

# GRILLED SPICED PORK AND GRAPE KEBABS

*Yield: 8 portions, 2 kebabs/skewers per portion*

<b>Ingredients</b>	<b>Amounts</b>
<i>Marinade</i>	
Olive oil	¼ cup
Lemon juice	2 Tbsp.
Garlic, minced	2 Tbsp.
Italian parsley, minced	2 Tbsp.
Fresh ginger, minced	1 tsp.
Coriander seeds, ground	1 tsp.
Black peppercorns, ground	½ tsp.
Turmeric	¼ tsp.
Smoked paprika	1 tsp.
Cayenne pepper	¼ tsp.
Oregano, minced	1 Tbsp.
Bay leaves, torn	2 ea.
Saffron	a pinch
Pork shoulder, cut in ½" cubes	2 lb.
Red grapes	1 lb.
Kosher salt	1 tsp.

## Method

1. *For the marinade:* Place all the ingredients for the marinade in a large bowl and toss to combine.
2. Add the pork and coat thoroughly; marinate for 2 hours.
3. Soak 6-inch bamboo skewers in water for half an hour. Skewer the pork alternately with the grapes. Season with kosher salt.
4. Grill the pork kebabs over a hot grill until the meat is cooked to the appropriate level of doneness and the grapes are hot and beginning to caramelize. Serve 2 skewers per entrée immediately.

Source: Adapted from Nancy Harmon Jenkins (2002)

<b>Nutrition Information Per Serving</b>				
Calories	205	Protein	25 g	
Total Fat	7 g	Sodium	315 mg	13% DV
Saturated Fat	1 g	Potassium	530 mg	15% DV
Trans Fat	0 g	Iron	1.2 mg	7% DV
Cholesterol	75 mg	Calcium	22 mg	3% DV
Carbohydrate	11 g	Vitamin A	90 IU	2% DV
Dietary Fiber	0.5 g	Vitamin C	7 mg	12% DV

# SPINACH AND GRILLED RED ONION SALAD WITH CUMIN VINAIGRETTE

*Yield: 8 portions*

Ingredients	Amounts
<i>Vinaigrette</i>	
Lime juice	¼ cup
Dijon mustard	1 tsp.
Cumin, toasted	1 tsp.
Black pepper, freshly ground	¼ tsp.
Kosher salt	½ tsp.
Olive oil	½ cup
 <i>Salad</i>	
Red onion	1 ea.
Extra virgin olive oil	as needed
Balsamic vinegar	as needed
Salt and black pepper, freshly ground	to taste
Baby spinach	½ lb.
Fennel bulb, thinly shaved	1 cup
Pomegranate seeds	½ cup
Green grapes, halved	1 cup

## Method

1. *For the vinaigrette:* Combine the lime juice, Dijon mustard, cumin, pepper and salt in a medium-size bowl and whisk to combine. Slowly drizzle in the olive oil while whisking to create an emulsified dressing. Season to taste.
2. *For the salad:* Clean the spinach and pick off any of the large stems; set aside in a large bowl. Peel and slice the red onion into ¼-inch rings; toss with olive oil, balsamic vinegar, salt and pepper, and grill over medium heat until soft and caramelized on both sides. Set aside to cool.
3. *To finish the salad:* In a large bowl, add the grilled onions with ¼ cup of the dressing and add the spinach, fennel, pomegranate seeds and green grapes, and toss to combine. Drizzle with more dressing if needed and toss again. Serve immediately.

## Nutrition Information Per Serving *(based on using 8 T. vinaigrette)*

Calories	145	Protein	2 g	
Total Fat	10 g	Sodium	130 mg	5% DV
Saturated Fat	1 g	Potassium	190 mg	5% DV
Trans Fat	0 g	Iron	1.4 mg	8% DV
Cholesterol	0 mg	Calcium	42 mg	4% DV
Carbohydrate	13 g	Vitamin A	1870 IU	37% DV
Dietary Fiber	3 g	Vitamin C	17 mg	29% DV