

GRILLED MUSHROOM AND PEPPERS SKEWERS By Kimberli Washington, Public Information Office



Ingredients:

- 1 pound small sweet peppers
- 8 oz. cremini mushrooms, stems removed and large ones cut in half
- 1 red onion, peeled and cut into wedges
- 1 dozen cherry tomatoes
- 1 teaspoon fresh, chopped thyme
- 2 teaspoons fresh, chopped oregano
- 6 tablespoons olive oil
- Salt and black pepper to taste
- 1 teaspoon Dijon mustard
- 2 tablespoons champagne vinegar
- 6 metal skewers

Directions:

- In a small bowl, whisk together champagne vinegar and mustard, add salt and pepper to taste. Gradually whisk in olive oil and continue whisking until mixture blends. Add in oregano and thyme; set dressing aside.
- Thread metal skewers, alternating peppers, onions, mushrooms and tomatoes. Brush generously with dressing.
- Heat your grill to medium-high heat and lightly grease grates. Grill skewers about 5 minutes, turn and brush with additional dressing. Grill an additional 5 minutes or until vegetables are crisp and tender.
- Once done, remove to a serving platter and season with remaining salt and pepper to taste.
- Serve and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.