



## Vegetable Kabobs

We always have an amazing selection of fresh vegetables at this time of the year. This is one way of having a nice and varied selection for dinner.

### Ingredients

#### For the kabobs

- 2 carrots sliced, 1/2 inch thick
- salted water
- few cauliflower flowerettes
- 1 cob of corn cut into 4 pieces
- 1 onion, peeled and cut into wedges
- 1 small zucchini sliced, unpeeled, 1 inch thick
- 6 whole mushrooms
- 1 green pepper cut into 1 1/2 inch squares (and or red or yellow pepper)
- your favorite BBQ sce
- you can use any vegetables that you have ex. cherry tomatoes

### Preparation

Simmer carrot in salted water for about 5 minutes. Add cauliflower and corn. Simmer 5 minutes more. Drain. Cool. Arrange vegetables on 4 skewers. Place on BBQ or under the broiler brush with BBQ sauce. If cooking under the stove broiler broil 4 inches from heat for about 7 minutes. Brush with BBQ sauce a couple of times. Sprinkle with salt and pepper before serving. Make 4.