

Mix It Up! with Gina

Gina's Recipe of the Week

Summer Vegetable Kabobs

Fourth of July is tomorrow! If you need a last minute idea for the grill, try some Summer Vegetable Kabobs. I marinate the vegetables in my favorite salad dressing to give them some extra flavor. Locally grown vegetables are on sale at Foodtown, so this is the perfect dish to serve at your July 4th BBQ. Have a safe and Happy Fourth of July! -Gina



Prep Time: 10 mins | Ready In: 1 hour | Servings: 4-6

Mix It Up...

Before threading the skewers, soak them in water for 1 hour.

Cut up the green squash, yellow squash, pepper, and onion into 1 to 2 inch pieces. Keep the cherry tomatoes whole.

In a large bowl, add 1 cup of your favorite salad dressing. Add all of the vegetables and stir gently to coat. Let marinate for 1 hour.

Preheat grill. Coat grill with oil spray.

Thread vegetables through the skewers. Place them on the grill so that the bottom of the skewers sticks out in order to turn them over.

Grill 3 to 5 minutes on each side, or until slightly charred. Be careful handling skewers.

Stop by Foodtown to pick up all of your ingredients to make these delicious kabobs for Fourth of July!

Ingredients

- 2 Medium Green Squash**
- 2 Medium Yellow Squash**
- 1 Container Cherry Tomatoes**
- 1 Large Red or Green Pepper**
- 1 Small Red Onion**
- 1 Cup Salad Dressing**
- 8 to 10 Wooden Skewers**