Grilled Vegetable Kabobs
Serving Size: 2 skewers
Serves: 4

**Ingredients**
½ cup olive oil
½ cup red wine vinegar
2 tablespoons fresh basil leaves, diced
2 tablespoons fresh parsley leaves, diced
2 cloves garlic, minced
1 tablespoon crushed red pepper flakes
pinch of salt
black pepper to taste

8 button mushrooms
2 zucchini squashes, cut into one inch pieces
4 yellow squashes, cut into one inch pieces
2 green bell peppers, roughly cut
1 small onion, roughly cut
2 Roma tomatoes, quartered

**Directions**
Combine the first 8 ingredients in a medium mixing bowl.
Arrange the vegetables on skewers.
Brush the vegetables with the vinaigrette.
Grill just until tender, turning frequently taking care not to over cook.
Reserve warm until serving.

**Exchanges per serving:**
3 Vegetables, 3 Fats

**Nutrients per serving:**
Calories: 193
Calories from fat: 126
Total Fat: 14g
Cholesterol: 0mg
Sodium: 45mg
Total Carbohydrate: 15g
Dietary Fiber: 5g
Protein: 4g