



RECIPE

Grilled Lamb and Vegetable Kabobs

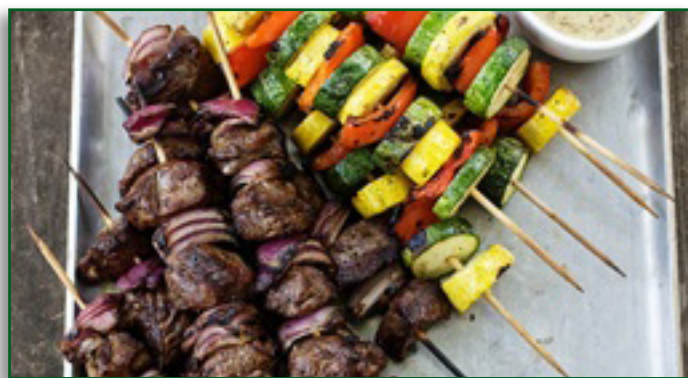
Foods bringing both flavor and nutrition to the table are the perfect fit for today's lifestyles. As a delicious and nutrient-rich food, lamb is a natural choice. Its convenience and versatility are perfect when quick-cooking is in order. On average, a 3-ounce serving of lamb is lean and has only 175 calories. The leanest cuts of lamb include those from the leg, loin, and shank.

Prep Time: 10 minutes | **Cook Time:** 10 minutes

Yield: 4 to 6 servings

INGREDIENTS

- 12 (10-inch) wooden skewers
- ¼ cup olive oil
- 3 garlic cloves, peeled and smashed
- 2 pounds boneless leg lamb, trimmed of fat, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces w/ layers
- 2 small zucchini, cut crosswise to ½-inch rounds
- 2 small yellow squash, cut crosswise to ½-in rounds
- 2 red bell peppers, cut into ½-inch pieces
- ⅛ teaspoon salt
- ⅛ teaspoon pepper



INSTRUCTIONS

1. Place wooden skewers in a shallow dish and cover with water, set aside. In a small saucepan over low heat, simmer olive oil and garlic until garlic is golden brown, about 3 minutes, transfer to small bowl and set aside to cool.
2. Thread 6 skewers alternating lamb and red onion. Thread remaining 6 skewers with zucchini, yellow squash and red pepper. Place on clean tray.
3. On a gas grill, turn all burners to high, close lid and heat until hot, about 15 minutes. Brush lamb and vegetable kabobs with garlic oil and season with salt and pepper. Place skewers on the hot grill rack. Cover and cook, turning occasionally, until each side has grill marks and lamb is cooked through, about 8 to 10 minutes or until lamb reaches 160 degrees for medium doneness. Remove from grill onto clean tray. Serve with dipping sauces and whole-wheat pita.

Recipes for Dipping Sauces (and nutritional information) follow on the next page.

Brought To You By



www.leanonlamb.com



RECIPE

HONEY MUSTARD THYME DIPPING SAUCE

- 2 teaspoons chopped fresh thyme
- 3 tablespoons coarse grain mustard
- 1 tablespoon honey
- 1 tablespoon mayonnaise
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon salt

Combine all ingredients in small bowl.

CUCUMBER YOGURT SAUCE

- 2 teaspoons chopped fresh dill
- $\frac{1}{2}$ cucumber, peeled, seeded and finely chopped
- $\frac{1}{4}$ cup Greek yogurt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon salt

Combine all ingredients in small bowl.

NUTRITION INFORMATION

Per Serving (includes one lamb kabob, 1 vegetable kabob and 1 tablespoon of each dipping sauce):
Calories: 515, Fat: 26g (Saturated Fat: 7g), Sodium 580, Carbohydrate: 9g, Fiber 3g, Protein: 49g

Brought To You By



www.leanonlamb.com

OLDWAYS NUTRITION EXCHANGE: RESOURCES FOR SPREADING THE WORD ABOUT DELICIOUS AND HEALTHY EATING

This information may be reproduced for educational purposes. Please credit Tri-Lamb Group and Oldways Nutrition Exchange.