

PEPPER AND VEG STICKS

MAKES 8 SKEWERS

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Ingredients

- 1/2 cup olive oil
- 2 garlic cloves, minced
- 2 Tablespoons soy sauce
- 2 Tablespoons honey
- 1 teaspoon sesame oil
- 1 tsp dried thyme
- 2 large red bell pepper, seeded, cut in eighths
- 2 large green bell pepper, seeded, cut in eighths
- 2 large yellow bell pepper, seeded, cut in eighths
- 4 green zucchini, sliced in eighths
- 16 large white mushrooms, halved
- 1 large can pineapple chunks
- 10 bamboo grill skewers
- salt and fresh ground black pepper to taste

Directions:

- 1) Mix the oil, cloves, soy sauce, honey, thyme, salt and pepper together. Place the cut up vegetables in the mixture to marinate for at least half an hour.
- 2) Skewer the vegetables in any order desired. Each skewer should get pieces of pepper slices of zucchini, and mushroom halves.
- 3) Brush the vegetable skewers with the marinade, season with salt and fresh ground black pepper to taste, and cook on a preheated grill or in the broiler until the vegetables are tender.

Materials: large bowl, mixing spoon, cookie sheets, pastry brush, bamboo skewers, olive oil, measuring spoons, 2 garlic cloves, soy sauce, honey, sesame oil, thyme, 2 red bell peppers, 2 green bell peppers, 2 yellow bell peppers, 4 zucchinis, 16 white mushrooms, 1 large can pineapple chunks, salt, pepper