

Lamb, Zucchini and Onion Kebabs



POINTS® Value: 6
Servings: 4
Level of Difficulty: Easy

Coriander adds a hint of citrus flavor to our delicious marinade.

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Ingredients

- 1/2 cup plain fat-free yogurt
- 1 tsp ground coriander
- 1/2 tsp garlic powder
- 3/4 tsp table salt, or to taste
- 1/2 tsp black pepper, or to taste
- 1 pound lean leg of lamb, cut into 2-inch cubes (boneless)
- 1 large red onion(s), cut into 2-inch pieces
- 4 sprays olive oil cooking spray, enough to coat kebabs
- 2 medium zucchini, quartered lengthwise and cut into 2-inch cubes
- 2 cup cooked white rice, or basmati rice, kept hot

Instructions

1. Preheat outdoor grill, stove-top grill pan or broiler.
2. In a large shallow dish, whisk together yogurt, coriander, garlic powder, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Add lamb and stir to coat. (Note: Marinate lamb for 1 hour or, if possible, overnight.)
3. Skewer alternating pieces of lamb, zucchini and onion onto 8 wooden or metal skewers (soak wooden skewers in water for 30 minutes before using to prevent scorching). Coat kebabs with cooking spray; season to taste with remaining salt and pepper.
4. Grill or broil kebabs, turning frequently, about 8 minutes for medium-rare (cook slightly longer for medium or medium-well-done). Serve with rice. Yields about 2 kebabs and 1/2 cup of rice per serving.