

REAL LIVING

Killer Kabob Game

INGREDIENTS

Try creative pairings with any of the following:

Protein: Chicken, Shrimp, Sirloin Steak, Pork Tenderloin

Fruit: Pineapple, Mango, Grapes

Vegetables: Bell peppers (all colors), Zucchini (green and yellow), Cherry Tomatoes, Fresh Mushrooms, Onions (Sweet White or Red), Baby Potatoes, 1/2" sliced corn on the cob

To cut onions for skewers carefully slice the onion in half lengthwise. Peel the skin off of each onion half and then place the onion cut sides down. Cut each piece in half, then half again to create four wedges. Peel layers apart.

To prevent protein, fruit and veggies from falling off the skewers while cooking, cut them slightly larger than the spaces between the grill grates, about 1-inch thick. Make sure to thread each piece right through the center. Grill kabobs across grates diagonally. You can also grill them on foil or a grill mat or pan. To prevent sticking, marinate the kabobs and/or oil your grill grates before grilling.

Add flavor to kabobs by brushing them with your favorite marinade while grilling.

To prevent burning, soak wooden skewers in water or invest in metal skewers.