

## Roasted Fruit and Vegetable Kabobs

### Ingredients

- 1 apple, cut into large chunks
- ¼ onion, cut into 1 inch petals
- 1 tomato, cut into chunks
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon mint leaves, crushed
- ½ teaspoon cilantro leaves, crushed
- Pinch of allspice
- Stevia to taste

Makes 1 serving (1 fruit, 1 vegetable)
2 grams protein
0 fat
135 calories



### Directions

1. Marinate fruit and vegetables in lemon juice and vinegar with Stevia and spices in the refrigerator for 20 minutes or more.
2. Soak wooden skewers in water for five minutes.
3. Layer chopped apple, onion petals, and tomato alternately on skewers.
4. Place on grill for 5-8 minutes or until desired level of cooking.
5. Top with herbs and serve with lemon wedges.

