

Veggie Skewers

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Cremini Mushrooms (halved)
1 cup Red Onion (chopped)
1 Red Bell Pepper (seeds removed, chopped)
2 tbsps Extra Virgin Olive Oil
4 Barbecue Skewers
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 02 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 03 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|---------|----|
| Calories | 87 | Carbs | 6g |
| Fat | 7g | Protein | 1g |