

Rainbow Vegetable Kebabs

Overview: Celebrate the garden with colorful kabobs of seasonal vegetables.

Materials:

- At least one vegetable representing the colors red, orange/yellow, green, blue/purple, and white
- Kabob skewers (wooden or metal)
- Italian dressing (or marinade combination of your choice)

Approximate Time to Complete: 30 – 45 minutes

Location: Indoor or Outdoor

Ages: All ages

Season: Spring through Fall

Instructions

1. Collect a variety of fresh vegetables in a rainbow of colors. If possible, choose locally grown and harvested produce so your young gardeners begin to understand the seasonality of fruits and vegetables. Here are some suggestions for a fall harvest-inspired rainbow kabob:

Red: beets, red potatoes

Yellow/Orange: carrots, squash, pumpkin, sweet potatoes

Green: broccoli, zucchini, cabbage, green onions, Brussels sprouts

Blue/Purple: purple cabbage, purple onions, purple potatoes

White: turnips, potatoes, cauliflower, white onions

Additional rainbow vegetable ideas include:

Red: tomatoes, peppers

Yellow/Orange: peppers, corn

Green: peppers

Blue/Purple: eggplant

White: mushrooms



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2. Clean all vegetables in cold running water and rinse/dry. Remove peel if applicable.
3. Cut vegetables into bite-sized pieces and then skewer them onto wooden or metal kabob sticks. Note: Vegetables will cook more evenly if you place one type on each skewer, as shown.
4. Place kabobs in a dish and brush with the Italian dressing (or other marinade of your choice – there are lots of great recipes out there).



5. Roast in the oven or grill until tender.
6. Enjoy your harvest! Talk about the benefits of [eating a rainbow](https://kidsgardening.org/lesson-plans-eat-a-rainbow/) every day!
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