

Onion Shish Kabobs with Fish

Yield: 6 Servings

INGREDIENTS

2 jumbo Idaho-E Oregon yellow onions, cut in 1 inch cubes (1 ½ lbs.)

6 large mushrooms, halved

2 c. zucchini or patty pan squash, sliced ¾ inch thick

1 c. red or yellow sweet peppers, cut in ¾ inch squares

1 ½ lbs boneless swordfish, tuna or halibut steak, cut into 1 inch cubes

½ cup Balsamic vinegar

2 Tbsp. Olive oil

2 tsp. dried thyme, crushed

1 tsp. salt

½ tsp. ground pepper

METHOD

Cut onions into one inch cubes. Arrange vegetable in a shallow pan. In separate bowl, combine remaining ingredients except fish; mix well and pour ⅓ cup over vegetables. Pour remaining marinade over fish in shallow bowl. Marinate vegetables 30 minutes or longer at room temperature. Marinate fish 30 minutes or longer in refrigerator; turn once halfway through standing time. Skewer vegetables alternately on each of 6 skewers. Skewer fish on each of 6 skewers. Broil 4 to 6 inches from heat, about 8 minutes total time or until vegetables are tender and fish is barely cooked; turn and brush with marinade several times during broiling.