

# VEGETABLE KABOBS

## BASTING SAUCE

### INGREDIENTS

- 1/4 C** Olive oil
- 6 cloves** Garlic
- 4 t** Thyme (fresh)
- 2 t** Thyme (dried) (crushed)
- 1/2 C** Lemon juice



### DIRECTIONS

- 1** In a small glass or nonreactive metal bowl, combine the oil, garlic, thyme & lemon juice.
- 2** Whisk together until smooth

## VEGETABLE SKEWERS

### INGREDIENTS

- 6** Wooden skewers, soaked in water for 15 minutes
- 1** Zucchini (large) (cut into 2 inch cubes)
- 2** Squash (crookneck) (large) (cut into 2 inch cubes)
- 12** Tomatoes (cherry)
- 12** Mushrooms (button) (brushed off)
- 12** Onions (pearl)
- 2** Chiles (anaheim) (seeded) (cut into 2 inch pieces) **OR** chile of your choice

### DIRECTIONS

- 1** Place the vegetables on the skewers, alternating to create an attractive arrangement
- 2** Pre-heat a grill
- 3** Use a pastry brush to lightly coat the vegetables with the basing sauce
- 4** Place the vegetable kabobs on he grill & cook for 3 minutes, basing frequently
- 5** Turn & cook for 3 minutes more
- 6** Serve immediately

### NOTES

- 1** You can use grill the kabobs on your stove top of on broil in your oven
- 2** For a complete vegetarian meal, serve with either basmati rice, quinoa or brown rice