

■ Smoky BBQ Lentil & Veggie Skewers

Ingredients (Serves 6–8)

- 2 cups cooked lentils (firm, not mushy)
- 1 large zucchini, sliced into thick rounds
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 red onion, cut into wedges
- 1 pint cherry tomatoes
- 1 cup mushrooms (button or cremini)
- 1 oz Plant Derived Minerals (add directly into the marinade for maximum absorption ■)

For the Smoky BBQ Marinade (oil-free, gluten-free):

- 1 cup tomato puree (or no-salt tomato sauce)
- 3 tbsp apple cider vinegar
- 2 tbsp coconut aminos (or gluten-free tamari if tolerated)
- 2 tbsp maple syrup
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground mustard
- Pinch cayenne (optional, for heat)
- Salt & pepper to taste

Directions

- 1 Prepare the marinade: In a bowl, whisk together all marinade ingredients, including 1 oz of Plant Derived Minerals. This not only enriches the flavor but also boosts the nutrient profile.
- 2 Marinate veggies & lentils: Toss zucchini, peppers, onion, mushrooms, and cherry tomatoes with the marinade. Stir lentils in gently so they absorb flavor without breaking apart. Let sit at least 30 minutes (or overnight for maximum flavor).
- 3 Assemble skewers: Thread veggies and lentils onto skewers (press lentils gently into clumps or sandwich between peppers/onions to hold them in place).
- 4 Grill or roast: - Grill over medium heat, turning every 3–4 minutes, until veggies are tender and slightly charred (12–15 minutes). - Oven option: Roast at 400°F on parchment-lined sheets for 20–25 minutes.
- 5 Serve: Arrange on a platter, sprinkle with fresh herbs, and serve with extra BBQ marinade on the side.

Why You'll Love It ♥■

- Gluten-Free & Oil-Free: Clean, simple, and gut-friendly.

- Nutrient Boosted: Plant Derived Minerals add 77+ trace minerals, supporting energy, circulation, and recovery.
- Crowd-Pleasing: Flavorful, smoky, and satisfying for everyone at the cookout.
- Functional Food: Every bite fuels the body with phytonutrients + foundational minerals.