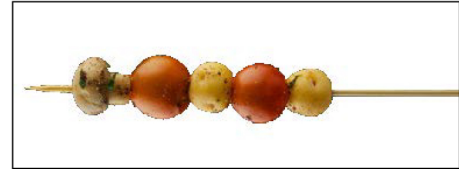


Grilled Garden Kebabs

Ingredients

2 tablespoons fresh basil
2 tablespoons fresh cilantro
3 tablespoon olive oil
½ teaspoon salt
¼ teaspoon pepper
1-4 cloves garlic

Note: If using wooden skewers, soak at least 30 minutes in water before using to prevent scorching.



Directions

Snip herb leaves into small pieces. Peel and finely chop garlic. Mix all ingredients in a bowl. Set dressing aside. (For a quick option, try Italian dressing instead.)

8-10 cups fresh vegetables of choice: zucchini, cherry tomatoes, bell peppers, green beans, eggplant, onions, mushrooms, etc.) Chop into chunky, bite-sized pieces.

Put half of vegetables and half of dressing in plastic container.

Put lid on tight and shake to coat vegetables and dressing.

Thread a variety of vegetables onto each skewer. (You can also add pieces of meat.)

Grill over medium heat until vegetables are tender. Serve in wraps, over cooked pasta, or with brown rice.