

Healthy Recipe of the Week
Use organic ingredients whenever possible.

Lemon-Garlic Kabobs

6 servings

½ cup Italian salad dressing (Look for a healthier version that does not contain hydrogenated oil, or a bunch of additives and preservatives)

3 cloves garlic, minced

2 tablespoons fresh lemon juice

2 teaspoons finely grated lemon peel

¾ teaspoon salt

½ teaspoon freshly ground black pepper

1 pkg. (1 to 1-¼ lb.) turkey breast tenderloin, cubed (1-¼ inches)

1 red bell pepper, cut in chunks

1 small red onion, cut in wedges

Cherry tomatoes, if desired

Pineapple chunks, if desired

Hot cooked brown rice, if desired

Preheat grill or broiler.

In bowl, combine salad dressing, garlic, lemon juice and peel, salt and pepper. Remove and reserve 2 tablespoons mixture.

Add turkey, bell pepper, onion, tomatoes and pineapple chunks to bowl. Stir. Refrigerate, covered, 30 minutes.

Thread turkey, vegetables, and fruit onto skewers (discard marinade). Brush reserved fresh marinade over kabobs.

Grill or broil 5-inches from heat source 6 minutes. Turn and brush with remaining marinade. Continue grilling 7 to 8 minutes until turkey is no longer pink in center.

Serve on a bed of rice.