



106 ½ West Front Street
Suite A
Findlay, Ohio 45840

Phone: 866-351-8794
Fax: 419-423-6983
www.hcgmetsabolicweightlossclinic.com

Roasted Vegetable and Fruit Kabob

Ingredients

1 apple serving amount cut into large chunks

Onion serving cut into petals

1 tomato serving cut into chunks

1 Tablespoon apple cider vinegar

1 Tablespoon lemon juice

½ teaspoon crushed mint leaves

½ teaspoon crushed cilantro leaves

Pinch of allspice

Stevia to taste

Directions

Marinate fruit and vegetables in lemon juice and vinegar with Stevia and spices in refrigerator for 20 minutes or more. Soak wooden skewers in water for 5 minutes. Layer chopped apple, onion petals, and tomato alternately on skewers. Add choice of meat serving to create a main dish for a meal with a serving of needed veggies.

Makes 1 serving (meat, vegetable)