



"Whether we're talking diabetes, which can lead to loss of eyesight or high cholesterol which can lead to a heart attack, I believe that just by spending a bit of time in our kitchens with some fresh and tasty ingredients, we can live longer, happier, more decadent lives."

—Chef Devin Alexander,
NY Times Bestselling Author
and Host of Healthy Decadence on FitTV

CURRIED VEGGIE SKEWERS

INGREDIENTS:

- 24 zucchini rounds – 1/4 inch thick
- Eight 2-inch red onion squares
- 4 cherry tomatoes
- 4 small button mushrooms
- 1 teaspoon red curry paste
- 1/2 teaspoon extra virgin olive oil
- 2 metal skewers or 2 wooden skewers soaked in water for at least 1/2 hour

COOKING INSTRUCTIONS:

If you love kebabs and skewered veggies as much as I do, it's worth purchasing metal skewers. You can get them at most cooking stores, in home improvement stores near the barbecue grills, and even at many grocery stores these days. Just be sure to get rustproof ones. If you prefer the wooden ones, they'll need to be soaked in water for at least 1/2 hour so they don't burn on the grill. The metal ones are good to go immediately.

Preheat a grill to high. Combine the zucchini, onion, tomatoes, mushrooms, curry paste, and olive oil in a medium bowl. Toss until the veggies are well coated. Skewer 2 zucchini rounds, leaving a little space between the pieces so they will cook evenly. Next, skewer 2 onion squares, followed by 2 zucchini rounds, 1 tomato, 2 zucchini rounds, and 1 mushroom. On the same skewer, repeat. Then follow the same procedure to create a second skewer. Turn the grill to low and place the skewers side by side on the grill. Grill for 5 to 6 minutes per side, or until some of the tomato skins begin to split and the other veggies are tender. Serve immediately.

