



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

# Dietitian's Dish

## Get Your Grill On!

If you use the grill to just cook up protein (like meat, poultry, seafood, etc.), then you're missing out. Fruits and veggies taste fabulous grilled! Both take on a sweetness that you don't get from their raw forms. Cutting them into smaller sizes and cooking on skewers speeds up cook time. Try these delicious options next time you fire up the grill!

### Pork Tenderloin and Vegetable Kabobs

#### Ingredients:

- 12 (10-inch) wooden skewers
- 2 Tbsps. fresh lime juice
- 2 Tbsps. olive oil
- 2 tsps. lime zest
- 1-1/2 tsps. chili powder
- 1/2 tsp. kosher salt
- 1/2 tsp. fresh ground black pepper
- 2 small pork tenderloins, cut into 1-1/2-inch pieces
- 2 orange and/or red bell peppers, cut into 1-1/2-inch pieces
- 1 small onion, cut into 1-1/2-inch pieces



#### Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat; soak skewers in water 20 minutes. In medium bowl, whisk lime juice, oil, lime zest, chili powder, salt and black pepper; add pork and toss.
2. Alternately thread pork, bell peppers and onion onto skewers. Place skewers on hot grill rack; cover and cook 13 minutes or until internal temperature of pork reaches 145°, turning once.

### Grilled Fruit Taco

#### Ingredients:

- 4 (10-inch) wooden skewers
- 1/4 cup brown sugar & cinnamon cream cheese, softened
- 2 Tbsps. fresh orange juice
- 1 Tbsp. granulated sugar
- 1 tsp. ground cinnamon
- 2 kiwis, peeled and cut in 1-inch pcs.
- 1 large ripe mango, peeled, pitted, and cut in 1-inch pcs.
- 1 cup halved strawberries
- 8 (4-inch) street taco flour tortillas
- 1/4 cup sliced almonds, toasted
- 1 Tbsp. chopped fresh basil



#### Directions:

1. Soak skewers in water 30 minutes. In small bowl, stir cream cheese and orange juice; in separate small bowl, combine sugar and cinnamon.
2. Prepare outdoor grill for direct grilling over medium heat. Alternately thread kiwi, mango, and strawberries onto skewers; lightly spray with cooking spray. Lay tortillas on work surface; lightly spray with cooking spray and sprinkle with cinnamon-sugar mixture.
3. Place fruit skewers on hot grill rack; cook 3 minutes, turning once. Place tortillas, cinnamon-sugar side down, on hot grill rack; cook 1 minute.
4. Remove fruit from skewers. Spread plain side of tortillas with cream cheese mixture; fill with fruit, almonds, and basil.