



# Grilled Corn Skewers

## Ingredients

- 4, 12 inch skewers
- 4 ears of corn (remove husks)
- 1 small zucchini
- 1 red bell pepper
- 1 yellow squash
- 5-6 mushrooms
- 1/2 small red onion, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper, to taste

## Directions:

1. Preheat grill to medium-high heat
2. Cut ears of corn into small pieces (see photo)
3. Slice zucchini and yellow squash into coins; Slice red bell pepper and red onion
4. Layer corn and vegetables on skewer; Drizzle with olive oil and seasonings; Wrap in tin foil
5. Grill for 20 minutes, using tongs to rotate half way through; Remove from tin foil and grill for an additional 5-10 minutes; Enjoy!

## Equipment

Grill, skewers, tongs

Cost:



Ease:



**Health Benefit:** Zucchini and bell pepper contain vitamin C to boost immunity. Corn contains fiber which aids in gut health. Red onion contains antioxidants that decrease inflammation in the body.