

CURRY LIME PORK KABOBS

Even with the small amount of added salt to this recipe, the sodium content is low at 133 mg! This is a great recipe for the upcoming BBQ season.

INGREDIENTS

2 tablespoons lime juice
2 tablespoons chopped fresh parsley or cilantro
1 tablespoon packed brown sugar
1 tablespoon olive oil
2 teaspoons curry powder
½ teaspoon grated lime rind
1/8 teaspoon salt
Pinch of pepper

1 pork tenderloin (approx. ¾ lb/375 g.)
1 large green or red pepper

DIRECTIONS

1. If using wooden skewers (4), soak them in water for 30 minutes to prevent charring.
2. Cut pork into ½ inch cubes.
3. In bowl, whisk together first 8 ingredients; add pork and toss to coat. Cover and marinate for 30 minutes or refrigerate for up to 2 hours.
4. Cut pepper into chunks about the same size as pork.
5. Alternately thread pork and pepper chunks onto each of 4 skewers, reserving any marinade.
6. Grill at medium setting for about 15 minutes or until pork is no longer pink inside, turning occasionally and basting with reserved marinade. Serve over steamed basmati rice, if desired. Makes 4 servings.

1 Serving=3 protein choices

