



Teriyaki Pork Kebabs

This is a great tasting low fat BBQ dish that can be easily prepared on the grill.

Prep Time: 2 hrs. 10 min.

Cook Time: 20 min

Ready In: 2 hrs 30 min.

Serving Size: 4 servings

Ingredients

- ✓ 1 lbs. lean pork (boneless top loin), raw
- ✓ 4 tbsp. sodium reduced soy sauce
- ✓ 3 tbsp. medium sherry
- ✓ 2 tbsp. sesame oil
- ✓ 1 clove garlic, minced
- ✓ 1 tsp. agave or honey
- ✓ 1 tsp. Ground ginger

Directions

1. Cut pork fillet into bit-sized cubes.
2. Combine sherry, sesame oil, agave (or honey), minced garlic, ginger, and soy sauce in a small bowl and mix.
3. Put pork into Ziploc bag, then pour mixture over the pork. Mix ingredients in bag by shaking. Seal the back and refrigerate for at least 2 hours (the longer it is left in bag with the marinade, the more flavorful the meat will be when cooked, good to prepare in the morning or the day before cooking).
4. Thread the pork onto skewers, and cook on the grill for 20 to 25 minutes, or until cooked through. Occasionally turn the skewers and brush with remaining marinade while grilling.

Nutrition

Amount per serving

- ❖ Calories: 376
- ❖ Total Fat: 13 g
- ❖ Total Carbs: 4 g
- ❖ Protein: 24 g
- ❖ Cholesterol: 66 mg
- ❖ Sodium: 625 mg