

THINGS TO KEEP IN MIND

A great way to add extra veggies is a grill cookout. The trick here is to use different vegetables to add textures and flavors.

INGREDIENTS:

- 2 zucchinis, cut into chunks (~1-inch slices)
- 1 onion, cut into chunks
- cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 fresh pineapple, cut into chunks (optional)
- mushrooms
- 1 eggplant, cut into chunks (~1-inch slices)

MARINADE INGREDIENTS:

- ¼ cup of olive oil
- 4 cloves of garlic, minced
- ½ tsp of dried oregano
- ½ tsp of dried basil
- 3 tbsp of fresh parsley, chopped (optional)
- 3 tbsp of fresh cilantro, chopped (optional)



Grilled vegetables skewers

Directions

1. Slice vegetables into chunks.
2. Prepare the marinade by mixing together the olive oil, garlic, oregano, basil, parsley, and cilantro.
3. Marinate the vegetables and pineapple for 15-30 minutes. Meanwhile, if using bamboo skewers, soak skewers in water to prevent burning when grilling the vegetables.
4. Prepare the skewers by alternating the vegetables.
5. Preheat the grill to medium heat.
6. Cook the veggie skewers on both sides for approximately 5 minutes per side.
7. Serve with some grilled BBQ chicken.