

# Veggie Kabobs with Brussels Sprouts

Preparation time: 25 minutes plus marinating time / Serves 6



## INGREDIENTS

- 3/4 pound (3 cups) FOXY-brand Brussels sprouts
- 1 pound FOXY-brand broccoli
- 1/2 pound whole small mushrooms
- 1 1/2 pounds small zucchini, cut into 1-inch slices
- 12 to 16 cherry tomatoes
- Italian salad dressing or other marinade mixture
- 1 can pineapple chunks, drained
- rice (optional)

## PREPARATION

Wash vegetables and drain. Trim stems from FOXY-brand Brussels sprouts, FOXY-brand broccoli and mushrooms. Add sprouts, broccoli, mushrooms, zucchini and tomatoes to marinade and refrigerate at least 4 hours. Drain vegetables, reserving marinade.

Thread vegetables alternately with pineapple onto skewers. Cook on grill over medium heat for about 10 minutes, turning occasionally and basting with reserved marinade. Serve over rice for entrée.