

Shish Kabob

These lamb kabobs are marinated in very little oil or salt, but the flavor is lively when wine, lemon juice, rosemary, and garlic are added.

What you need:

- 2 Tablespoons olive oil
- 1/2 cup chicken broth
- 1/4 cup red wine
- 1 juice of lemon
- 1 teaspoon chopped garlic
- 1/4 tablespoon salt
- 1/2 teaspoon rosemary
- 1/8 teaspoon black pepper
- 2 lb lean lamb, cut into 1-inch cubes
- 24 cherry tomatoes
- 24 mushrooms
- 24 small onions



(over for directions, nutritional information)

Shish Kabob (continued)

How to make:

Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper. Pour over lamb, tomatoes, mushrooms, and onions. Marinate in refrigerator several hours or overnight. Assemble separate skewers of lamb, onions, mushrooms, and tomatoes. Broil 3 inches from heat for 15 minutes, turning every 5 minutes. Remember lamb and onions take longer to cook than mushrooms and tomatoes.

Yield: 8 servings—Serving Size: 1 kabob with 3 oz meat

Nutrition Information:

Calories: 277

Total fat: 12 g

Saturated fat: 3 g

Cholesterol: 75 mg

Sodium: 195 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>