

Grilling Gurus Fire Up The Flavor

(NAPS)—This grilling season, there are a number of ways to offer your family and friends a flavorful alternative to the traditional backyard feast. American Lamb and Peach Kebabs offer sumptuous chunks of tender lamb with the perfect accent of sweet, seasonal peaches. It's a grilling sensation that's part of a healthful menu.

American lamb has a wonderfully rich, sweet flavor that can be enhanced by marinades, simple herbs or robust spices—making it a great fit for today's trend toward more flavorful and healthful food. Great for an easy meal on a relaxing warm day, this buttery and tender meat is sure to please.

So the next time you fire up the grill—either indoors or outdoors—consider opting for an old favorite with a new twist. For more information on American lamb, nutrition facts and mouthwatering recipes, visit americanlambboard.org.

Grilled Peach and American Lamb Kebabs

8 servings

Preparation time: 30 minutes

Marinate time: 4 to 8 hours

Cook time: 14 minutes

3 pounds American Lamb leg or boneless leg roast, cut into 1½-inch cubes

1 small red onion, cut into quarters

½ cup peach jam

½ cup balsamic vinegar

2 tablespoons chopped rosemary

2 tablespoons finely chopped garlic

1 tablespoon red wine vinegar

½ cup olive oil

1 tablespoon salt

2 teaspoons fresh cracked pepper

4 whole peaches, skin



Grilled Peach and American Lamb Kebabs put a fun and delicious twist on grilling.

removed and cut in half, pitted or

8 canned or jarred peach halves

16 wooden skewers, soaked in water for 20 minutes

Place the lamb cubes and onion in a large pan. In a bowl, combine jam, balsamic vinegar, rosemary, garlic, red wine vinegar, oil, salt and pepper; pour over the lamb and onions. Toss to coat. Cover, refrigerate and marinate 4 to 8 hours.

Remove meat from marinade and discard marinade. On each skewer, thread 4 lamb cubes alternating with onion pieces. Grill the kebabs about 4 minutes per side or to desired degree of doneness. When lamb is done, remove from grill, cover and let stand. Grill peaches cut-side down until browned and juicy. Cut each grilled peach in half again and place on the end of each skewer. Serve immediately.

Nutrition per serving: 601 calories, 45 g protein, 15 g carbohydrate, 39 g total fat

(60 percent calories from fat), 171 mg cholesterol, 1 g fiber, 459 mg sodium, 11 mg niacin, 0.28 mg vitamin B6, 1 mcg vitamin B12, 4 mg iron, 7 mg zinc.

Did You Know?

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