

Honey Pork Tenderloin Kabobs - recipe from TheOtherWhiteMeat.com

Times: 15 minutes prep, 15 minutes cook

Ingredients:

1/2 cup bourbon, * OR 2 tablespoons cider vinegar

1/2 cup honey

1/2 cup mustard

1 teaspoon dried tarragon

3-4 sweet potatoes, cut into 24 one-inch cubes

1 1/2 pounds pork tenderloin, cut into 24 one-inch cubes

4 medium ripe peaches, unpeeled, pitted and quartered

4 green peppers, each cut into 8 two-inch pieces

8 yellow onion, each cut into 4 two-inch pieces

olive oil, for grilling

Cooking Directions:

Mix first four ingredients in a bowl; stir well and set glaze aside. Steam or boil sweet potatoes until crisp-tender. Thread 3 sweet potato cubes, 3 pork cubes, 2 peach quarters, 4 green pepper pieces and 4 onion pieces alternately onto each of eight 10-inch skewers. Brush kabobs with honey glaze mixture. Lightly oil grill. Grill over medium-hot coals 5 minutes on each side or until thoroughly heated, basting occasionally with glaze.



Serves 4

* Bourbon is optional, can substitute 2 tablespoons cider vinegar

Nutrition:

Calories: 640 calories

Protein: 42 grams

Fat: 12 grams

Sodium: 290 milligrams

Cholesterol: 110 milligrams

Saturated Fat: 3 grams

Carbohydrates: 77 grams

