

Veggie Skewers

6 ingredients · 15 minutes · 4 servings



Directions

1. Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
2. Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
3. Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

- 4 Cremini Mushrooms (halved)
- 1 cup Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)