

Vegetable Kebabs

- 4 tsp *extra-virgin olive oil*
- 1 tbsp *fresh thyme*, minced
- 1/4 tsp *salt*
- 1/4 tsp *freshly ground pepper*
- 6 cups assorted *vegetables*:
 - 2 cups *small zucchini*, sliced 3/4-inch thick
 - 1 cup *cherry tomatoes*
 - 1 small *red onion*, cut into 1 1/2-inch wedges
 - 1 small *bell pepper*, cut into 1 1/2-inch pieces

Cooking spray

- 1 Mix olive oil and seasonings in a large bowl. Add vegetables, and toss to coat well.
- 2 Thread vegetables onto skewers (if using wood skewers, first soak in warm water 30 minutes).
- 3 Prepare grill for medium-high heat; coat rack with cooking spray.
- 4 Place kebabs on rack, and grill until vegetables are tender and lightly browned (remove tomatoes before they blister), 6-10 minutes.

MAKES 6 SERVINGS (about 5 cups).

Per serving:

55 calories

1g protein

3g fat

6g carbs

2g fiber

94mg sodium