



Makes 8 skewers + 5 cups quinoa mixture
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

3 cups low-sodium vegetable broth

1½ cups dry red quinoa, rinsed and drained

1 cup frozen shelled edamame

3 medium (8 to 10 oz. each) yellow summer squash and/or zucchini, cut into ¼-inch-thick slices

2 medium red and/or orange bell peppers, cut into 1-inch squares

4 oz. fresh button or cremini mushrooms, cut into ¼-inch-thick slices

1 small sweet onion, cut into 1-inch squares

¼ cup reduced-sodium soy sauce or tamari

¼ cup apple cider

2 tablespoons packed brown sugar

2 tablespoons sliced scallions

2 teaspoons toasted sesame seeds

2 cloves garlic, minced

1 teaspoon grated fresh ginger

½ teaspoon crushed red pepper

Chopped fresh cilantro

Summer Squash Veggie Skewers Over Edamame Quinoa

These colorful squash skewers are paired with quinoa and edamame for a robust and delicious summer dinner. Slices of zucchini, bell pepper, mushrooms, and onions are glazed with a savory soy-miso marinade and then grilled to tender perfection. The excess glaze is soaked up by the bed of grains underneath so your entire plate is infused with the finger-licking-good sauce. Serve as the main course or as an easy appetizer alongside [veggie burgers](#), [mac and cheese](#), or a hearty summer salad.

By Shelli McConnell

- 1 In a medium saucepan bring broth to boiling. Add quinoa; cover and reduce heat. Simmer 15 to 20 minutes or until tender and liquid is absorbed, adding edamame the last 2 minutes.
- 2 Meanwhile, on eight 10-inch skewers, thread squash, bell peppers, mushrooms, and onion, pressing pieces together snugly.
- 3 For glaze, in a small bowl whisk together the next eight ingredients (through crushed red pepper).
- 4 Brush skewers with some of the glaze. Grill, covered, over medium 10 to 15 minutes or until crisp-tender and lightly browned, turning and brushing with some of the remaining glaze once. Serve over quinoa. Drizzle with the remaining glaze. Sprinkle with cilantro.