

Pork Souvlaki



Nutrition Facts

Recipe makes 4 servings

Calories: 260	Dietary Fiber: 3 g
Fat: 7 g	Sodium 355 mg
Carbohydrate: 21 g	Protein 28 g
Cholesterol: 60 mg	

Souvlaki a popular Greek dish that is easy to make. Pork is used in this recipe, but can be made with any meat of your choice. **Prep Time:** 10 minutes

Source: American Diabetes Association.
For more Diabetes-friendly recipes, visit:
<http://www.diabetes.org/mfa-recipes>

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Pork Souvlaki



Ingredients—Souvlaki

- 8 bamboo skewers, soaked in warm water
- 1 lb. pork tenderloin
- 1/4 cup lemon juice
- 1 Tbsp. olive oil
- 4 garlic cloves, minced or grated
- 1 Tbsp. dried oregano
- 1/4 tsp. ground black pepper

Ingredients—Tzatziki Sauce

- 1/2 cup non-fat, plain yogurt
- 1 large cucumber, peeled, seeded & grated
- 1 clove garlic, minced or grated
- 1 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 whole grain pocket-style pitas, cut in half

Directions

1. Cut pork tenderloin into 1 inch cubes.
2. In large bowl, whisk together lemon juice, oil, garlic, oregano and pepper. Add pork and stir to coat.
3. Marinate for 10 minutes (can be made ahead of time and marinate up to 24 hours in the refrigerator). While the pork is marinating, preheat the broiler. Coat a baking sheet with cooking spray or line with foil.
4. Thread pork onto 8 skewers and lay on the baking sheet so they are not touching. Brush the skewers with remaining marinade, using all the marinade.
5. Place the skewers in the broiler 6 inches away from heat for 6 minutes. Turn the skewers and cook an additional 6 minutes.
6. In a small bowl, whisk together yogurt, cucumber, garlic, lemon juice, salt and pepper to make the tzatziki sauce. Spread 1/4 cup tzatziki sauce inside each pita half.
7. Remove pork from 2 skewers and stuff inside a pita pocket half. Repeat for remaining 3 pita halves.