



Summer Kabobs

Courtesy of Jennifer Frye

Tip: Serve these juicy kabob bites on the skewer for individual treats or with pasta for a sit-down dinner; cube veggies ahead of time for stress-free grilling.

Ingredients:

3 green squash, cubed
1 eggplant, peeled and cubed
2 bell peppers cut into squares
1 sweet onion, cubed
12 oz mushrooms, halved
Cubed kabob meat (beef, chicken, lamb, etc.)
1/3 cup parsley, minced
1 lemon, juice and zest
1 tsp. Italian Seasoning
2 cups olive oil
Black pepper
Salt
Special equipment: skewers

Marinade:

In a small bowl, whisk together olive oil, parsley, lemon juice, lemon zest, Italian seasoning, black pepper, and salt. Set aside 1/3 of a cup. Marinate meat until cooking time (preferably at least 3 hours).

Kabobs:

Skewer remaining ingredients, alternating for variety. Brush kabobs with remaining 1/3 cup of marinade. Place on grill, rotating when each side is done (a few minutes). Remove from grill and serve. Serves 6.

