

Mediterranean Lamb Kabobs

recipe no. **107**

Serves 4 to 6

2 lb	lamb loin chops	1 kg
¾ cup	Mediterranean style or herb marinade	175 mL
1	small red and yellow pepper, cut into cubes	1
1	small sweet onion, cut into cubes	1
12	strawberry or cherry tomatoes	12

Place lamb chops in a re-sealable plastic bag, pour over marinade; seal bag and refrigerate for at least 1 hour or overnight. Arrange lamb chops on 6 skewers alternating with peppers, onion and tomatoes. Place kabobs on a pre-heated medium hot barbecue, cook for 18 to 20 minutes turning once or twice or until meat is cooked. Serve on freshly cooked quinoa mixed with some finely chopped fresh mint.

Add interest to your meal by serving both:

Jackson-Triggs Proprietors' Reserve Cabernet Franc/Cabernet Sauvignon
Inniskillin International Series Merlot



Medium Red

Mediterranean Lamb Kabobs

recipe no. **107**

