

# VEGGIE KABOBS- PREP LIST



## GROCERIES

### Produce

- 10 oz cherry or grape tomatoes
- 1 large squash
- 1 large zucchini
- 1 large red onion
- 2 red, yellow, and/or orange bell pepper
- 16 oz baby portabella
- 1 head of garlic

### Seasoning

- Kosher salt
- Black pepper
- Red pepper flakes
- Dried Tarragon, rosemary, or oregano

### Other

- Avocado oil or herb-infused cooking oil

## SUPPLIES

- 10 inch bamboo skewers
- Measuring cups
- Tongs
- Grill or baking sheet
- Large zip-loc bag
- Cutting board
- Aluminum foil (if using baking sheet)
- Chef's knife
- Garlic crusher (optional)



# VEGGIE KABOBS- RECIPE

## Ingredients

- 10 oz cherry tomatoes
- 1 large squash, cut into large chunks
- 1 large zucchini, cut into large chunks
- 1 large red onion, cut into 1 inch chunks
- 2 red, yellow, and/or orange bell pepper, cut into 1 inch chunks
- 16 oz baby portabella
- 2 garlic cloves, minced
- 3 tbsp oil
- 1½ tsp dried tarragon, rosemary, or oregano
- Kosher salt
- Black pepper
- Red pepper flakes
- 3 tbsp avocado oil or herb-infused cooking oil



## VEGGIE KABOBS- RECIPE

### Recipe

Begin by soaking skewers for at least 30 minutes. Place veggies (ensure that they are as dry as possible) into a large ziploc bag. Also add 3 tbsp oil, dried herbs, a pinch of crushed red pepper, and pepper and salt to taste. Close the bag and shake to ensure all ingredients are well coated and seasoned. Marinate for up to 30 minutes. Thread skewers with an assortment of veggies, leaving space between each piece.

**For Grill:** Lightly oil and preheat grill to a medium-high heat. Once hot, cook for 12 to 15 minutes or until charred.

**For Oven:** To cook without a grill, preheat oven to 400° F. Bake for 18 minutes, flipping halfway through. Enjoy!