

Italian Pork Kabobs with Summer Vegetables

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Servings: 6

1 1/2 pounds boneless pork loin roast, trimmed and cut into 1-inch cubes

2 tablespoons red wine vinegar

1 1/2 teaspoons Kosher salt

1/2 teaspoon hot red pepper flakes (to taste), 1/2" cubes

1 tablespoon extra-virgin olive oil

1 tablespoon fresh basil (or 1 teaspoon dried basil), chopped

1 tablespoon fresh oregano (or 1 teaspoon dried oregano)

2 cloves garlic, chopped

2 small zucchini, trimmed and cut crosswise into rounds

2 large bell peppers, seeded and cut into 1-inch squares

Prepare the grill for direct medium-hot grilling. For gas: preheat the grill on HIGH. Adjust the temperature to 400 degrees. For charcoal: build the fire and burn until the coals are covered with white ash. Spread the coals and burn for 15 to 20 minutes.

In a large bowl, whisk the vinegar, one teaspoon of salt and the red pepper flakes.

Whisk in the oil. Add the basil, oregano and garlic.

Add the pork loin and toss to coat.

Spread the zucchini and bell peppers on top of the pork. Season with the remaining salt. Let stand for 5 minutes. Stir to coat with marinade. Do not marinate longer than 15 minutes.

Skewer the pork, zucchini and bell peppers onto 6 metal kabob skewers, alternating the ingredients.

Lightly oil the cooking grate.

Place the kabobs on the grill and cover the grill.

Cook, turning occasionally, for about 10 to 12 minutes or until the pork is browned.

Let stand for 3 minutes before serving.

Per Serving (excluding unknown items): 42 Calories; 2g Fat (46.6% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 473mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.