

Veggie Kabobs

Courtesy Ruben Caro

Ingredients: Any type of vegetables you like. We used:

Red and Green Pepper - .29 phe/gm or 4 phe per 15 gm piece

Zucchini - .40 phe/gm or 10 phe per 25 gm slice

Yellow Squash - .40 phe/gm or 4 phe per 10gm slice

Mini Red potatoes - .91 phe/gm or 18 phe per 40 gm piece

Sweet potatoes – 1.03 phe/gm or 31 phe per 30 gm piece

Mushrooms - .83 phe/gm or 12 phe per 15 gm piece

Red Onion - .8 phe/gm or 8 phe per 10 gm piece

Corn – 1.55 phe/gm or 38 phe per 25 gm piece

Place desired veggies on skewer

Prepare marinade using olive oil, crushed garlic, salt and pepper

Brush each kabob with marinade before placing on grill

Grill 10 minutes per side making sure all veggies are cooked

Remove from grill and serve

Optional: Add grilled asparagus as an easy to eat side.

Asparagus - .62 phe/gm or 12 phe per 20 gm piece

Cut straight end then brush with olive oil

Grill for 15 minutes turning once

Salt and serve to taste

PHE – Will depend

Example Kabobs using 1 piece each unless otherwise noted:

Higher: zucchini, green pepper, yellow squash, 3 pieces red onion, red pepper, red potato, mushroom, corn sweet potato = 145 PHE

Lower: zucchini, green pepper, yellow squash, red onion, 2 pieces red pepper, mushroom = 54 PHE