



Lamb Kebabs with Balsamic Glaze

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 4

Nutrition Information Per Serving

371.8 calories, 4.64 g carbohydrate, 1.07 g fiber, 3.57 g NET carbs, 34.54 g protein, 23.07 g fat

Ingredients

- 3 clove(s) organic garlic, pressed
- 1 medium organic red bell pepper, cut into 3/4 inch squares
- 1/2 tsp(s) ground black pepper
- 4 Tbsp(s) organic extra virgin olive oil
- 1 tsp organic dried oregano
- 1/2 tsp(s) ground organic cinnamon
- 2 Tbsp(s) organic balsamic vinegar
- 24 ounce(s) grass-fed lamb kabob meat, 1" cubes
- 1 tsp organic cumin seed

Preparation

1. In a small bowl, combine the garlic, cinnamon, olive oil, cumin, pepper, oregano and vinegar.
2. Add the lamb and let marinate for 30 minutes or overnight. Meanwhile, soak bamboo skewers or use stainless steel.
3. Preheat a grill or grill pan. Thread the lamb onto the skewers, alternating with bell pepper chunks.
4. Grill for 3-4 minutes per side, to an internal temperature of 145 F for medium rare.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.