

Marinated Pork Kebabs

Alison Ladman - For The Associated Press
Palm Beach Post

Servings: 4

Start to Finish Time: 30 minutes

16 ounces pork tenderloin, cut into 1-1/2-inch chunks
1 small eggplant, cut into 1-inch chunks
2 portobello mushrooms, quartered
2 small red onions, quartered
1 large red bell pepper, cored and cut into large chunks
1 large green bell pepper, cored and cut into large chunks
2 tablespoons olive oil
1/2 cup red wine vinegar
1 teaspoon salt
1 teaspoon ground black pepper
2 tablespoons fresh rosemary, minced
2 tablespoons fresh thyme, minced
3 cloves garlic, minced

Thread the pork, eggplant, mushrooms, red onions, red bell pepper and green bell pepper onto wooden or metal skewers, alternating the meat and vegetables as you go.

Arrange the skewers in a shallow dish that allows them to lay flat. A 13x9-inch pan usually works well.

In a small bowl, whisk together the olive oil, red wine vinegar, salt, pepper, rosemary, thyme and garlic.

Pour over the skewers, turning and massaging them with your hands to thoroughly coat the meat and vegetables.

Cover with plastic wrap and refrigerate for two hours or up to overnight.

When ready to cook, heat the grill to high. Using a paper towel soaked in vegetable oil held with a pair of tongs, lightly oil the grates.

Place the skewers on the grates and cook for 7 minutes per side, or until the meat registers 145 degrees.

Serve immediately.

Per Serving (excluding unknown items): 303 Calories; 11g Fat (32.8% calories from fat); 28g Protein; 25g Carbohydrate; 7g Dietary Fiber; 74mg Cholesterol; 601mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 4 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.