

A close-up photograph of several skewers of grilled vegetables. The skewers are arranged on a wooden cutting board. The vegetables include slices of zucchini, pineapple, red bell pepper, and red onion. The vegetables are charred and glistening, suggesting they have been grilled. The background is slightly blurred, showing more skewers and a white surface.

BELL PEPPER & PINEAPPLE KABOB

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Prep time: 10 Minutes
Cook time: 10 Minutes
Servings: 6-8 People

INGREDIENTS:

16 red Cherry Tomatoes
2 red Bell Peppers
2 green zucchinis
1 large red onion
1 fresh pineapple
¼ cup olive oil
½ tsp. cayenne pepper
Salt & pepper to taste
8 wooden skewers

DIRECTIONS:

Soak wooden skewers in water for 15 minutes. Preheat grill to medium heat on a lightly oiled grate. Cut Bell Peppers, zucchini, red onion and pineapple into chunks. Thread zucchini, red onion, Bell Pepper, Cherry Tomato, and pineapple onto a wooden skewer. In a small bowl, combine olive oil, cayenne pepper, salt and black pepper; set aside. Cook threaded skewers on the preheated grill until vegetables are tender. Rotate the vegetable skewers and brush the vegetables with the seasoned oil periodically.

CHEF'S TIP:

You can add and meat or seafood you like to skewers for a little protein.