

## Grilled Balsamic Vegetable Skewers

Serves 4: 1 skewer per serving

*Feel free to include any of your favorite hearty vegetables in this recipe such as eggplant, yellow squash, or even jalapenos.*



### Ingredients

- 12 medium white mushrooms
- 1 red onion, cut into 12 equal one-square inch pieces
- 1 green zucchini, cut into 12 equal round ¼ inch medallions
- 1 yellow bell pepper, cut into 12 equal one-square inch pieces
- 12 cherry tomatoes

### **Balsamic Marinade**

- ¼ cup balsamic vinegar
- 1 teaspoon no-salt-added stone ground mustard
- 1 teaspoon minced garlic
- 1 tablespoon dried oregano
- 1 pinch black pepper

### Preparation

1. In a small mixing bowl, whisk together balsamic marinade ingredients and set aside.
2. To prepare skewers, alternately thread mushrooms, red onion chunks, zucchini rounds, yellow bell pepper squares and cherry tomatoes onto the skewers. Repeat until three of each vegetable is on each of the four skewers.
3. With a basting brush, lightly coat each side of the skewer with the balsamic marinade.
4. Preheat the barbeque grill to high heat. Once hot, gently mist the barbeque grill grate with canola oil cooking spray.
5. Place skewers on grill and let heat through, about 5 minutes on each side. Baste additional balsamic marinade on each side after turning skewers.
6. Cook, continuing to turn skewers until vegetables are just charred and cooked through, about 15 minutes total.