

Grilled Vegetable Kabobs

- 1 large red or green bell pepper
- 3 small zucchini
- 3 small yellow squash
- 12 oz package large mushrooms
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- ¼ cup grated Parmesan cheese

1. Cut peppers into 1-inch pieces. Cut zucchini and squash into ½ -inch slices.
2. Marinate all the vegetables in oil and vinegar.
3. Thread the skewers alternately with the vegetables. Brush with remaining oil mixture.
4. Grill over medium-low coals or broil 4-5 inches from heat 12-14 minutes or until golden brown.
5. Sprinkle with Parmesan cheese before serving.

Makes 8 servings

Per Serving:

Calories: 75
Fat: 5 grams
Protein: 4 grams
Carbohydrates: 5.5 grams
Fiber: 2 grams
Sugar: 3 grams
Cholesterol: 4 mg
Sodium: 71 mg



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Crunchy Vegetable Wrap

- ¼ cup tub-style fat-free cream cheese
- 4 (10 inch) fat-free flour tortillas
- 4 curly leaf lettuce leaves
- 1 cup shredded red cabbage
- ½ cup chopped tomato
- ¼ cup crumbled blue cheese
- 2 tablespoons finely diced onion
- ½ cup chopped summer squash
- ½ cup chopped cucumber
- ½ cup shredded carrots

1. Spread 1 tablespoon of cream cheese over each tortilla; top each with lettuce leaf.
2. Divide remaining ingredients evenly among tortillas; roll up.
3. Cut each rolled wrap in half diagonally

Makes 4 servings

Per Serving:

Calories: 183
Fat: 2.3 grams
Protein: 7 grams
Carbohydrates: 34 grams
Fiber: 1.1 grams
Cholesterol: 8 mg
Sodium: 614 mg



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