GRILLED HERB VEGETABLES

SERVES 5

Preparation Time: 20 minutes
Cooking Time: 5

INGREDIENTS

- 3 large green peppers, cut into ½ inch cubes
- Nonstick cooking spray
- 3 medium zucchini, cut into ½ inch cubes
- ¼ teaspoon basil
- 24 cherry tomatoes
- ¼ teaspoon oregano
- 1 medium eggplant, cut into cubes
- Ten 10-inch wood skewers
- 24 whole mushrooms

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.

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.

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

SIMPLY GOOD EATING