

Vegetable Pork Kabobs



Although it is winter, you can still enjoy a nice grilled meal. These pork kabobs are tasty and so easy to make! Enlist your family to help you make these high protein kabobs.

INGREDIENTS:

- 4 Boneless Pork Loin Chops
- 2 Small Zucchini, cut into 8 medium pieces
- 16 Mushrooms
- 1 Bell Pepper cut into 16 pieces (Yellow, Red, or Green)
- ½ Cup Apricot Preserves
- 1 T Cider Vinegar
- ½ t Season Salt
- 10 inch Wood Skewers

COOKING INSTRUCTIONS:

- ❖ Soak wood skewers in water for one hour
- ❖ Cut each pork chop into four pieces
- ❖ Using a small bowl, mix apricot preserves and cider vinegar

- ❖ Shake season salt over pork and add in preserve/vinegar mixture to cover evenly, leaving a small reserve amount
- ❖ Using the skewer, thread a piece of pork, zucchini, mushroom following the pattern
- ❖ Heat gas grill to medium heat
- ❖ Place kabobs on grill and cook for 5 minutes. Brush with the preserve/vinegar reserve mixture
- ❖ Continue cooking for another 5 minutes and cook until pork is no longer pink
- ❖ Remove from heat

NUTRITIONAL INFORMATION:

- ✓ Low Carbohydrate
- ✓ Great Source of Vitamin A
- ✓ Low Cholesterol Meat
- ✓ Low Sodium
- ✓ High in Protein