



Moroccan Kabobs

4 Servings • 1 Serving = 2 Skewers

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- 2 Tablespoons flat-leaf parsley, chopped
- 2 Tablespoons lemon juice
- 1 Tablespoon extra virgin olive oil
- 8 cloves garlic, minced
- 1 Tablespoon fresh oregano, chopped or 1 teaspoon dried oregano, crushed
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon fresh ginger, grated
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper or crushed red pepper
- ¼ teaspoon ground turmeric
- 1-pound pork tenderloin, cut into 1" cubes
- 2 cups seedless green grapes

DIRECTIONS

1. In a large bowl stir together parsley, lemon juice, oil, garlic, oregano, coriander, paprika, ginger, pepper, salt, cayenne pepper, and turmeric until combined.
2. Add pork and grapes. Stir gently until pork and grapes are coated. Cover and marinate in the refrigerator for 1 to 2 hours.
3. On eight 12" skewers, thread pork and grapes, leaving a ¼" space between pieces. If using wooden skewers, soak in enough water to cover for at least 1 hour before using.
4. For a charcoal grill, place kabobs on the rack of an uncovered grill directly over medium coals. Grill for 10 to 12 minutes or until pork is just slightly pink in center, turning occasionally to brown evenly. For a gas grill, preheat grill. Reduce heat to medium. Place kabobs on grill rack over head. Cover and grill as above.

Nutrition Facts	
4 servings per container	
Serving size	2 skewers
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 471mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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