

BBQ'd Veggie Kebabs with Brown Rice Recipe



Yield: 4 servings

Ingredients

- 1 ear corn on the cob, husk and silk removed, sliced in 4 chunks
- 4 large button mushrooms, whole
- 4 small tomatoes, whole
- 4 jalapeño peppers, whole, optional
- 4 sweet peppers, whole
- 1 red onion, cut in half and sectioned
- 1 cup Korean BBQ Marinade recipe
- 2 cups cooked brown rice

Instructions for Adults

Preheat grill to 450 degrees. Grill vegetable skewers.

Instructions for Kids

- In a large bowl, place the corn, mushrooms, tomatoes, peppers, and onion. Pour 1/2 cup of the marinade over the veggies and toss to coat. Allow to marinate for 30 minutes.
- Using 4 metal skewers, skewer the marinated vegetables.
- Place skewers on a preheated grill for 5 minutes, or until veggies begin to show grill marks. Turn skewers over and grill an additional 5 minutes, or until the veggies show grill marks and are beginning to slightly brown. Repeat until all veggies are evenly browned and begin to soften but are still firm. Remove from heat and cover to keep warm.
- Place brown rice in a medium sized mixing bowl. Add 1/2 cup of the marinade. Stir to combine.
- Serve the rice mixture on a platter and top the rice with the cooked veggie kebabs.

Tips: The tomatoes will become soft when grilled--they're delicious this way. Be careful not to crush them before serving. Use a combination of hot or mild peppers, depending on your taste.

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Korean BBQ Marinade

Recipe

Yield: 1 cup



Ingredients

1/2 cup rice vinegar

1/2 cup soy sauce

6 Tablespoons honey

2 Tablespoons sesame oil

1 Tablespoon minced fresh ginger root

Instructions for Adults

Assist with measuring and use of safe knife skills.

Instructions for Kids

Place all the marinade ingredients in a jar. Screw the lid onto the jar tightly, and shake until combined.

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