



## Kebobs on the Grill

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### Try a mix of these vegetables:

Red peppers—cut into inch squares

Cherry tomatoes

Mushrooms, whole or cut in half

Onion—sliced ½ inch thick or in sections

Brussel sprouts—parboiled and cut in half to make them easier to skewer.

Corn on the cob—cut into ½ inch coins

Zucchini—cut into ¼ inch coins

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### Marinade sauce:

½ cup soy sauce

1/3 cup vegetable oil

1 clove garlic, minced

1 Tablespoon prepared mustard

1 Tablespoon Worcestershire sauce

1 1/2 teas. salt or to taste

1 teaspoon coarsely cracked black pepper

Combine ingredients in a plastic bag. If you are grilling any of the protein options below, place pieces in the bag and refrigerate overnight. When ready to grill, remove the pieces. Save the marinade sauce and cook on medium heat to thicken for about 10 minutes. This sauce can be brushed on the kabobs periodically during grilling.

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### And if you like, add these protein options:

Raw shrimp or white fish cut into inch pieces

Firm Tofu squares

Raw Pork tenderloin—cut into inch squares

Raw Chicken breast tenders—cut into inch pieces

Raw Sirloin steak—cut into inch pieces

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### Directions:

1. Purchase metal, wood or bamboo skewers—available in most grocery stores. You should have at least two skewers per person.
2. Cut vegetables as directed. Place vegetables and protein options on the skewers as pictured.
3. Preheat the grill to high heat and lightly oil the grate.
4. Cook the skewers on the preheated grill, turning frequently and brushing generously with the marinade until nicely browned on all sides, about 15 minutes.
5. Serve with a salad or cut up fruit.