

## Vegetable kabobs with mustard dip



### Ingredients

#### Dip

- 2/3 cup Yoplait® fat-free plain yogurt
- 1/3 cup fat-free sour cream
- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon Dijon mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic salt

#### Kabobs

- 1 medium bell pepper, cut into 6 strips, then cut into thirds (18 pieces)
- 1 medium zucchini, cut diagonally into 1/2-inch slices
- 8-ounce package fresh whole mushrooms
- 9 large cherry tomatoes
- 2 tablespoons olive or vegetable oil

### Preparation

In a small bowl, mix all dip ingredients. Cover and refrigerate at least 1 hour.

Heat gas or charcoal grill. On five 12-inch metal skewers, thread each vegetable onto its own skewer leaving space between each piece. Use 2 skewers for the mushrooms. Brush vegetables with oil.

Place bell pepper and zucchini skewers on grill over medium heat. Cover grill and cook 2 minutes. Add mushroom and tomato skewers. Cover grill and cook 4-5 minutes, carefully turning skewers every 2 minutes until vegetables are tender. Remove vegetables from skewers and serve with dip.

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**Nutrition**

Per serving of 9 vegetable pieces and 2 tablespoons dip: 70 calories; 3.5g total fat (.5g saturated); 0mg cholesterol; 180mg sodium; 8g carbohydrates; 1g fiber; 2g protein.



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