy your summer vegetables. You can also substitute other vegetables you enjoy, like yellow squash or peppers. They are so easy to make, but the flavor is delicious! If you don't have a grill, try roasting them in the oven. One serving of this recipe is one cup cooked vegetable. Use any leftover marinade to drizzle on the veggies to cover your fat, as well.



INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1/4 cup organic Balsamic vinegar
- 2 cloves garlic, minced (optional)
- 1 tsp. Pink Himalayan salt
- 1/2 tsp. ground black pepper
- 1 Tbsp Italian seasoning



16 cherry tomatoes
12 medium mushrooms (Baby Bella are great)
1-2 zucchini, cut into 1/4-inch slices
1 red onion, sliced into 8 wedges

INSTRUCTIONS

Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper into a large bowl. Add the vegetables and toss well to coat marinate for at least one hour and up to four hours.

ON THE GRILL:

Preheat the grill to medium. Thread the vegetables onto skewers and place them on the grill, turning them every 3-4 minutes for a total of 12-15 minutes, until crisp tender and slightly charred.

IN THE OVEN:

Preheat the oven to 400°F. Thread the vegetables onto skewers and place them on a baking sheet. Roast for 20-25 minutes, until slightly charred.

Drizzle with the remaining marinade, if desired.