

## **TURKEY KABOBS**

1 pound ground raw turkey  
1 cup soft bread crumbs  
1/4 cup milk  
1 (8 ounce can) pineapple chunks (juice-pack)  
1/2 cup soy sauce  
2 tablespoons cooking oil  
1 teaspoon ground ginger  
1/2 teaspoon dry mustard  
1/4 teaspoon garlic powder  
1 small onion quartered  
1 medium green pepper cut into 1 inch pieces  
12 cherry tomatoes  
Hot cooked rice (optional)

In a bowl combine turkey, bread crumbs, and milk. Mix well. Shape into 36 meat balls.

Drain pineapple, reserving the juice. In a baking dish or bowl combine, pineapple juice, soy sauce, oil, and seasoning. Add meat balls. Cover and refrigerate several hours or overnight, turning once. (If class is on a block schedule, marinate 20-30 minutes.)

Drain meatballs. Thread meatballs on 12 bamboo skewers alternately with pineapple, onions, and green pepper. Place skewers on unheated rack of broiler pan.

Broil 5 inches from heat for 7-8 minutes or until meat is done, turning once. Add tomatoes to end of skewers. Broil 1-2 minutes more.

Serve over hot cooked rice. Makes 6 servings (2 skewers each).

### **Answer the following questions after preparing the TURKEY KABOBS.**

1. What is the advantage of using ground turkey instead of ground beef?
2. How is this a meal in one?
3. What else could be served with turkey kabobs to create a balanced meal?