

# SUMMER SQUASH KABOBS

*THE ENJOYMENT OF FRESH PRODUCE ENHANCED WITH SUMMER-CENTRIC FLAVORS.*



**Yield: 6ea. – Serving Size: 1ea. – Prep Time: 20 Minutes**



## **Ingredients:**

- 1 Each** - Large Red Onion, Cut into 1in. Pieces
- 2 Each** - Medium Green Squash, Cut into 3/4in. Thick Rounds
- 1 Each** - Medium Yellow Squash, Cut into 3/4in. Thick Rounds
- 1/2 pt.** - Cherry Tomatoes
- 2Tbsp.** - Fresh Basil, Cut into thin Ribbons (About 6 Leaves)
- 2Tbsp.** - Fresh Oregano, Finely Chopped (About 6 Sprigs)
- 2 ½ tsp.** - Salt
- ½ tsp.** - Black Pepper
- 5 Cloves** - Garlic, Finely Chopped
- 2 Tbsp.** - Red Wine Vinegar
- 4 Tbsp.** - Lemon Juice (1 Whole Lemon)
- ¼ cup** - Olive Oil

1) In a medium bowl, whisk together garlic, herbs, lemon, salt, black pepper, red wine vinegar and olive oil to create a marinade.





2) Place onions, yellow squash, green squash and tomatoes in a 1 gallon freezer bag. Pour marinade in bag and shake until all vegetables are coated. Let sit for at least 1 hour. Vegetables can marinate for up to 24 hours, in refrigerator, if you prefer to prep ahead.



3) After vegetables are done marinating, prepare skewers starting with green squash flesh side out, then onion, tomato, yellow squash, onion, tomato, and finish with green squash.



4) Place constructed kabobs on a hot grill and cook for about 7 minutes on each side brushing every few minutes with marinade until cooked through. The squash will be tender and the onions will have a slight char on the edges.

5) Serve on the skewers or off the skewer. Enjoy on any summer night.



Note: If you do not have a grill these kabobs, can easily be roasted in a pre-heated oven at 400F for 15 minutes.

Equipment Needed: Measuring cups and spoons, whisk, medium bowl, 1 gallon freezer bag, kabob skewers, marinade brush, grill or grill pan (optional)

**Calories: 142 – Calories from Fat: 93 – Total Fat: 10.5g – Saturated Fat: 2g – Trans Fat: 0g – Cholesterol: 0mg – Sodium: 994mg – Total Carbohydrate: 11g – Dietary Fiber: 2.5g – Sugar: 5.5g – Protein: 3g**