



## Teriyaki Kabobs

Yield: 4 servings

### Ingredients:

- ½ cup soy sauce
- ¼ cup water
- 2 tablespoons lemon juice
- 2 tablespoons cooking oil
- 2 teaspoons brown sugar
- 2 garlic cloves, minced
- ½ tsp. ground ginger
- 1 lb. pork, beef, or chicken, cut into 1-1/4 cubes
- 1 medium zucchini, cut into ½ inch slices
- 1 lg. sweet red pepper, cut into 1-1/2 inch slices



### Instructions:

1. In a bowl, combine the soy sauce, water, lemon juice, oil, brown sugar, garlic and ginger.
2. Pour half into a large re-sealable bag or shallow glass container.
3. Refrigerate the remaining marinade for basting.
4. Add meat to marinade in bag or glass container.
5. Cover and refrigerate 1-4 hours.
6. Drain and discard marinade.
7. On four metal or soaked bamboo skewers, alternate meat, zucchini and red pepper.
8. Grill uncovered, over medium-hot heat for 3 minutes on each side.
9. Baste with reserved marinade.
10. Continue basting and turning kabobs for 4-6 minutes or until meat juice runs clear.

**Nutrition Facts:** Calories, 290; fat, 11 g; calories from fat, 100; sodium, 1160 mg; carbohydrate, 10 g; fiber, 2 g

Source: University of Illinois Extension



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