



Skewered Vegetables

A comprehensive guide on how to grill your veggies.

Wood vs. Metal. Wooden skewers are cheap and easy to find, but they should be soaked in water for at least 30 minutes before you thread them. You want to make sure they don't catch fire on the grill. If you find yourself LOVING to grill, you may want to buy metal skewers.

Which veggies grill best? The best vegetables to put on your grill are bell peppers, onions, red onion, zucchinis, mushrooms, cherry tomatoes, corn on the cob (husked and sliced) and pineapple (not a veggie but super yummy nonetheless).

Keep it colorful. When using such great and colorful veggies, make sure to alternate the vegetables to keep your skewers looking vibrant!

Marinate. Use light marinades on vegetables. You don't want to overpower the vegetables. Here are two simple marinades you can use:

Basic Balsamic Vinaigrette

1/4 c olive oil
2 Tbsp balsamic vinegar
Salt and pepper to taste.

Easiest Marinade Ever

2 Tbsp Italian Salad Dressing