



Apricot Glazed Pork Kabobs

Recipe Courtesy Chef Bryan Woolley

2 cups fresh apricots
1 cup fresh orange juice
1 tsp Splenda™ style sweetener
¼ cup honey
2 tbsp corn starch
1 tbsp freshly chopped thyme
1 tbsp freshly chopped oregano

1 pound pork tenderloin, cubed
2 cups large button mushrooms, coarsely chopped for kabobs
1 large red bell pepper, coarsely chopped for kabobs
1 summer squash, coarsely chopped for kabobs
Kabob skewers
Salt and pepper to taste

1. Place wooden kabob skewers in a bowl of water and set aside.
2. Pit and place apricots in the bowl of a food processor.
3. Add orange juice, and puree all together until smooth. Strain to remove pulp.
4. Return apricot juice to the food processor and add sweetener and corn starch. Pulse to combine.
5. Transfer apricot mixture and honey to a heavy bottomed sauce pan and bring to a boil. Cook for about 2-3 minutes to cook the starch. Mixture will thicken.
6. Build kabobs as desired, alternating pork cubes and vegetables. Sprinkle with salt and pepper.
7. Place on the grill for about 4 minutes each side.
8. Using a pastry brush lightly glaze the kabobs. If you would like to return the kabobs to the grill to caramelize the apricot glaze only leave them on for a VERY short time because the glaze may burn.
9. Serve and Enjoy!
10. Makes 4 servings

Nutrition Facts

Serving Size: ¼ recipe

Calories	310
Total Fat	4.5g
Saturated Fat	1.4g
Cholesterol	75mg
Sodium	65mg (without adding "to taste")
Carbohydrates	42g
Dietary Fiber	4g
Sugars	28g
Protein	28g

Diabetic Exchanges

Protein	4
Fat	1
Carbohydrates	3

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