

## ham and pineapple kabobs

### Ham and Pineapple Kabobs

#### Makes 6 servings

1 can	(14oz) Pineapple chunks, juice packed
3 tbsp	Orange juice
1 tbsp	Parsley, dried
1/2 tsp	Garlic powder
1/2 tsp	Tabasco sauce
1 tbsp	Olive oil
1 1/4lb	Cooked ham, cut in 1 1/2" cubes
2	Green peppers, cut in 1 1/2" cubes
6	Green onions, cut in 1" pcs

1. Drain pineapple and save the juice. Combine 2 Tbsp pineapple juice, orange juice, parsley, garlic powder, tabasco sauce, & olive oil in a small bowl.
2. Thread cubes of ham, pineapple, peppers, & green onions alternately onto long metal skewers. Brush all sides with juice mixture.
3. Place skewers on preheated barbeque. Grill, turning once and basting with juice mixture. Cook until vegetables are softened, about 10 minutes.

They also can be broiled instead of barbecued.

Per Serving:

Each serving of 1 kabob:

14g Carbohydrate

22g Protein

8g Fat

220 cal

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