

# Grilled Vegetable Skewers



## Servings: 4

*1 zucchini, cut into rounds*  
*1/2 pound mushrooms*  
*1 pineapple, cut into chunks*  
*1/2 cup cherry tomatoes*  
*1 red onion, cut into chunks*  
*1 red bell pepper, cut into chunks*  
*1/3 cup olive oil*  
*1 1/2 teaspoons dried basil*  
*3/4 teaspoon dried oregano*  
*salt and pepper, to taste*

Thread the vegetables on to metal skewers.

In a bowl whisk together olive oil, dried basil, dried oregano, salt, and pepper.

Brush the vegetables with the olive oil mixture.

Grill you vegetable skewers for 10-15 minutes basting with the olive oil mixture. Grill until the vegetables are tender.

Serve

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Per Serving (excluding unknown items): 330 Calories; 19g Fat (47.3% calories from fat); 5g Protein; 42g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 18mg Sodium; 31g Total Sugars; trace Vitamin D; 69mg Calcium; 2mg Iron; 770mg Potassium; 121mg Phosphorus. Exchanges: .