

Marinated Barbecued Vegetable Kebabs

Season: Summer

Type: Kebabs

Difficulty: Moderate

Serves: About 20 kebabs

Fresh from the garden: Zucchini; Squash; Oregano; Parsley

Recipe source: Interpreted from about.com

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Large jar with lid • Sharp knife • Chopping board • Skewers • Tongs • Serving bowl • Barbecue! 	<ul style="list-style-type: none"> • 3 medium or 2 large zucchini • 2 small or 1 large yellow squash • 3 red capsicum • 4 large flat field mushrooms • 9 tablespoons olive oil • 6 tablespoons red wine vinegar • 3 tablespoons dijon mustard • 1 tablespoon chopped oregano (or marjoram) • 3 tablespoons chopped parsley • 1 teaspoon salt • 1 teaspoon ground pepper

What to do:

- Mix olive oil, red wine vinegar, Dijon mustard, oregano, parsley, salt and pepper by placing in a large jar. Carefully make sure the lid is closed tight and shake the jar for a couple of minutes – take turns!
- Cut zucchini into slices about 1cm thick if they are fairly small, or about 3cm cubes if larger
- Cut squash into 3 cm cubes
- Cut field mushroom in half then 1cm wide slices
- Cut red capsicum into about 3cm squares
- Pour marinade over vegetables and leave for at least an hour
- When vegetables have marinaded, place them on skewers alternating as you go (eg. zucchini, squash, capsicum, mushroom, repeat)
- To cook, preheat barbecue for at least 10 minutes
- Put kebabs on griddle section of barbecue and cook for 10-12 minutes until they have a good colour, turning regularly. Use a pair of tongs to turn, you may find the vegetables slide on the stick as they cook.
- Slide the vegetables off the skewers into a serving bowl when cooked.

Notes: You can always use other vegetables to suit; corn on the cob, whole tomatoes, onion slices etc. The trick is keeping the sizes similar so they all cook well.