

# Create a Kabob

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

## 1 Prepare one or two proteins

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

## 2 Marinate protein

### Marinade suggestions:

- **Lemon garlic:** 1/3 cup olive oil, 1/3 cup lemon juice (2-3 lemons if fresh), 1 ½ tablespoons soy sauce, 2 cloves minced garlic, ½ teaspoon oregano, ¼ teaspoon salt, ¼ teaspoon pepper
- **Mediterranean:** 1/3 cup olive oil, ½ teaspoon garlic powder, ½ teaspoon onion powder, 1 teaspoon oregano, ½ teaspoon cumin, ½ teaspoon thyme, ¼ teaspoon cayenne pepper
- **Honey garlic:** ¼ cup olive oil, 1/3 cup soy sauce, 1/3 cup honey, ¼ teaspoon black pepper, 2 cloves minced garlic
- **Mexican:** ¼ cup olive oil, juice from 1 lime, 2 cloves minced garlic, 1 teaspoon chili powder, ½ teaspoon cumin, ½ teaspoon salt, ¼ teaspoon pepper
- **Honey mustard:** ¼ cup honey, 1/3 cup mustard, ½ teaspoon paprika, ½ teaspoon salt, ½ teaspoon pepper, 2 teaspoons apple cider vinegar, ½ teaspoon garlic powder, ¼ teaspoon cayenne pepper, 1 tablespoon olive oil
- **Hawaiian teriyaki:** ½ cup brown sugar, ½ cup soy sauce, ¼ cup pineapple juice, 2 cloves minced garlic, ¼ teaspoon pepper, ½ teaspoon salt
- **Honey soy:** 2 tablespoons honey, 3 tablespoons soy sauce, 1 tablespoon minced garlic, ½ tablespoon minced ginger
- **Italian:** ½ cup olive oil, 1/3 cup soy sauce, ¼ cup lemon juice, ¼ cup Worcestershire sauce, 1 tablespoon garlic powder, 1 tablespoon Italian seasoning, 1 teaspoon pepper, ½ teaspoon salt

Place protein and oil/marinade in a bowl or gallon bag, seal and store in fridge. Let protein marinate in the fridge for 8 hours or overnight.

## 3 Prepare produce

- 1-2 bell peppers (red, orange, yellow or green), red or sweet onion, or mushrooms, sliced into 1-inch sections.
- 1 zucchini, yellow squash, eggplant or 2 potatoes, diced into 1- to 1½-inch cubes
- 10-15 cherry or grape tomatoes, whole
- ½ head of broccoli or cauliflower pieces
- 2-3 ears of corn (on the cob, cut into 1-inch sections)
- 4-5 beets, cut into 1-inch chunks
- 2 sweet potatoes, diced into 1-1½-inch cubes
- 1 can or 1 pineapple, chunked
- ½ cantaloupe or honeydew, diced into 1-1½-inch cubes
- Small strawberries, whole or large strawberries, halved
- Red or green grapes
- ½ watermelon, diced into 1-1½-inch cubes
- 2-3 bananas, cut into 1-inch chunks

## Directions

Build your kabob. Use a metal skewer, wooden skewer (soaked in water for 5-10 minutes beforehand) or sheet pan (if cooking in oven, or skewers are unavailable). Build your kabob using a pattern of the protein and produce (e.g., bell pepper, onion, pineapple, marinated chicken, and bacon). Repeat two or three times until skewer is full. Repeat, using all remaining ingredients.

Preheat your grill on medium-high heat to 400° F. Place skewers on the grill. Rotate every 5-10 minutes until protein reaches desired internal temperature, about 20-30 minutes. Remove and enjoy!

If cooking your kabobs in the oven, preheat to 350° F. Cook for 30 minutes, or until protein reaches desired internal temperature. Remove pan from oven and turn broiler on low. Place pan back in oven. Keep an eye on your veggies and meat; you just want a light char. Rotate and broil each side 3-5 minutes to achieve the charred look and flavor you would get from a grill.

## 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 beef sirloin, cut into 1- to 1½-inch pieces
- Mushrooms, whole or sliced
- 1 green bell pepper, cut into 1½-inch pieces
- 1 onion, sliced into 1½-inch pieces

Combine olive oil, parmesan cheese and garlic in a small bowl. Mix until combined. Add to a bag with the beef pieces. Let marinate for 8 hours or overnight. Prepare vegetables. Using metal or wood skewers, thread the beef, mushrooms, green bell pepper and onion.

Heat grill to medium-high heat. Cook kabobs, rotating every 5-6 minutes until internal temperature of meat reaches 145° F. Remove from heat and let rest for at least 3 minutes. Enjoy!

### FRUITY DESSERT KABOB

- 10-15 small strawberries, whole or 5-8 large strawberries, halved
- 2-3 bananas, cut into 1-inch chunks
- 1 can or 1 pineapple, chunked
- ½ cantaloupe or honeydew, cut into 1- to 1½-inch cubes
- honey, to taste

Using metal or wood skewers, thread the strawberries, bananas, pineapple and melon. Heat grill to medium-high heat. Cook fruit kabobs, rotating every 2-3 minutes, until fruit is slightly charred. Remove from heat and drizzle with honey, to taste. Enjoy!

### HONEY GARLIC CHICKEN KABOBS

- ¼ cup olive oil
- 1/3 cup soy sauce
- 1/3 cup honey
- ¼ teaspoon black pepper
- 2 cloves garlic, minced
- 1 pound chicken, cut into 1-1½-inch 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

Combine olive oil, soy sauce, honey, black pepper and garlic cloves in a small bowl. Mix until combined. Add to a bag with chicken pieces. Let marinate for at least 8 hours. Prepare produce. Using metal or wood skewers, thread the chicken, bell peppers, onion and pineapple.

Heat grill to medium-high heat. Cook kabobs, rotating every 5-6 minutes until chicken reaches an internal temperature of 165° F. Serve with brown rice.

