

Island Lamb Teriyaki Sticks

8 servings

Preparation time: 20 minutes

Marinate time: 4 to 12 hours

Cook time: 6 to 8 minutes

- 2 pounds boneless **American Lamb** leg or shoulder, cut into strips, 1-inch wide, 1/2-inch thick
- 1 cup soy sauce
- 1/2 cup brown sugar, packed
- 1/4 cup canola oil
- 1/4 cup white vinegar
- 3 cloves garlic, finely chopped
- 2 teaspoons sesame seeds
- 2 teaspoons ground ginger
- 1 teaspoon salt
- 24 water chestnuts
- 24 pineapple chunks
- 24 cherry tomatoes
- 12-inch bamboo skewers, soaked in water

Place strips of lamb in shallow dish. In bowl, combine soy sauce, brown sugar, oil, vinegar, garlic, sesame seeds, ginger and salt; reserve 1/4 cup marinade for basting. Pour remaining marinade over lamb. Cover and refrigerate meat for 4 to 12 hours, turning occasionally.

To assemble teriyaki sticks, remove meat from marinade and discard marinade. Thread lamb strips on bamboo skewers accordion-fashion alternately with water chestnuts, pineapple chunks and cherry tomatoes. Grill over medium-hot coals. Cook 4 inches above coals for 6 to 8 minutes or until desired degree of doneness, brushing occasionally with marinade. Turn teriyaki sticks frequently during cooking time. Serve immediately.

Nutrition per serving: 417 calories, 23 g protein, 34 g carbohydrate, 21 g total fat (45% calories from fat), 81 mg cholesterol, 3 g fiber, 987 mg sodium, 6 mg niacin, 0.21 mg vitamin B6, 2 mcg vitamin B12, 3 mg iron, 4 mg zinc.

Recipe and image provided by the American Lamb Board