

Grilled Vegetable Kabobs

When you fire up the grill this spring, meat isn't the only option—grilled vegetables are delicious and good for you, too. Try this recipe for grilled vegetable kabobs and start your spring the healthy way.

2 medium zucchini
2 medium yellow squash
2 red or green bell peppers, seeded
2 medium red onions
16 cherry tomatoes
8 oz. fresh mushrooms
2 medium ears sweet corn
Nonstick vegetable oil spray
½ c. balsamic vinegar
2 tbsp. mustard
3 cloves garlic, minced
¼ tsp. thyme

Rinse all the vegetables. Cut zucchini, squash and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add cooked corn to other vegetables. Mix the vinegar, mustard, garlic and thyme for the sauce. Toss vegetables in the sauce and thread vegetables onto skewers. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce. Grill 20 minutes, or until tender.

