



# Mixed Vegetable Kabobs

Number of Servings: 10  
 Calories Per Serving: 88  
 CPF Ratio: 35-8-57

## Cooking Instructions

Marinate vegetables for at least 30 minutes in "Quick Marinade for Vegetables or Meat," (see separate recipe). Prepare grill or can also broil in oven. Alternate vegetables on skewers. Cook over hot grill for approximately 8 minutes basting or until vegetables are tender, basting periodically.

**Note:** This makes a fabulous presentation with all the various colors, and is full of various healthy antioxidants, and soluble fiber. Can use other desired vegetables, as well. (Makes great leftovers).

## Exchanges Per Serving:

1 Vegetable  
 1 Fat

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
QUICK MARINADE	Good Seasons Italian Dressing Mix, adjusted	13	132
PEPPER, SWEET RED	raw, cut in bite-size pieces	1/2 lb	227
MUSHROOM, RAW	whole	1/2 lb	227
ONION, RAW		2 large	300
TOMATOES	cherry or grape	1/2 lb	227
ZUCCHINI W/SKIN, RAW	summer squash	1/2 lb	227
	Recipe Total:		1,339
	Single Serving Total:		134

Nutrition Information	
Serving Size: 1/10 of recipe (134g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 88	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 262mg	<b>11%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 5 g	
<b>Protein</b> 2 g	
Vitamin A 4%	■ Vitamin C 90%
Calcium 1%	■ Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet