

PREPARATION: 20 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

THAI-STYLE VEGETABLE AND MEAT SKEWERS

INGREDIENTS

12 bamboo skewers,
soaked in water

MARINADE

4 teaspoons canola oil

4 teaspoons fresh ginger,
chopped

3 tablespoons garlic, chopped

¼ cup onion, chopped

1½ teaspoons turmeric powder

⅛ teaspoon pepper

⅓ cup green grapes, washed

DIPPING SAUCE

1½ tablespoons peanut butter
(unsweetened, unsalted)

3 tablespoons water

SKEWERS

1 pork tenderloin (340g or
12 ounces) cut into 1" cubes

¼ cup onion, 1" cubed

½ cup red bell peppers,
cut in pieces

½ cup zucchini, cut in cubes

2 tablespoons canola oil

1½ teaspoons garlic powder

1 cup white rice, dry



Nutrient Analysis

PER SERVING:

2 meat skewers + 1 vegetable skewer
+ ½ cup of rice

RENAL EXCHANGE:

3 Protein + 1 Vegetable + 2 Starch

Calories	380Kcal
Protein	24g
Carbohydrates	35g
Fibre	2g
Total Fat	16g
Saturated Fat	2g
Cholesterol	46mg
Sodium	52mg
Potassium	584mg
Phosphorus	287mg

PREPARATION

- 1 In a food processor/blender, combine marinade ingredients and puree.
- 2 Spoon out half the marinade into a sealable plastic bag and marinate the pork cubes for at least 1 hour in the fridge. Keep the rest of the marinade in the blender.
- 3 To make dipping sauce, add the peanut butter and water to the rest of the marinade and puree until smooth.
- 4 Divide pork into 8 portions and thread marinated cubes to make 8 skewers.
- 5 Divide the vegetables into four portions and make 4 skewers. Rub the vegetables with the oil. Sprinkle garlic powder onto all skewers.
- 6 Cook the rice according to instructions on the package.
- 7 Grill the skewers on the BBQ, flipping occasionally to cook both sides or bake in a 375°F oven for 30 minutes.
- 8 Heat the dipping sauce and transfer to a small serving bowl.
- 9 Serve the hot skewers over rice and enjoy!