Grilled Pork and Nectarine Kabobs

Yield: 6 servings, about 2 kabobs each

Instructions: In a small bowl, combine soy sauce, olive oil, brown sugar, garlic and ginger. Pour in a gallon size plastic bag. Add pork and let marinate in the refrigerator for 2–12 hours. Discard excess marinade. Thread pork, nectarines, onion and green pepper onto pre-soaked wooden skewers. Grill over high heat for about 15 minutes, turning occasionally, until pork reaches a minimum internal temperature of 145°F.

Nutrition Facts (per serving): 200 calories, 9 grams fat, 360 milligrams sodium, 11 grams carbohydrate, 2 grams fiber, 20 grams protein

3 Tablespoons lite soy sauce
3 Tablespoons olive oil
1 Tablespoon brown sugar
1 large garlic clove, minced
1/2 teaspoon grated fresh ginger
1 lb. boneless pork loin, cut into 1-inch cubes
2 large nectarines, cut into wedges
1 medium onion, cut into wedges
1 medium green pepper, cut into thick slices

Recipe provided by:

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