
VEGETABLE SATAY

12 servings

12	Broccoli florets
24	Cauliflower florets
1 tablespoon	Reduced sodium soy sauce
1 tablespoon	Rice vinegar
1 tablespoon	Toasted sesame oil
1 tablespoon	Minced fresh ginger
1 tablespoon	Smooth natural peanut butter
1 clove	Garlic, minced
1 teaspoon	Hot Madras curry powder
¼ teaspoon	Salt

- Bring a large saucepan of water to a boil over high heat. Add broccoli and cauliflower; cook until tender-crisp, about 3 minutes. Drain, rinse under cool water.
- Whisk soy sauce, vinegar, oil, ginger, peanut butter, garlic, curry and salt in a large bowl until smooth. Add the florets; gently toss to coat. Let marinade at room temperature for at least 2 hours or cover and refrigerate for up to 1 day.
- To serve, thread 2 broccoli & 2 cauliflower florets onto each skewer, reserve marinade. Arrange the skewers on a platter in a single layer and drizzle with the marinade.
- Top each artichoke heart with the spinach mixture and brie. Broil until cheese melts, 1-2 minutes.

Nutrition Per skewer:

33 Calories; 2 g Fat; 3 g Carbohydrates; 2 g Protein; 112 mg Sodium