



# Pork Tenderloin Kebabs

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 3 kebabs

## Ingredients

- 1 (~1-pound) pork tenderloin
- 2 bell peppers, diced (any color, or a variety)
- 1 zucchini, cut into 1- to 2-inch slices
- 1 red onion, cut into 1- to 2-inch chunks
- 10 ounces mushrooms, cut in half if wider than about 1 inch
- 1 pineapple, cubed
- 1 peach, halved, pitted, and cubed
- 2 tablespoons oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

## Directions

1. If roasting in the oven, preheat the oven to 400°F. If grilling, preheat the grill to medium-high heat (350-400°F).
2. Place 12 wooden skewers in warm water to soak for 10-15 minutes. If using metal skewers, soaking is not needed.
3. Cut the pork tenderloin into 1-inch cubes. Try to keep the cubes small and consistent in size, so they cook quickly and evenly.
4. In a large bowl, combine the bell peppers, zucchini, onion, mushrooms, pineapple, peach, oil, salt, and pepper.
5. Assemble the kebabs by alternating between the cubed pork and the various vegetable and fruit pieces.
6. Roast or grill the kebabs until the pork is cooked to an internal temperature of 145°F, about 10-15 minutes, turning every 3-5 minutes if grilling.
7. Serve warm.

## Recipe Notes

- Can't find a 1-pound pork tenderloin? Substitute with 1 pound of boneless pork chops.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 11.5 g | Saturated Fat: 2.5 g  
Sodium: 370 mg | Total Carbohydrate: 31 g | Dietary Fiber: 5 g | Protein: 34.5 g**

Adapted from America's Test Kitchen | Submitted by Dana Herring MS, RDN  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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