



# Greek Lamb, Tomato, and Onion Skewers

by Bill Bradley, Registered Dietitian and Cookbook Author

## Ingredients (Serves 4)

- 1 1/2 pounds lamb (shoulder, leg), outer fat removed
- 1/4 cup extra virgin olive oil
- juice of 1/2 lemon
- 1 Tablespoon dried oregano
- 4 cloves garlic, minced or put through garlic press
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup cherry tomatoes
- 2-3 onions, sliced into wedges for the skewer

## Directions

1. Cut lamb into bite sized pieces.
2. Marinate lamb in olive oil, lemon juice, oregano, garlic, salt, and pepper for at least 2 hours, but up to 8 hours.
3. Skewer alternating lamb, cherry tomato, and onion.
4. Grill on medium high heat, turning occasionally, until lamb is tender, about 5-10 minutes depending on size of lamb pieces.