

Low Carb Pork Skewers with Spicy Peach Mango Glaze



Ingredients:

1 lb Pork Tenderloin, cut into 1 in. cubes

1 medium Zucchini, cut into ½ in. pieces

1 medium Squash, cut into ½ in. pieces

1 large Red Onion, cut into ½ in. pieces

Jackie's No Sugar Added Peach Mango Jam

1-2 finely diced Habanero peppers

Wooden Skewers, soaked in water for at least 30 minutes

Instructions:

Preheat grill or grill pan to medium high heat. Skewer the pork pieces alternating between meat and veggies. Skewer evenly across all soaked wooden skewers. Season with salt and pepper to taste.

Mix Jackie's No Sugar Added Peach Mango Jam and diced habanero. If the mixture is too thick to brush or baste as a glaze, add a tablespoon of water and mix thoroughly.

Grill each skewer about 3 minutes on each side. Baste with jam and pepper glaze. Continue to baste, turning kabobs for 4-6 minutes until the meat juice runs clear.

This dish is delicious served on a bed of cauliflower rice or wilted salad greens.

*Adapted from Z Living's
Pork Skewers with Spicy Mango Glaze*

Jackie's Jams