

## Kick-off Kabobs - recipe from [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com)

Times: 10 minutes prep, 15 minutes cook

### Ingredients:

2 pounds boneless pork chops, cut into 1-inch cubes

1 cup Italian dressing

2 tablespoons dried red pepper flakes

1 tablespoon fennel seed

1 large red bell pepper, cut into 1-inch pieces

1 large green bell pepper, cut into 1-inch pieces

1 large onion, cut into 1-inch pieces

24 6-inch wooden skewers, (soak in water for 30 minutes before using)

### Cooking Directions:

Place pork cubes in resealable plastic bag; add salad dressing, red pepper flakes and fennel seed. Seal bag; refrigerate for at least 1 hour to overnight to marinate pork. When ready to cook, thread pork, peppers and onion on skewers. Discard marinade. Place kabobs on greased broiler pan and broil 5 inches from heat, or grill over medium-hot coals, for about 5 minutes per side.

Makes 24 appetizers.



Tailgate Tip: If tailgating at the stadium, thread pork and vegetables on skewers at home, and store in plastic containers in a portable cooler until ready to grill.

**Nutrition:**

Calories: 70 calories

Protein: 9 grams

Fat: 2 grams

Sodium: 135 milligrams

Cholesterol: 25 milligrams

Saturated Fat: 0 grams

Carbohydrates: 2 grams

