Create a Kabob

# Create a delicious kabob any time of the year using simple, fresh ingredients. Choose an item from each category. Then, follow the directions. Use your imagination! Each batch serves 4 adults.

## Step 1: Prepare 1 or 2 proteins from the following list:

1. 1 pound of raw chicken, pork tenderloin, beef sirloin, sausage or salmon cut into 1 to 1 ½ inch pieces.
2. 4-6 partially cooked bacon strips cut into thirds.
3. 15-20 shrimp, peeled and deveined.
4. 1-pound extra-firm or super-firm tofu, drained and pressed, cut in 1 to 1½-inch pieces.

##

## Step 2: Choose a seasoning marinade from the following list. This will flavor your protein:

Lemon garlic flavor: To make the lemon garlic marinade use the following ingredients:

1. 1/3 cup olive oil
2. 1/3 cup lemon juice OR 2-3 lemons if you have fresh
3. 1 ½ tablespoons soy sauce
4. 2 cloves minced garlic
5. ½ teaspoon oregano
6. ¼ teaspoon salt
7. ¼ teaspoon pepper

Mediterranean flavor: To make the Mediterranean marinade use the following ingredients:

1. 1/3 cup olive oil
2. ½ teaspoon garlic powder
3. ½ teaspoon onion powder
4. 1 teaspoon oregano
5. ½ teaspoon cumin
6. ½ teaspoon thyme
7. ¼ teaspoon cayenne pepper

Honey garlic flavor: To make the honey garlic marinade use the following ingredients:

1. ¼ cup olive oil
2. 1/3 cup soy sauce
3. 1/3 cup honey
4. ¼ teaspoon black pepper
5. 2 cloves minced garlic

Mexican flavor: To make the Mexican marinade use the following ingredients:

1. ¼ cup olive oil
2. Juice from 1 lime
3. 2 cloves minced garlic
4. 1 teaspoon chili powder
5. ½ teaspoon cumin
6. ½ teaspoon salt
7. ¼ teaspoon of pepper

Honey mustard flavor: To make the honey mustard marinade use the following ingredients:

1. ¼ cup honey
2. 1/3 cup mustard
3. ½ teaspoon paprika
4. ½ teaspoon salt
5. ½ teaspoon pepper
6. 2 teaspoons apple cider vinegar
7. ½ teaspoon garlic powder
8. ¼ teaspoon cayenne pepper
9. 1 tablespoon olive oil

Hawaiian teriyaki flavor: To make the Hawaiian teriyaki marinade use the following ingredients:

1. ½ cup brown sugar
2. ½ cup soy sauce
3. ¼ cup pineapple juice
4. 2 cloves minced garlic
5. ¼ teaspoon pepper
6. ½ teaspoon salt

Honey Soy flavor: To make the honey soy marinade use the following ingredients:

1. 2 tablespoons honey
2. 3 tablespoons soy sauce
3. 1 tablespoon minced garlic
4. ½ tablespoon minced ginger

Italian flavor: To make the Italian marinade use the following ingredients:

1. ½ cup olive oil
2. 1/3 cup soy sauce
3. ¼ cup lemon juice
4. ¼ cup Worcestershire sauce
5. 1 tablespoon garlic powder
6. 1 tablespoon Italian seasoning
7. 1 teaspoon pepper
8. ½ teaspoon salt

Place the protein and oil/marinade in a airtight container. Let the protein sit in the fridge for 8 hours or overnight.

## Step 3: Choose fruits or vegetables from the following list and prepare:

1. 1-2 bell peppers (red, orange, yellow, or green), red or sweet onion, or mushrooms. Cut into 1-inch pieces.
2. 1 zucchini, yellow squash, eggplant, or 2 potatoes. Cut into 1 to 1 ½ inch cubes.
3. 10-15 cherry tomatoes.
4. ½ head of broccoli or cauliflower pieces.
5. 2-3 ears of corn on the cob. Cut into 1-inch sections.
6. 4-5 beets, cut into 1-inch chunks.
7. 2 sweet potatoes, diced into 1 to 1 ½-inch cubes.
8. 1 can or 1 pineapple, chunked.
9. ½ cantaloupe or honey dew, dice into 1 to 1 ½-inch cubes.
10. Small strawberries or whole/large strawberries. Cut in half.
11. Red or green grapes.
12. ½ watermelon. Cut into 1-1 ½-inch cube.
13. 2-3 bananas. Cut into 1-inch chunks.

## Step 4: Make the Kabob using the following directions:

1. Build your kabob. Use a metal skewer or a wooden skewer (soaked in water for 5-10 minutes before). Use a sheet pan if you are cooking the kabobs in the oven.
2. Build your kabob using a pattern of the protein and produce. For example, “bell pepper, onion, pineapple, chicken, and bacon.”
3. Repeat two or three times until the skewer is full.
4. Repeat using the rest of the ingredients.

If you are using a grill, use the following directions:

1. Preheat your grill on medium-high heat to 400 degrees Fahrenheit.
2. Place skewers on the grill. Rotate every 5-10 minutes. Cook until the protein reaches desired internal temperature. This should take about 20-30 minutes. Remove and enjoy!

If you are using an oven, use the following directions:

1. Preheat to 350 degrees Fahrenheit. Cook for 30 minutes or until the protein is cooked all the way through.
2. Remove pan from oven and turn broiler on low. Place pan back in the oven.
3. Keep an eye on your veggies and meat to make sure they don’t burn.
4. Rotate onto each side for 3-5 minutes.

# Kabob Recipes

### A pantry that is stocked with whole foods will help you create great tasting kabobs like these!

Garlic Parmesan Steak Kabobs

* 1/3 cup olive oil
* ¼ cup parmesan cheese, grated
* 2 cloves garlic, minced
* 1 pound of beef sirloin, cut into 1 to 1½-inch pieces
* Mushrooms, whole or sliced
* 1 green bell pepper, cut into 1½-inch pieces
* 1 onion, slices into 1½-inch pieces

Directions:

1. Combine olive oil, Parmesan cheese and garlic in a small bowl. Mix until combined.
2. Add to a bag with the beef pieces. Let marinate for 8 hours, or overnight.
3. Prepare the vegetables.
4. Put the beef, mushrooms, green bell pepper, and onion onto the skewer.
5. Heat grill to medium-high heat.
6. Cook kabobs. Rotate every 5-6 minutes until the internal temperature of the meat reaches 145 degrees Fahrenheit.
7. Remove from heat. Let the kabobs rest for at least 3 minutes.
8. Enjoy!

Honey Garlic Chicken Kabobs

* ¼ cup olive oil
* 1/3 cup olive oil
* 1/3 cup soy sauces
* 1/3 cup honey
* ¼ teaspoon black pepper
* 2 cloves garlic, minced
* 1 pound chicken, cut into 1-1½ pieces
* 1 red bell pepper, cut into 1-inch pieces
* 1 orange bell pepper, cut into 1-inch pieces
* 1 red onion, sliced into 1-inch pieces
* 1 can pineapple chunks, canned in water or 100% juice

Directions:

1. Mix olive oil, soy sauce, honey, black pepper and garlic cloves in a small bowl. Mix.
2. Add to a bag with chicken pieces. Let it sit in the fridge for at least 8 hours. Prepare the fruit or vegetables.
3. Put the chicken, bell peppers, onion and pineapple onto a skewer.
4. Heat grill to medium-high heat. Cook kabobs, rotate every 5-6 minutes until chicken reaches an internal temperature of 165 degrees Fahrenheit.
5. Serve with brown rice.

Fruit Dessert Kabob

1. 10-15 small strawberries, whole. Or 5-8 large strawberries, cut in half.
2. 2-3 bananas, cut into 1-inch chunks
3. 1 can or 1 pineapple, chunked
4. ½ cantaloupe or honeydew, cut into 1 to 1½-inch cubes
5. Honey, to taste

Directions:

1. Put the strawberries, bananas, pineapple, and melon onto a skewer.
2. Heat the grill to medium-high heat.
3. Cook fruit kabobs, rotating every 2-3 minutes. Cook until the fruit is cooked or has dark marks on it.
4. Remove from heat and drizzle with honey, to taste. Enjoy!

This material was funded by USDA’s Supplement Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU’s non-discrimination notice see [Notice of Non-Discrimination](https://www.usu.edu/equity/non-discrimination).

© Utah State University 2022