

Balsamic and Rosemary Scented American Lamb Kabobs

6 servings

Preparation time: 20 minutes

Cook time: 8 minutes

- 1-1/4 pounds **American Lamb** leg or shoulder, cut into 18 cubes
- 1/4 cup balsamic vinegar
- 3 cloves garlic, finely chopped
- 2 teaspoons finely chopped fresh rosemary leaves
- 3/4 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground coriander
- 12 medium mushrooms
- 2 bell peppers, cut into 1-inch cubes
- 1 large red onion, cut into 12 wedges
- 1 large zucchini, cut into 12 pieces
- 6 wood skewers (12-inch) soaked in water

In small bowl combine vinegar, garlic, rosemary, cumin, salt, pepper and coriander.

Prepare kabobs by threading lamb, mushrooms, bell peppers, onion and zucchini onto skewers. Baste with herb sauce. Broil 4 inches from source of heat for 4 minutes per side or to desired degree of doneness: 145°F for medium-rare, 160°F for medium and 170°F for well. Turn once and baste with herb sauce.

Nutrition per serving: 205 calories, 26 g protein, 10 g carbohydrates, 7 g total fat (29% calories from fat), 77 mg cholesterol, 2 g fiber, 268 mg sodium, 7 mg niacin, 0.36 mg vitamin B6, 3 mcg vitamin B 12, 3 mg iron, 5 mg zinc