



Grilled Zucchini Skewers with Jalapeno Yogurt Dipping Sauce

PREP TIME
10 Min

TOTAL TIME
25 Min

SERVES
4



Bobby Flay

Bobby Flay's Barbecue Addiction

Juicy grilled zucchini served up with a dipping sauce packing just the right amount of heat.

Special equipment: ten or twelve 10-inch skewers, soaked for 30 minutes

DIRECTIONS FOR: GRILLED ZUCCHINI SKEWERS WITH JALAPENO YOGURT DIPPING SAUCE

INGREDIENTS

Jalapeno Yogurt Dipping Sauce

8 jalapenos, stems removed

Canola oil, for brushing

Kosher salt and freshly ground black pepper

1 cup fresh parsley leaves

½ cup fresh cilantro leaves

¼ cup grated Parmesan

2 Tbsp pine nuts

¼ - ½ cup olive oil

2 cups non-fat yogurt or 2% Greek yogurt

Zucchini Skewers

3 medium zucchini, cut into 1-inch thick rounds

Ad Choices

Canola oil, for brushing

Kosher salt and freshly ground black pepper

Olive oil, for drizzling

DIRECTIONS

Jalapeno Yogurt Dipping Sauce

1. For the jalapeno yogurt dipping sauce: Heat the grill to high. Brush the jalapenos with canola oil and sprinkle with salt and pepper. Grill, covered, turning occasionally, until charred on all sides and tender, 8 to 10 minutes. Remove to a cutting board; leave the grill on.

2. Halve the jalapenos lengthwise and remove the seeds; leave the skin on. Put the jalapenos in a food processor with the parsley, cilantro, Parmesan, pine nuts and some salt and pepper; pulse until roughly chopped. With the machine running, drizzle in the olive oil until the mixture is smooth and thick. Taste and season as desired. Put the yogurt in a bowl and whisk until smooth. Swirl the pesto into the yogurt and set aside.

Zucchini Skewers

1. For the zucchini skewers: Thread 3 or 4 zucchini rounds onto two parallel skewers, so that the cut sides will lay flat on the grill. Brush the zucchini with canola oil and season with salt and pepper. Grill, uncovered, until charred and tender, 2 to 3 minutes per side. Transfer to a platter and drizzle with some olive oil. Serve with the jalapeno yogurt sauce.

See more: [Yogurt](#), [Appetizer](#), [Grill](#), [Hot and Spicy](#), [Vegetables](#)

<http://www.foodnetwork.ca/recipe/grilled-zucchini-skewers-with-jalapeno-yogurt-dipping-sauce/16092/>