



**Veggie Kabobs**

**Ingredients**

Cremini mushrooms, red onion, cherry tomatoes, red and green bell peppers, green and yellow zucchini

**Marinade**

1/4 c. olive oil, 3 garlic cloves pressed, juice of 1 lemon, 1/2 tsp. each dried oregano and basil, salt/pepper



**Pineapple & Ham**

**Ingredients**

Sliced ham cut into strips or squares. Pineapple cut into chunks. Keep extra pineapple juice.

**Instructions**

Assemble ham and pineapple on skewers. Place on grill and baste with left over pineapple juice.



**Salmon & Dill Kabobs**

**Instructions**

Cut salmon crossway into half-inch wide strips and place in ziplock bag with white wine vinegar, lemon juice and zest and fresh dill. Marinate max. 30 minutes. Thread salmon alternating with zucchini onto skewers. Add salt and pepper.



**Shrimp Kabobs**

**Ingredients**

Spicy chili sauce, honey and shrimp

**Instructions**

Heat 2 tbsp. chili sauce and 1/3 cup of honey. Thread shrimp using two skewers (one through the head and one through the tail). Grill shrimp until opaque. Brush with marinade.

# KABOB COOKING



**Savory Sweet Pork**

**Instructions**

Cut pork into bit-sized pieces. Mix marinade of 3/4 c. sugar, 1/2 c. soy sauce, 3 tbsp. hoison sauce, 2 tbsp. dry sherry, 1 tbsp. minced fresh ginger and 2 tsp. garlic. Pour over pork. Set for at least an hour. Use extra marinade when on the grill.



**Blueberry & Yogurt**

**Instructions**

Thread blueberries on the skewer. Place on plate and lather with Greek yogurt (any flavour). Line freezer safe container with baking paper. Lay each kebob down allowing space between. Freeze a few hours. Eat immediately when removed.



**Balsamic Steak**

**Marinade**

1 tbsp. Worcestershire sauce, 4 tbsp. soy sauce, 3 tbsp. balsamic vinegar, 1 tsp. hot chili sauce, 1 tsp. granulated garlic, salt and pepper.

**Instructions**

Marinate steak and veggies for 1-2 hours. Skewer and grill.



**Greek Chicken**

**Instructions**

Coat chicken in 2 tbsp. olive oil, 4 cloves garlic, 1-2 tsp. dried oregano, salt and pepper. Marinate 30 minutes. Skewer with red onion, green and red pepper and chicken. Mix 2 tbsp. olive oil and 2 tbsp. Lemon juice. Baste while grilling.