

Grilled Lamb Kabobs with Lemon Rice

INGREDIENTS

- » 1 tbsp olive oil
- » 3 tbsp lemon juice
- » 4 tbsp finely chopped fresh parsley, divided
- » 1 tsp dried basil
- » 1/2 tsp salt
- » 1/4 tsp pepper
- » 1 lb boneless lean lamb, cut into 1-inch cubes
- » 1 medium onion, quartered
- » 1 green pepper cut into large chunks
- » 18 cherry tomatoes
- » 1 tbsp grated lemon rind
- » 1 tsp salt-free herb seasoning blend

- » 1 cup long-grain white rice, cooked according to directions without salt or fat.

Nutritional Content

Per Serving

Calories	396cal	Cholesterol	74mg
Protein	28g	Sodium	379mg
Carbohydrate	47g	Calories from Fat	23%
Fat	10g	Fiber	2g
Saturated Fat	3g		

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INSTRUCTIONS

In a large bowl mix olive oil, lemon juice, 2 tbsp chopped parsley, dried basil, salt, and pepper. Add lamb, onion, and green pepper pieces. Cover and refrigerate for 10 minutes. Preheat broiler or grill. In a small bowl, combine lemon rind, salt-free herb seasoning blend, and 2 tbsp chopped fresh parsley. Set aside. Thread meat onto 4 skewers alternating with onions, green peppers, and cherry tomatoes. Broil or grill, 4 to 5 inches from heat source, 7 to 10 minutes until cooked to desired doneness, turning occasionally. Combine hot cooked rice with lemon rind mixture and mix well. Serve kabobs over lemon rice. Serves 4.