

Grilled Vegetable Skewers



Ingredients:

- 8 oz white mushrooms, whole
- 1 medium red onion
- 1 bell pepper
- 2 zucchini
- 1 pint cherry tomatoes
- 12 skewers

Instructions:

1. Clean mushroom caps with a damp paper towel. Remove stems.
2. Cut onion into 8 equal pieces.
3. Core bell pepper and remove all seeds. Cut into bite-size pieces
4. Cut zucchini into bite-size pieces.
5. Alternating types of vegetables, place them on the skewers. (if using wooden skewers, soak them in water before grilling)
6. Heat grill and cook skewers over medium heat for 5 minutes per side, or until vegetables are tender.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>