Grilled Veggie Kabobs

Recipe for grilled veggie skewers

Winter is finally coming to a end, and there is nothing like melting frost to send your thoughts yearning for sunnier skies, fresh fruity smells, and that crisp spring breeze. So while you are getting your mind psyched for either spring-cleaning or spring break, why not take out that griller and prep up for an outdoor barbecue? This grilled vegetable recipe just might do the trick, and it’s perfect for everyone, vegetarian or not.

This meal is low in saturated fat and cholesterol while being high in dietary fiber, antioxidants, and phytonutrients. From the vegetables alone, depending on how many servings you eat, you are getting your essential recommended daily allowance of protein, vitamin A, vitamin C, vitamin B6, folate, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. And because a substantial amount of olive oil is used in this recipe, you’re getting one of the good kinds of fat—one that is high in vitamin E.

If you don’t think you are getting the essential protein, think again. Broccoli provides 26% of the protein in your caloric ratio; Zucchini provides 18%. Servings of both cover almost half the ratio you need. Eat more and get more protein! Compare the above with a grilled pork patty where you get only 17% of the protein in your caloric ratio, with 81% of that ratio from fat.

So here’s to the coming change in season and to your good health!

For the Barbecue

- Bamboo Skewers
- Broccoli Flower clusters – 1 stalk clusters separated
- Eggplant – 1pc. sliced
- Zucchini – 1pc. sliced
- Tomatoes – 1pc. sliced
- Onions – ½ pc sliced
- Green Bell Pepper – ½ pc. sliced
- Olive Oil – 15 ml
- Ground Pepper – as needed
- Salt – as needed
- Garlic – 2 cloves – minced
- Fresh Thyme – 1 sprig – minced

For the Vinaigrette

- Balsamic vinaigrette – 30ml
- Garlic – ½ clove
- Garlic oil – 25g
- Salt – as needed
- Pepper – as needed
- Honey – 15ml

Recipe Instructions

1. Drop the broccoli, eggplant, and zucchini in boiling water for about 3 minutes, just enough time to soften them up a bit. Drain, making sure no excess water is left.
2. Toss all of the barbecue ingredients together (except for the bamboo skewers of course).
3. Let marinate for 10-30 minutes.
4. Ease each sliced or chopped piece onto the bamboo skewers.
5. Grill until vegetables are slightly crisped and some

parts golden brown.
6. While grilling whisk all of the vinaigrette ingredients together.
7. Pour over your barbecue while warm.