Rainbow Grilled Veggie Skewers with Lemon-Herb Marinade

Makes 8-10 skewers

Colourful skewers that showcase the best of the season, kissed by a zesty, oil-free marinade. Feel free to get creative with veggies. Add mushrooms, eggplant, or a slice of corn on the cob. For a full meal skewer, add tofu or tempeh cubes.

Ingredients:



- 3 tbsp lemon juice
- 1½ tbsp tahini
- 1½ tbsp tamari
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- 1 tsp dried oregano or rosemary
- Freshly ground black pepper
- 1 medium zucchini, sliced
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 red onion, cut into wedges
- 2 cups cherry tomatoes

Instructions:

1. Whisk together lemon juice, tahini, tamari, mustard, garlic, herbs, and pepper.
2. Thread the vegetables onto skewers. Place on a roasting pan or cookie tray and brush all sides with the marinade.
3. Preheat grill to medium. Grill skewers 8–10 minutes, turning to lightly char all sides, basting once or twice with extra marinade.
4. Serve warm as a side or main dish.