



Rainbow Vegetable Kebob

Serving Size: 2

Ingredients:

Wooden Kebob Skewers

Colorful Vegetable Options:

Tomatoes

Peppers

Sugar Snap Peas

Summer Squash

Onions

Spice or Dressing Options:

Lemon Pepper, Tajin, Salt, Black Pepper
or Ranch

Instructions:

1. Wash vegetables thoroughly.
2. Cut into bite-sized pieces.
3. Poke skewer through the center of vegetables, one at a time until full.
4. Repeat until all vegetables are used.
5. Dip in your favorite dressing or season with spices and enjoy!

Optional: Heat in oven, grill or microwave. Soak skewers in water for 30 minutes prior to heating. Coat vegetables with olive oil and spices.

- Oven or Grill : Cook at 400°F for 10 to 12 minutes.
- Microwave: Cook for 45 seconds.