



Teriyaki Pork Tenderloin Kebabs

INGREDIENTS:

Teriyaki Sauce:

1/4 cup Low sodium soy sauce

1/4 cup Mirin (Rice wine vinegar)

2 tablespoons Sugar

Kebabs:

1 pound Pork tenderloin, cleaned

1 cup Red onion, large chop

1 cup Yellow squash, large chop

1 cup Zucchini, large chop

PREPARATION:

- In a medium sauce pan combine low sodium soy sauce, mirin, and sugar.
- Cook over medium heat, stirring until the sugar dissolves; remove from heat.
- Portion pork tenderloin into 16 1-ounce pieces.
- Alternate 1 ounce pork tenderloin pieces, onion, yellow squash, and zucchini onto skewers.
- Grill or sear kebabs until internal temperature reaches 145° F.
- Each serving is 4 ounces of pork tenderloin, 2 skewers per person.

* *Chef's note:* Serve over 1/4 cup of brown rice or cous cous. (Additional calories)

Yield: 4 servings

Calories: 206

Fat grams: 5.5

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14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM