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Our Vegetable Lamb Kabobs are brimming with colorful peppers, tomatoes, squash, onion and a smart-size 3-ounce portion of lean lamb chunks. These kabobs align with AICR's recommendations to eat a variety of vegetables and limit red meat. An easy-to-make, versatile marinade of olive oil, lemon juice, herbs and garlic infuses the kabobs with zing and cancer-fighting phytochemicals. Fire up the grill to enjoy the appetizing whiffs of these mouthwatering, charbroiled beauties.

Vegetable and Lamb Kabobs

1/3 cup finely chopped fresh parsley
2 large cloves garlic, minced
1 Tbsp. minced fresh marjoram or 1 tsp. dried marjoram
1 Tbsp. minced fresh thyme or 1 tsp. dried thyme
1/2 cup extra virgin olive oil
1/4 cup fresh lemon juice (about 2-3 medium lemons)
1/2 tsp. salt
1/4 tsp. ground black pepper
1 lb. leg of lamb, fat trimmed and cut in 1-1 1/2-inch chunks
1 medium red onion cut into quarters, separated into 8 (2-3-layer) chunks
1 large green bell pepper cut into 8 pieces
1 medium yellow squash cut into 12 slices
8 cherry tomatoes or 1 large tomato cut into 8 wedges
4 wooden or metal skewers
Cooking spray

If using wooden skewers, soak these in water for 10-30 minutes.

In mixing bowl, combine parsley, garlic, marjoram, thyme, oil, lemon juice, salt and pepper. Remove 1/4 cup marinade, put in small bowl, cover and refrigerate for brushing kabobs while cooking later.

To mixing bowl, add lamb and combine with remaining marinade. Cover bowl and refrigerate lamb a minimum of 30 minutes or overnight.

On each skewer, arrange 2 chunks onion, 2 pieces bell pepper, 3 pieces squash, 2 tomatoes and 4 pieces lamb in desired pattern. For pretty pattern skewer in this order: squash, pepper, lamb, onion, tomato, lamb, squash, lamb, tomato, onion, lamb, pepper, squash. Discard used lamb marinade. Brush kabobs liberally with reserved marinade.

If grilling, prepare grill and preheat on medium high. If cooking in oven, set top rack to second rung (at least six inches from broiler) and turn on broiler. Prepare broiler pan with cooking spray.

Cook kabobs uncovered 6-8 minutes on each side. Before turning, brush kabobs with reserved marinade. Use meat thermometer to test for desired doneness: medium-rare is 145 degrees F, medium is 160 degrees F and well done is 170 degrees F.

Serve kabobs with Radish and Cucumber Raita or plain Greek yogurt mixed with fresh herbs such as mint or dill.

Makes 4 servings.

Per serving: 280 calories, 17 g total fat (6 g saturated fat), 9 g carbohydrate, 23 g protein, 3 g dietary fiber, 105 mg sodium.

