

Pepper and Mushroom Kabobs with a Yogurt-Dill Dip



side dishes

POINTS® Value: 0
Servings: 8
Preparation Time: 10 min
Cooking Time: 10 min
Level of Difficulty: Easy

Set out a platter of these skewers and the crowd will go wild. They're served with a creamy garlic-dill dip for fantastic flavor.

Ingredients

- 1 small garlic clove(s)
- 1/8 tsp table salt
- 1 tsp fresh dill, minced
- 1/4 cup fat-free sour cream
- 1/2 cup plain fat-free yogurt, Greek-variety recommended
- 3 medium sweet red pepper(s), or 1 each red, yellow and green pepper
- 16 small cremini mushrooms, or white mushrooms, cleaned and trimmed
- 2 sprays olive oil cooking spray
- 1/4 tsp table salt
- 1/4 tsp black pepper

Instructions

To prepare dip, mash garlic and 1/8 teaspoon of salt together in a small serving bowl with a serrated spoon or a utensil with a sharp edge. Stir in dill, sour cream and yogurt; set aside.

Preheat grill to high. To prepare kabobs, core and seed each pepper; cut each into 8 chunks. Arrange 3 pieces of pepper and 2 mushrooms on each of eight 12-inch metal skewers. Lightly coat kabobs with cooking spray; season with salt and pepper.

Grill kabobs until peppers are tender and lightly browned, about 5 minutes per side. Serve kabobs with dip. Yields 1 kabob and about 1 1/2 tablespoons of dip per serving.

Notes

For even more flavor, stir 1 teaspoon of freshly minced chives into the dip.