



Grilled Kale & Veggie Kebabs

- 2 tablespoons plus 1/2 teaspoon kosher salt, divided
- 1 bunch lacinato kale
- 1 zucchini, cut into 1/4-in.-thick rounds
- 1 red onion, cut into 1-in. wedges
- 8 button or crimini mushrooms
- 2 red bell peppers, cut into 1-in. pieces
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon ground black pepper
- 1 lemon, quartered

To blanch the kale: Bring 2 quarts of water with about 2 tablespoons of the salt to a boil over medium-high heat; add kale, and cook 3 minutes. Meanwhile, fill a large bowl halfway with ice water. Plunge cooked kale into ice-water bath to stop the cooking process. Drain kale, and gently squeeze to remove excess water.

Preheat grill to medium-high. Use 4 (10-in.) metal skewers. Wash kale leaves; remove heavy inner stems; fold each leaf into a rolled up rectangle or square. Thread zucchini, onion, mushrooms, red peppers, and kale leaves alternately onto skewers... Brush kebabs with oil; sprinkle with pepper and remaining 1/2 teaspoon salt.

Place skewers on oiled grates, and grill, covered, until vegetables begin to brown and release moisture, about 4 minutes per side. Squeeze lemon juice over kebabs; serve immediately. Serves: 4

Recipe inspired by: Chef C.J. Jacobson

Alternate directions for preparing skewers: The original recipe suggests threading vegetable pieces alternately onto skewer, piercing kale leaves and folding a leaf over each vegetable piece in a loose accordion style. Repeat with remaining kale, skewers, and vegetables.

For More Information See:

<http://people.com/food/grilled-kale-kebab-recipe-cj-jacobson/>

Cook's Note: I preferred removing the kale's heavy stem from the leafy parts for grilling. I also added a dressing to serve with the skewers. For the vinaigrette: Whisk together 1/4 cup lemon juice; 1/3 cup olive oil; 1 Tablespoon minced parsley, 1 clove minced garlic, 1 to 2 teaspoons Dijon mustard, and salt and black pepper to taste. You can also add 1 or 2 teaspoons of any minced herb that you enjoy. I also use this as a basting sauce.

About the Recipe: Using assorted vegetables on skewers make delightful additions to any picnic meal. The kale leaves crisp up on the ends adding a smoky blended flavor. A light glaze of oil and lemon add a bright note and tanginess to the charred vegetables.