

Pork and Veggie Skewers

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Servings: 4

Preparation Time: 25 minutes

Grill Time: 10 minutes

3 tablespoons rosemary-infused olive oil

2 tablespoons red wine vinegar

2 sun-dried tomatoes, chopped

2 cloves garlic, chopped

1/2 teaspoon salt

1/4 teaspoon black pepper

1 pound boneless pork tenderloin, cut into 1-inch pieces

1 pound small red, white and purple potatoes (about 1-inch diameter)

2 sweet red peppers, cored, seeded and cut into 1-inch pieces

3 (about 3/4 pound) summer squash, halved lengthwise and cut into 1/2-inch moons

In a bowl, whisk together the olive oil, vinegar, sun-dried tomatoes, garlic, 1/4 teaspoon of salt and 1/8 teaspoon of black pepper.

Place the pork and two tablespoons of the oil and vinegar mixture in a resealable plastic bag. Shake to coat the pork and refrigerate for 2 to 4 hours.

Place the potatoes in a medium saucepan and cover with water. Bring to boiling and simmer for 10 minutes. Drain.

Heat a gas-grill to medium-high or the coals in a charcoal grill to medium-hot.

Thread the pork onto two skewers, the potatoes onto two skewers and the vegetables onto separate skewers. Brush generously with the oil and vinegar mixture.

Lightly coat the grill rack with oil or nonstick cooking spray. Grill the vegetables for 5 to 6 minutes and the potatoes about 4 minutes, turning a few times and brushing with oil and vinegar mixture. Grill the pork for 3 to 4 minutes per side or until the internal temperature reaches 145 degrees. Brush with the remaining oil and vinegar mixture.

Sprinkle the remaining 1/4 teaspoon of salt and 1/8 teaspoon of pepper over the skewers before serving.

Per Serving (excluding unknown items): 52 Calories; trace Fat (6.7% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 292mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat; 0 Other Carbohydrates.