

# Grilled Vegetable Kabobs

Recipe from: [NHLBI](#)

## Kabob Ingredients

- 2 medium **zucchini**
- 2 medium **yellow squash**
- 2 **red bell peppers**
- 2 medium **red onions**
- 16 **cherry tomatoes**
- 8 ounces fresh **mushrooms**
- 2 medium ears sweet **corn on the cob**

## Sauce Ingredients

- ½ cup balsamic vinegar
- 2 tablespoons mustard
- 3 cloves garlic, minced
- ¼ teaspoon dried thyme



## Directions

1. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. Mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables into skewers.
5. Before starting the grill, spray it with nonstick spray. Place the skewers on the grill over medium heat. Grill 20 minutes or until tender.



Cross off SEVEN veggies on your Week 1 **Fruit & Veggie BINGO** card and get an automatic BINGO when you try this yummy summer recipe!

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