

Pork Skewers Souvlaki

Kalyn's Kitchen



2 1/2 pounds boneless pork sirloin chops
2 tablespoons EVOO, for brushing kabobs right before grilling

MARINADE:

1/2 cup olive oil
1/2 cup fresh lemon juice
1 tablespoon red wine vinegar
1 tablespoon dried oregano
1 tablespoon garlic, finely minced
salt and ground black pepper to taste

Per Serving (excluding unknown items): 553 Calories; 40g Fat (66.0% calories from fat); 43g Protein; 3g Carbohydrate; 1g Dietary Fiber; 134mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. Cut pork chops or pork loin roast into cubes about 2 inches square and place in Ziploc bag.
2. Combine marinade ingredients and pour over meat. Crush the oregano between your palms as you add it to the marinade. Marinate in refrigerator for 6-24 hours. Turn the bag several times so all the surfaces of the meat sit in the marinade.
3. When you're ready to cook, drain the pork cubes in a colander, place in the sink while you preheat grill to high heat.
4. Thread meat on to skewers, pressing meat closely together so it doesn't spin on the grill. (Double Kabob Skewers or thick blade skewers are great if you can find them.)
5. When grill is hot, brush kabobs with olive oil on both sides, place Souvlaki skewers on grill and reduce heat to medium-high.
6. Grill skewers, turning as soon as you see grill marks on each, until the Souvlaki is very well browned on all sides. This will take about 15 minutes total cooking time, but actual cooking time depends on the temperature of the meat, temperature of your grill, the air temperature and exactly how thick you cut the pork. Use an instant-read meat thermometer to check that the pork has reached 140°F for barely pink in the middle.
6. Let it rest for at least 5 minutes after you remove from the grill, then serve hot.