

## Grilled Vegetable Skewers with Balsamic Vinaigrette: A Flavorful Summer Side

light, colorful, and incredibly flavorful dish



**OVEN**  
**400°F**

**TIME**  
**20 min**

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### INGREDIENTS

For the Vinaigrette:

- ... cup balsamic vinegar
- ... cup extra-virgin olive oil
- 1 tablespoon finely chopped parsley
- 1 tablespoon fresh lemon juice
- 2 teaspoons freshly minced garlic (about 2 cloves)
- 2 teaspoons Dijon mustard
- 2 teaspoons finely chopped thyme
- Kosher salt and freshly ground black pepper, to taste

For the Skewers:

- 1 large zucchini, ends trimmed, halved lengthwise, and cut into  $\frac{3}{4}$ inch slices
- 1 large yellow squash, ends trimmed, halved lengthwise, and cut into  $\frac{3}{4}$ inch slices
- 1 large red onion, cut into 1-inch cubes and separated into 3-layer segments
- 2 medium bell peppers (red, yellow, or orange), stemmed, seeded, and cut into 1-inch squares
- 1 pint grape tomatoes
- Wooden or metal skewers

Step-by-Step Instructions:

1. Make the Balsamic Vinaigrette:

- Balsamic vinegar
- Olive oil
- Fresh parsley

Lemon juice

Minced garlic

Dijon mustard

Fresh thyme

Salt and black pepper

2. Marinate the Vegetables:

3. Skewer the Vegetables:

4. Preheat the Grill:

5. Grill the Vegetable Skewers:

6. Finish with More Vinaigrette & Serve:

Pro Tips for the Best Grilled Vegetable Skewers:

Don't Overcrowd the Skewers - Leaving a little space between the veggies ensures they cook evenly and get a good char.

Soak Wooden Skewers - If using wooden skewers, soak them in water for 20-30 minutes to prevent burning.

For Extra Smokiness - Add a pinch of smoked paprika or a few wood chips to the grill for a deeper flavor.

## DIRECTIONS

1. Make the Balsamic Vinaigrette: In a small mixing bowl, I whisk together:
2. Balsamic vinegar
3. Olive oil
4. Fresh parsley
5. Lemon juice
6. Minced garlic
7. Dijon mustard
8. Fresh thyme
9. Salt and black pepper
10. This bold, herb-infused dressing will act as a marinade and finishing drizzle for the veggies.
11. Marinate the Vegetables: I place all the chopped vegetables in a large bowl, pour the vinaigrette over them, and toss everything together to coat evenly. I let them sit for about 10 minutes while I prepare the grill.
12. Skewer the Vegetables: I thread the vegetables onto skewers, alternating between zucchini, yellow squash, red onion, bell peppers, and grape tomatoes to create a colorful, well-balanced skewer.
13. Preheat the Grill: If using a charcoal grill, I light one chimney full of charcoal and spread the hot coals evenly. If using a gas grill, I preheat it to medium-high heat (about 400°F/200°C).
14. Once the grill is hot, I oil the grates with a folded paper towel dipped in oil to prevent sticking.
15. Grill the Vegetable Skewers: I place the skewers on the grill and cook for 8-9 minutes, turning every 2-3 minutes until the vegetables have charred edges and

are slightly softened but still crisp.

16. Finish with More Vinaigrette & Serve: Once the skewers are done, I transfer them to a serving platter and drizzle any remaining vinaigrette over the top for an extra burst of flavor.
17. I serve them immediately, either as a standalone dish or alongside grilled chicken, steak, or seafood.
18. Pro Tips for the Best Grilled Vegetable Skewers: Don't Overcrowd the Skewers - Leaving a little space between the veggies ensures they cook evenly and get a good char.
19. Soak : Wooden Skewers - If using wooden skewers, soak them in water for 20-30 minutes to prevent burning.
20. For : Extra Smokiness - Add a pinch of smoked paprika or a few wood chips to the grill for a deeper flavor.
21. Want : More Crunch? - Add mushrooms or asparagus tips for extra variety.
22. Make : It a Meal - Serve over a bed of quinoa, couscous, or orzo for a light and filling dish.
23. What to Serve with Grilled Vegetable Skewers: These skewers pair beautifully with a variety of dishes. Here are some of my favorite pairings:
24. Grilled : Lemon Herb Chicken - A simple, juicy grilled chicken complements the fresh veggies.
25. Garlic : Butter Shrimp - A light, buttery seafood option.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/grilled-vegetable-skewers-with-balsamic-vinaigrette-a-flavorful-summer-side/>