

# **Grilled Vegetable Kabobs**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=14&cid=7&rid=218>

## **Ingredients**

For Kabobs

- 2 medium zucchini
- 2 medium yellow squash
- 2 red or green bell peppers, seeded
- 2 medium red onions
- 16 cherry tomatoes
- 8oz fresh mushrooms
- 2 medium ears sweet corn
- Nonstick cooking spray

For Sauce

- ½ cup balsamic vinegar
- 2 tablespoon mustard
- 3 cloves garlic, minced
- ¼ teaspoon thyme

## **Instructions**

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using.)
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

**Makes 8 servings**

## **Nutrition information per serving**

Calories: 73

Total Fat: 1g

Saturated Fat: 0g

Carbohydrates: 4g

Sodium: 107g

Total Fiber: 4g