



# GRILLED MARINATED VEGETABLES

**MAKES 4 SERVINGS/SKEWERS**

## **Ingredients:**

- 2 cups vegetables of your choice\*
- 1 tsp dried sage
- 1 tsp dried tarragon
- 1 tsp black pepper
- 1 tsp garlic powder
- 2 Tbsp sesame oil
- 1/3 c water
- 8, 4.5-inch-long skewers (if grilling)

## **Directions:**

\*Vegetables that are great for grilling are: yellow squash, zucchini, onions, peppers (yellow-green-red), and mushrooms. Use as many or few vegetables as you like.

Preheat the grill or broiler. Cut vegetables into bite-sized chunks. In a large bowl, whisk water, oil, and seasonings, then add vegetables. Coat vegetables with the mixture and allow them to marinate for at least 10 minutes.

## **To Grill:**

Skewer the marinated vegetables and place on the preheated grill. Grill 2-3 minutes on each side, turning occasionally.

## **To Broil:**

To cook in the oven, set oven to broil. Place vegetables on a baking sheet and cook under the broiler. Pay close attention and turn occasionally to ensure vegetables do not burn. Cook to desired tenderness.