

April 17, 2015

Recipe: Spiced Lamb and Vegetable Kabobs

Lamb skewers in a Spicy Ginger Lime marinate with Red Bell Pepper, Red Onions and Summer Squash

Servings: 4

- 8 ounces yogurt, lowfat, plain
- 1 tablespoon lime juice
- 2 tablespoons ginger root, minced
- 1 1/2 teaspoons cumin
- 1 clove garlic, minced
- 1/4 teaspoon cayenne pepper
- 1 1/2 pounds leg of lamb, cubed
- 3 summer squash, medium, quartered
- 2 red bell peppers, medium
- 1/2 red onion, large
- 2 tablespoons oil

Marinade: Combine the yogurt, lime juice, ginger, cumin, garlic, and cayenne in a large bowl. Add the lamb and stir to coat. Marinate at least 20 minutes.

Alternately thread lamb cubes and vegetables onto wood skewers. Brush meat and vegetables with oil.

Cooking instructions:

Grill or broil until desired temperature is reached. Approximately 10 minutes for medium-rare.

Serving Suggestions:

Serve with Couscous

