

### **Spiced Pork-and-Red Pepper Skewers with Mango Sauce**

1 cup cubed peeled ripe mango  
2 Tbsp. fresh orange juice  
1 tsp. fresh lime juice  
1/4 tsp. salt  
1 small garlic clove, minced  
1 Tbsp. chopped green onion tops  
1 Tbsp. finely chopped fresh basil  
1 tsp. finely chopped jalapeño pepper  
1 (1-lb.) pork tenderloin  
32 (3/4-inch) pieces red bell pepper (about 1 large)  
2 tsp. olive oil  
2 tsp. Old Bay seasoning  
Cooking spray

Place first five ingredients in a food processor or blender; process until smooth. Spoon into a bowl; stir in onions, basil, and jalapeño. Cover and chill.

Preheat oven to 450 degrees.

Trim fat from pork; cut into 32 (3/4-inch) cubes. Place pork and bell pepper in a medium bowl. Drizzle with oil, and sprinkle with seasoning, tossing well to coat. Thread one bell pepper piece and one pork cube onto each of 32 (6-inch) skewers. Place kebabs on a broiler pan coated with cooking spray; bake at 450 degrees for 10 minutes or until pork is done.

Serve kebabs with mango sauce.

Makes 8 servings (serving size: 4 kebabs and 4 teaspoons sauce).

Nutritional values per serving:

104 calories

3.5g fat

13.2g protein,

4.8g carbohydrate,

spicy pork skewers

0.6g fiber,

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