

## **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