

Greek Veggie Kabob

- Preparation time: 5 minutes

6 grape or cherry tomatoes 6
12 1/2-inch (1 cm) slices English 12
cucumber
12 1/2-inch (1 cm) cubes feta cheese 12
12 1/2-inch (1 cm) squares red 12
bell pepper
6 black olives, pitted 6
1/3 cup tzatziki sauce (store-bought or 75 mL
see recipe, page 59)

1. Thread ingredients onto skewers in the following order:
1 tomato, 1 slice cucumber, 1 cube cheese, 1 square red
pepper, 1 slice cucumber, 1 cube cheese, 1 square red
pepper, 1 olive.
2. Serve with tzatziki sauce for dipping.

* Recipe is taken from Dietitians of Canada (www.dietitians.ca)