

Spicy Vegetable Suya (Skewers)

Serving Size: 1 skewer

Makes 10 servings

Ingredients:

1/4 cup	Canola Oil
1 tsp	Cayenne Pepper
2 tsp	Paprika
2 tsp	Kosher Salt
1 tsp	Ginger, ground
1 tsp	Garlic Powder
1 tsp	Onion Powder
3 each	Yellow Squash, thick slice
3 each	Zucchini, thick slice
2 each	Green Bell Peppers, large chop
2 each	Red Bell Peppers, large chop
4 cups	Button Mushroom Caps
as needed	Cooking Spray

Preparation:

1. Soak 6" wooden skewers in water.
2. In a bowl mix together oil, cayenne, paprika, salt, ground ginger, garlic powder and onion powder.
3. Toss squash, zucchini, bell peppers, and mushroom caps with spice-oil mixture.
4. Divide vegetables between skewers, alternating shapes and color for presentation.
5. Prepare a grill on med/high with pan spray. Grill skewers until vegetables are charred and tender.

NUTRITION FACTS	
PER SERVING	
calories	80
total fat (g)	6
saturated fat (g)	0.5
trans fat (g)	0
sodium (mg)	350
total carbohydrate (g)	7
dietary fiber (g)	2
sugar (g)	4
protein (g)	2



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