



## Antipasto Kebobs

### Ingredients:

- 1½ to 2 cups assorted fresh vegetables (baby carrots, halved radishes, bell pepper squares, whole miniature bell peppers, halved patty pan squash, zucchini, and/or mushrooms)
- 2 oz. low-fat cheese cut into 1/2-inch pieces (part-skim or fresh mozzarella, provolone, smoked Gouda, etc.)
- 2 oz. cooked smoked turkey sausage, cut into 3/4-inch-thick slices and quartered
- 2 Tbsp. refrigerated basil pesto
- 1 Tbsp. white wine vinegar
- 12 whole fresh basil leaves

### Instructions:

- 1.) Place vegetables, cheese, and sausage in a self-sealing plastic bag set in a deep bowl.
- 2.) For marinade, in a small bowl, stir together pesto and vinegar; pour over vegetable/cheese/sausage mixture. Seal bag; turn to coat all ingredients.
- 3.) Marinate in the refrigerator for 1 to 24 hours, turning bag occasionally.
- 4.) On 12 4-inch-long wooden skewers, alternately thread vegetables, cheese, sausage, and basil leaves. Coffee stirrers can be substituted for the wooden skewers.

**YIELD: 12 skewers**

- Serve kebobs as an appetizer or on a picnic buffet.
- Create a tray with antipasto kebobs alternating with fresh fruit kebobs on the same size skewers.

### Getting kids cooking:

- Kids can make the marinade.
- They can thread the vegetables, cheese, and sausages onto skewers or stirrers.
- Kids can also turn the bag during marinating.

### Nutrition Analysis

Serving: 2 skewers	Total Carb: 3 g
Calories: 84	Dietary Fiber: 1 g
Total Fat: 6 g	Sodium: 188 mg
Calories from Fat: 64%	Protein: 5 g
Saturated Fat: 2 g	Calcium: 60 mg
Trans Fat: 0 g	Iron: 73 mg

### Source:

Adapted from WebMD

[www.webmd.com/food-recipes/features/healthy-picnic-food-ideas](http://www.webmd.com/food-recipes/features/healthy-picnic-food-ideas)