

Vegetable Kabobs

24 small mushrooms, whole
2 cups yellow squash, sliced
2 cups zucchini, sliced
12 medium green onions, trimmed
2 large red bell peppers, cut in 1/2" strips
2/3 cup rice vinegar
2 tbsp. fresh lemon juice
2 tbsp. Dijon mustard
1 tbsp. dark sesame oil
1/4 tsp. salt
1/4 tsp. pepper
4 cloves garlic, minced

Combine all the ingredients in a large heavy-duty zip-top plastic bag. Seal bag, and marinate vegetables for 30 minutes, turning bag occasionally.

Remove vegetables from bag, reserving marinade. Using 6 skewers, alternately thread the mushrooms, squash, zucchini, green onions, and red peppers, leaving about 1/4" between the pieces.

Place vegetable skewers on the rack of an uncovered grill. Grill over medium coals until vegetables are tender. Be careful not to over cook vegetables.

Place reserved marinade in a small saucepan; cook over medium heat 3 minutes. Pour warm marinade over grilled vegetables. Makes 6 servings.

Nutrition information per serving: calories 96; protein 3 grams; fat 4 grams; sodium 167 mg