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“Char-Grilled Mediterranean Vegetable Kabobs,” *Cookshelf: Healthy Cooking*, Hawkins, Kathryn, 2004. TX 714 .H435 C66 2001.

Char-Grilled Mediterranean Vegetable Kabobs

- 1 large red bell pepper
 - 1 large green bell pepper
 - 1 large orange bell pepper
 - 1 large zucchini
 - 4 baby eggplants
 - 2 medium red onions
 - 2 tbsp lemon juice
 - 1 tbsp olive oil
 - 1 garlic clove, crushed
 - 1 tbsp chopped, fresh rosemary or 1 tsp dried
 - Salt and pepper
 - To serve: cracked wheat, cooked tomato and olive relish
1. Halve and seed the bell peppers and cut into even sized pieces, about 1 inch wide. Rim the zucchini, cut in half lengthwise, and slice into 1-inch pieces. Place the bell peppers and zucchini into a large bowl and set aside.
 2. Using a sharp knife, trim the eggplants and quarter them lengthwise. Peel the onions, then cut each one into 8 even-sized wedges. Add the eggplant and onion pieces to the bowl containing the bell peppers and zucchini.
 3. In a small bowl, mix together the lemon juice, olive oil, garlic, rosemary, and salt and pepper to taste. Pour the mixture over the vegetables and stir well to coat.
 4. Preheat the broiler. Thread the vegetables on 8 skewers. Arrange the kabobs on the racks and cook for 10-12 minutes, turning frequently, until the vegetables are lightly charred and just softened.
 5. Drain the vegetable kabobs and serve on a bed of cracked wheat accompanied with a tomato and olive relish, if desired.

Selena's Notes

I followed the original recipe pretty closely, except I used one regular eggplant instead of baby eggplants. I also added some thyme and extra garlic (one clove is never enough). I served my kebobs with a side of pita and sliced lemon.