

Antipasto Kabobs

The variety of textures, colors, and flavors in this recipe makes it the perfect prelude to virtually any entrée. These no-cook kabobs can also be served as satisfying snacks.

Prep: 30 minutes; marinate: 1 to 24 hours.

- 1 1/2 to 2 cups assorted fresh vegetables (such as baby carrots, halved radishes, bell pepper squares, whole miniature bell peppers, or halved pattypan squash)
- 2 ounces part-skim mozzarella cheese, provolone cheese, or smoked Gouda cheese, cut into 1/2-inch pieces
- 2 ounces cooked smoked turkey sausage, cut into 3/4-inch-thick slices and quartered
- 2 tablespoons refrigerated basil pesto
- 1 tablespoon white wine vinegar
- 12 whole fresh basil leaves

Place vegetables, cheese, and sausage in a self-sealing plastic bag set in a deep bowl.

For marinade, in a small bowl stir together pesto and vinegar; pour over vegetable mixture. Seal bag; turn to coat vegetable mixture. Marinate in the refrigerator for 1 to 24 hours, turning bag occasionally.

On 12 4-inch-long wooden skewers, alternately thread vegetables, cheese, sausage, and basil leaves.

Yield: 12 skewers (6 servings)

Per serving: 84 calories, 6 g total fat (2 g sat. fat), 13 mg cholesterol, 188 mg sodium, 3 g carbohydrates, 1 g fiber, 5 g protein.

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