

# GRILLED HERB VEGETABLES

**SERVES 5**

Preparation Time: 20 minutes

Cooking Time: 5

## INGREDIENTS

3 large green peppers, cut into ½-inch cubes

3 medium zucchini, cut into ½-inch cubes

24 cherry tomatoes

1 medium eggplant, cut into cubes

24 whole mushrooms

Nonstick cooking spray

¼ teaspoon basil

¼ teaspoon oregano

Ten 10-inch wood skewers

## DIRECTIONS

1. Put green pepper, zucchini, cherry tomatoes, eggplant, and mushrooms into bowl. Lightly spray vegetables with nonstick cooking spray while mixing with a spoon.
2. Sprinkle basil and oregano over vegetables. Mix
3. Soak skewers (pointed side up) in a glass of water for 2 minutes. (This will keep them from breaking or catching fire when they are over hot coals.)
4. Place vegetables onto skewers, alternating vegetables as you go.
5. Grill over hot coals or broil for 3- 5 minutes. Serve. Refrigerate leftovers.

**NUTRITIONAL INFO:** Serving Size: 2 skewers, **Calories:** 60, **Fat:** 0 grams (g), **Sodium:** 260 milligrams (mg), **Vitamin C:** excellent source, **Vitamin A:** good source.



## VARIATION:

### Grilled Herb Vegetables

1. Use other vegetables your family might like or add pineapple chunks to skewers
2. Use other spices like garlic or paprika.

**SIMPLY GOOD EATING**

