Pineapple Pork Kabobs



Kabobs are a traditional summer staple, try them with pineapple and rosemary roasted vegetables for an explosion of flavors and textures. A true treat.

Timing

Prep time	Total time	Skill level
25 mins	**45 mins**	**Easy**

What You'll Need

Rosemary Garlic Marinade

- ½ cup olive oil
- 2 Tbsp. fresh rosemary, minced
- 4 cloves garlic, minced

Pineapple Pork Kebobs

- 1 lb. pork tenderloin, cut 1-inch chunks
- 1 cup pineapple, cut 1-inch chunks
- 1 cup sweet onion, cut 1-inch chunks
- 1 cup Red Sun Farms® bell peppers, cut 1-inch chunks
- 10-inch skewers, soaked

Rosemary Veggies

- 2 cups broccoli, chunked
- 1 cup Red Sun Farms® tomatoes, chunked
- 4 Tbsp. Parmesan cheese, shredded

Directions

Rosemary Garlic Marinade

Mix olive oil, rosemary and garlic in small mixing bowl. Divide in half.

Pineapple Pork Kebobs

1. Thread pork, pineapple, onions and peppers onto skewers.
2. Brush with half of Rosemary Garlic Marinade and let stand 5 minutes.
3. Place skewers under preheated broiler 5 inches from heat; broil 10-15 minutes, or until meat is firm and lightly browned.

Rosemary Veggies

1. Heat remaining marinade in large skillet over medium-high heat; add broccoli and tomatoes, and cook 5 minutes, or until broccoli is bright green and tender.
2. Remove from heat and add cheese.