

## Grilled Vegetable Skewers

### *Ingredients:*

- one medium ear of fresh corn, quartered
- one small zucchini, quartered
- one sweet pepper, quartered
- ¼ small red onion, halved
- ¼ teaspoon of dried Italian seasoning (or a spice blend of your choice)
- Olive oil (to spritz the skewers before grilling)

\*All of the vegetables can be found fresh at the Walpole Farmers Market!

### *Directions:*

Place corn on a microwave safe plate, cover with waxed paper and heat on high for two minutes.

Using skewers (if using wood, please soak first), string the vegetables alternating between the corn, zucchini, pepper and onion. Spritz with olive oil and then sprinkle on your seasoning.

Place vegetables on the grill for 2-3 minutes or until tender, frequently turning to cook both sides.