



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Grilled Vegetables Kebab

5 servings

INGREDIENTS

- 1 Onion; quartered; layers separated
- 2 red capsicum; cut into 1” square pieces, soaked and drained
- 2 green capsicum; cut into 1” square pieces, soaked and drained
- 2 canned Mushroom; drained
- 3 medium cucumbers; peeled and sliced
- 1 Lemon; squeezed for the juice
- 3 cloves garlic; minced
- ¼ cup corn oil
- 12 skewers 6” long

METHOD

- Pre-heat oven to 200°C. Combine garlic and oil and set aside.
- Thread veggies onto skewers in a uniform pattern and lay on baking sheets.
- Baste well with garlic oil, being sure to spread the garlic bits onto the veggies.
- Roast for 15-18 minutes. Remove from oven and arrange on serving platter.

NUTRITION FACT

Energy (kcal)	79
Protein (g)	1.9
Carbohydrate (g)	11.0
Fat (g)	3.2
Saturated Fat (g)	0.4
Fibre (g)	2.5
Sodium (mg)	14
Phosphorus (mg)	33
Potassium (mg)	240



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