

Vegetable Kebabs

Ingredients

120g tomatoes

120g button mushrooms*

120g red/green peppers

120g courgettes

120g celery

Plus any other soft vegetables

* may need to count as exchanges



Method

1. Cut all the vegetables into 2.5cm (1") cubes.
2. Thread the vegetables alternatively onto 4 skewers. Place on a hot rack.
3. Cook under the grill for 5-7 minutes until soft.
4. Serve with barbeque sauce.