



Veggie Meatball Kabobs



SERVINGS

4



COOKING TIME

10 min

Veggie Meatball Kabobs is a fun recipe to try when you're short on time or tired after a long day. In just 10 minutes you can enjoy both tender veggies and homemade meatballs. This recipe is a great way to incorporate your favorite veggies in a fresh new way. Not only will this dish become your new go-to recipe, but the kids will love them too.

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)

Cooking Instructions

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.
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.