

GRILLED VEGGIE KABOBS WITH GARLIC MARINADE



Grilled vegetables are delicious, but store-bought marinades are packed with sodium and added sugars.

This simple recipe includes a sodium-free marinade that will have the whole family asking for more vegetables.

INGREDIENTS

Serves 4 (1 cup each)

- 6-8 metal or wooden skewers
- ¼ cup balsamic or apple cider vinegar
- 2 cloves fresh garlic, minced (or ½ teaspoon garlic powder)
- 1 tablespoon canola or olive oil
- 8 oz white button mushrooms, trimmed and cut in half or whole
- 2 large or 3 medium zucchini or yellow squash, ends trimmed and cut into 1" pieces
- 1 medium onion (red, yellow, or white), cut into quarters

DIRECTIONS

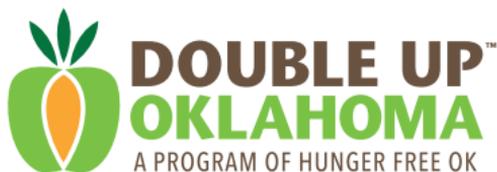
1. If using wooden skewers, submerge them in water for at least 10 min.
2. Whisk together vinegar, garlic, and oil in a medium bowl. This is the marinade. Set aside.
3. Add veggies to marinade and coat all vegetables well. Allow to marinate for at least 20 minutes and up to several hours.
4. Prepare a gas or charcoal grill or use a grill pan on gas or electric burners.
5. Place vegetables on the skewers, alternating mushroom, onion, and squash pieces until all veggies are skewered.
6. Place veggie kabobs on grill and cook until there are dark grill marks on the vegetables, 3-5 minutes. Turn kabobs once or twice or until there are grill marks on all sides and the vegetables are tender or cooked. Cook for a total of about 15 minutes, but this can vary greatly depending on your grill or grill pan and size of cut veggies.



TIPS: No grill? No problem! Vegetables can also be broiled in the oven on high about 6 inches from the heating element, turning occasionally until evenly browned.

Nutrients per serving: 85 calories, 4 g total fat (0 g saturated), 11 g total carbohydrates (2 g dietary fiber), 3 g protein, 16 mg sodium, 572 mg potassium, 37 mg calcium, 28 mg magnesium





The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



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