



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Grill Some Seasonal Favorites



Vegetables are often included when planning a menu on the grill. But stone fruits aren't typically the first thing you consider grilling.

Their sweetness intensifies as the natural sugars caramelize.

If you don't try grilled fruit, you're missing out on something **DELICIOUS!**

Rather than take a long time cooking a whole pork loin, cut it in cubes and thread it with pieces of seasonal vegetables and fruits for the perfect kabobs. Grill some extra skewers and serve atop a salad for lunch the next day. Eating healthier is simple if you plan your meals and choose to include lots of fruits and veggies.

Kabobs are an easy summertime meal with a variety of flavor combinations.

Honey Pork Tenderloin Kabobs

Ingredients:

- 1/2 cup bourbon
- 2 Tbsp. cider vinegar
- 1/2 cup honey
- 1/2 cup mustard
- 1 tsp. dried tarragon
- 1 1/2 lb. pork tenderloin (cut into 24 one-inch cubes)
- 4 peaches (medium ripe, unpeeled, pitted and quartered)
- 4 green bell peppers (each cut into 8 two-inch pieces)
- 8 yellow onions (each cut into 4 two-inch pieces)



Directions:

1. Mix first four ingredients in a bowl; stir well and set glaze aside.
2. Thread 3 pork cubes, 2 peach quarters, 4 green pepper pieces and 4 onion pieces alternately onto each of eight 10-inch skewers. Brush kabobs with honey glaze mixture.
3. Lightly oil grill. Grill over medium-hot coals 5 minutes on each side or until thoroughly heated, basting occasionally with glaze.

Recipe adapted from National Pork Board (on Yummly.com)