

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