



Veggie Kabobs

Ingredients:

1 zucchini, sliced into ½ -inch thick discs
8 small mushrooms
1 yellow bell pepper, cut into ½ inch pieces
½ red onion, cut into 1-inch pieces
¼ cup olive oil
1 tablespoon fresh basil leaves, chopped
1 teaspoon garlic powder
Wooden skewers
Vegetable oil cooking spray

Instructions:

1. Soak 12-inch wooden skewers in water to prevent burning.
2. In a small bowl, whisk olive oil, basil and garlic powder.
3. Add veggies and evenly coat.
4. Slide a variety of vegetables evenly onto skewers.
5. Spray cooking rack with oil. Over medium heat, place vegetables on cooking rack.
6. Grill vegetables for 20-25 minutes or until the vegetables are tender.

Variations:

Use any of your favorite vegetables! Add variety and color for increased micronutrients and phytonutrients.

For protein, add cubed grilled chicken or shrimp.

For a spicy twist dip in sriracha or hot sauce!

Prep Time: 20 minutes

Cooking Time: 25 minutes

Equipment:

12 inch skewers
Knife
Cutting board
Small mixing bowl
Grill

Servings: 4

Serving Size: 1 Kabob



Nutrition Facts: 149Calories, 14 g Fat, 3 g Saturated Fat, 6 g Carbohydrates, 1 g Protein, 2 g Fiber, 3 g Sugar, 8 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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