

Veggie Meatball Kabobs



Ingredients

- 1 each(s) green and red bell pepper, stems and seeds removed, cut into 1/4-inch pieces
- 1 yellow squash, cut lengthwise in half and then into 1/4-inch pieces
- 1/4 cup reduced-fat vinaigrette-style Caesar salad dressing, divided
- 1 lb 90% lean ground beef
- 1 egg, lightly beaten
- 3/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/4 cup fat-free milk
- 3 tbsp finely chopped onion
- 1 tbsp finely chopped garlic
- 1 tsp dried thyme leaves
- 1 tsp salt
- 1/2 tsp pepper
- Shredded Parmesan cheese (optional)

How to make it

1. If using bamboo skewers, soak skewers in water.
2. In medium bowl, toss vegetable pieces with 2 tbsp dressing; set aside.
3. In large bowl, combine ground beef, egg, oats, milk, onion, garlic, thyme, salt and pepper; mix lightly but thoroughly.
4. Shape mixture into 20 meatballs, about 1-1/2 inches in diameter.
5. Alternately thread meatballs and vegetables onto eight 12-inch bamboo or metal skewers.
6. Arrange kabobs on broiler pan that has been sprayed with nonstick cooking spray.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	4

Made with



Quaker® Oats-Old Fashioned

7. Drizzle with any dressing remaining in medium bowl.
8. Broil 3 to 4 inches from heat, until meatballs are cooked through (160°F) and vegetables are tender, about 10 minutes, turning once and brushing with remaining 2 tbsp dressing.
9. Serve kabobs sprinkled with cheese, if desired.