



JUL
2016

Caramelized Veggie Skewers

with Summer Corn Relish and Herby Couscous

Skewers are made for summer—they're easy, transportable, and perfect for the grill! These veggie skewers are loaded up with mushrooms, zucchini, and bell peppers, then popped under the broiler for major caramelization. A side of tangy corn relish is the perfect accompaniment!



Prep: 15 min
Total: 35 min



level 1



nut free



veggie



Corn



White Wine
Vinegar



Dijon Mustard



Red Bell
Pepper



Zucchini



Button
Mushrooms



Roma Tomato



Garlic



Feta Cheese



Couscous



Parsley



Wooden
Skewers

Ingredients

	2 People	4 People
Corn	1 Ear	2 Ears
White Wine Vinegar	1 ½ T	3 T
Dijon Mustard	2 t	4 t
Red Bell Pepper	1	2
Zucchini	1	2
Button Mushrooms	4 oz	8 oz
Roma Tomato	1	2
Garlic	2 Cloves	4 Cloves
Feta Cheese	1) ¼ Cup	½ Cup
Couscous	2) ½ Cup	1 Cup
Parsley	¼ oz	½ oz
Wooden Skewers	4	8
Butter*	1) 2 T	4 T
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Small bowl, Baking sheet, Small pot, Large pan

Ruler

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Nutrition per person Calories: 563 cal | Fat: 33 g | Sat. Fat: 12 g | Protein: 14 g | Carbs: 55 g | Sugar: 11 g | Sodium: 316 mg | Fiber: 5 g

1



1 Prep: Wash and dry all produce. Preheat the broiler to high or the oven to 500 degrees. Soak the **wooden skewers** in water. Core, seed, and finely dice the **tomato**. Cut the **corn kernels** off the cob. Core, seed, cut the **bell pepper** into 1-inch cubes. Cut the **zucchini** into ¼-inch rounds. If the zucchini is large, cut each round into half moons. Halve the **mushrooms**, quartering any larger ones. Mince or grate the **garlic**. Chop the **parsley**.

2



2 Make the marinade: In a small bowl, combine the **garlic**, ½ **Tablespoon white wine vinegar**, **1 teaspoon Dijon mustard**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.

3



3 Assemble the skewers: Thread the **mushrooms**, **zucchini**, and **bell pepper** onto skewers and place on a baking sheet. Brush or drizzle with the **marinade**. Season with **salt** and **pepper**. Broil for 12-15 minutes, until slightly caramelized. **TIP:** If you like your veggies extra caramelized, leave them under the broiler longer.

5



4 Make the couscous: In a small pot, bring **1 cup water** and a pinch of salt to a boil. Once boiling, add the **couscous**, cover, and remove from heat until the rest of the meal is ready.

5 Make the corn relish: Heat **1 Tablespoon olive oil** and **1 Tablespoon butter** in a large pan over medium heat. Add the **tomato** and **corn** to the pan and cook for 4-5 minutes, until the tomato breaks down. Stir in **1 Tablespoon white wine vinegar** and **1 teaspoon Dijon mustard** and remove the pan from the heat. Once slightly cooled, stir in the **feta**. Season with **salt** and **pepper**.

6 Finish: Fluff the **couscous** with a fork and stir in the **parsley**, **1 Tablespoon butter** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Plate the **couscous**, then top with the **summer corn relish** and **veggie skewers**. Enjoy!