

## SWEET VEGETABLE KEBABS

### *Ingredients:*

2/3 cup plain yogurt, low-fat  
4 Tbsp mango chutney or sweet chili sauce  
1 garlic clove, minced  
1 tsp lemon juice  
2 medium zucchinis, cut into chunks  
2 medium onions, each cut into four chunks  
1 can baby corn, halved  
1 ½ cups button mushrooms  
1 cup cherry tomatoes  
Pepper  
Chili flakes (optional)

**Tip: if you are using wooden skewers, it is a good idea to presoak them in water for 30 minutes. This method prevents the burning of the skewers.**



### *Instructions:*

- In a medium bowl, mix yogurt, chutney (or sweet chili sauce), garlic, lemon juice, pepper and chili flakes. Stir well.
- Add the zucchinis, onions, corn, mushrooms and tomatoes to the mix above. Marinate in the fridge for about 30 minutes to 1 hour. Stir occasionally to ensure all veggies are marinated evenly.
- Preheat the oven to 400 F.
- Fill each skewer with the marinated vegetable chunks. Place each skewer on a large iron pan, or a baking tray.
- Roast in the oven until golden brown.
- Serve hot with a side order of basmati rice.

Serves 4

### **For more information**

Check out [www.cpma.ca](http://www.cpma.ca) (Canadian Produce Marketing Association) for interesting information on fruits and vegetables, including storage guidelines, consumer fact sheets and availability guide. Also, visit [www.fruitsandveggies.ca](http://www.fruitsandveggies.ca) to learn about ways of including more fruits & veggies in your meals and the advantages of doing so.