

Chipotle Barbecue Grilled Pork Skewer

Serving Size: 1 each

Makes: 10 servings

Ingredients:

2 tbsp	chili powder
1 ½ tbsp	ground cumin
1 ½ tbsp	light brown sugar
1 ½ tbsp	garlic cloves, minced
1 tsp	salt
1 tsp	ground black pepper
1 cup	honey
½ cup	apple cider vinegar
1/3 cup	tomato paste
1/3 cup	chipotle peppers in adobo
2 tsp	Dijon mustard
3 lb.	pork tenderloin
as needed	cooking spray

Preparation:

1. In a food processor, combine chili powder, cumin, brown sugar, garlic, salt, pepper, honey, apple cider vinegar, tomato paste, chipotle peppers in adobo, and mustard. Puree until smooth.
2. Trim pork tenderloin of excess fat, if necessary. Cut pork into 1 ½" cubes. Toss cubed pork with barbecue marinade; marinate in refrigerator overnight.
3. Place 5 oz. pork onto each skewer (If using wooden skewers, soak them in water for at least 30 minutes prior to cooking). Discard excess marinade from pork.
4. Prepare grill with cooking spray.
5. Grill pork skewers until nicely marked, and until a minimum internal temperature of 145°F. Pork can be finished in the oven if needed.

NUTRITION FACTS PER SERVING

calories	240
total fat (g)	6
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	170
total carbohydrate (g)	11
dietary fiber (g)	0
sugar (g)	10
protein (g)	34



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