



Rainbow Veggie Kabobs

Prep Time: 15 mins Cook Time: 15-20 min Serves: 4-6

Ingredients:

- 8 radishes
- 2 large carrots
- 2 yellow bell peppers
- 2 zucchini or 1 head of broccoli
- 4 small beets, purple potatoes
- 1-2 Tbsp olive oil
- ½ tsp of salt
- ¼ tsp black pepper
- ½ tsp garlic powder*

* You can mix this up with your favorite herbs and spices!

Try it with different veggies! Pick 4 or 5 veggies, Look for what is seasonal, colorful, or something you have never tried before.

Instructions:

1. Preheat oven to 450° F.
2. Cut your vegetables into 1-inch wide chunks (if they are smaller they may break when you put them on the skewer).
3. Slice the harder vegetables like carrots and beets ¼ inch thick (so they can slide onto the skewer easily).
4. Toss all of the veggies with olive oil, making sure there is enough oil to coat them all.
5. Add seasonings, and mix well.
6. Carefully put the veggies on the skewer, making sure to add at least one of each color.
7. Bake in the oven for 15 minutes or until veggies are tender and starting to brown.
8. Serve over rice or eat straight off of the kabob!

YouTube



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video!

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