

Honey Pork Tenderloin Kabobs

Ingredients:

- 2 Tbsp. cider vinegar
- ½ c. honey
- ½ c. mustard
- 1 tsp. dried tarragon
- 3 to 4 sweet potatoes, cut into 24 1-inch cubes
- 1½ lb. pork tenderloin, cut into 24 1-inch cubes
- 4 medium ripe peaches, unpeeled, pitted and quartered
- 4 green peppers, each cut into 8 2-inch pieces
- 8 yellow onions, each cut into 4 2-inch pieces
- olive oil, for grilling

Directions:

- Soak wood kabob skewers in water prior to adding meat and veggies to prevent burning the sticks on the grill. Mix first four ingredients in a bowl; stir well and set glaze aside. Steam or boil sweet potatoes until crisp-tender. Thread three sweet potato cubes, three pork cubes, two peach quarters, four green pepper pieces and four onion pieces alternately onto each of eight 10-inch skewers.



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“Now Serving: Lean Pork!”
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Recipe courtesy of:
National Pork Board

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Brush kabobs with honey glaze mixture. Lightly oil grill. Grill over medium-hot coals five minutes on each side or until thoroughly heated, basting occasionally with glaze.

Makes eight servings. Per serving: 300 calories, 2 grams (g) fat, 47 g carbohydrate and 345 mg sodium.

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