

# GRILLED VEGETABLE SKEWERS



**DIFFICULTY**

**EASY**



**TIME**

**70 MIN**



**SERVES**

**8 SKEWERS**

## INGREDIENTS

8 each 8" bamboo skewers, soaked in water for at least 4 hours  
2 Tbsp olive oil  
1 tsp salt  
1 tsp black pepper  
1 tsp dried thyme leaves  
2 each zucchini, cut into 1 inch chunks  
2 each summer squash, cut into 1 inch chunkcs  
1.5 pounds button mushrooms  
1 red onion, cut into chunks  
1 red pepper, cut into 1 inch pieces  
16 each 1 inch piece of pineapple  
16 cherry tomatoes

## DIRECTIONS

1. Preheat grill for medium heat and lightly oil the grate. Alternately thread zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper onto the skewers.
2. Whisk olive oil, thyme, salt, and black pepper in a bowl; brush mixture over vegetables.
3. Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.

## NUTRITION FACTS PER SERVING

Calories: 406.4 Fat: - (Saturated Fat: -) Carbohydrates: 60.3g Fiber: 1g Sugar: - Protein: 7.1g



CALIFORNIA SCHOOLS  
**VEBA**

Leslie Myers | Executive Foodie | VEBA Resource Center