



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

Dietitian's Dish

Fire up the grill - for FRUITS!

You probably wouldn't think about preparing fruits on the grill. But, grilling allows foods to take on a whole new flavor profile and intensifies the natural flavors that might typically be very subdued. Fruits get a more intensely sweet, caramelized flavor.



Vegetables get a slightly sweet and smoky flavor. Meats and seafood get a smoky flavor also. Any fruits that aren't too delicate will be great on the grill. Try these and strawberries on the grill this summer!

Grilled Watermelon and Pork Kabobs

Ingredients:

- 6 Tbsps. brown sugar
- 6 Tbsps. low-sodium soy sauce
- 6 Tbsps. diced red onion
- 3 garlic cloves, minced
- 3 Tbsps. lemon juice
- 1 Tbsp. olive oil
- 1/4 tsp. ground thyme
- Dash of pepper, to taste
- 1 lb. pork chop, cut into 1-inch cubes (38-40 pieces)
- 32 cubes watermelon (1-inch)
- 16-24 zucchini rounds (1/2-inch)
- 16 pineapple chunks (1-inch), fresh or canned
- 4 yellow or orange peppers
- 8 skewers



Directions:

1. Combine sugar, soy sauce, onion, garlic, lemon juice, olive oil, thyme, and pepper in a mixing bowl. Pour into a zip-lock bag and add pork pieces. Seal bag, mix thoroughly, and refrigerate for at least 1 hour, turning bag on occasion.
2. Remove pork from bag and reserve marinade. Thread 5 pork pieces, 4 watermelon cubes, 2 to 3 zucchini rounds, 2 pineapple chunks, and 3 peppers on each of 8 skewers, alternating the order.
3. Heat the grill to medium high. Use non-stick spray on cooking surface and then place kabobs on grill. Grill for 12 to 15 minutes, depending on grill heat, or until done, turning and basting frequently with reserved marinade.

Recipe and image courtesy of Watermelon.org.

Check out a video of the recipe at <https://youtu.be/LoGwDaM4qDE>