

SPOTLIGHT RECIPE



GRILLED SUMMER FRUIT KEBABS WITH HAM STEAK

- Soak the skewers at least 10 minutes before grilling.
- Peel, pit and quarter the plums. Peel, pit and cut the peaches into 7 pieces. Peel, pit and quarter the apricots.
- Thread 1 piece of each peeled, seeded fruit lengthwise onto a 6-inch skewer. Repeat with the remainder of the fruit. Each skewer will have 1 piece of each fruit.
- Place the brown sugar, corn syrup, cornstarch and pineapple juice in a saucepan. Stir well to blend. Bring to a boil. Hold hot.
- Slice the ham into 3-ounce portions.
- Heat a clean grill to medium-high heat. Lightly spray with cooking spray.
- Grill the ham slices until the internal temperature reaches 165 F, about 3 to 4 minutes. Set aside.
- Grill each skewer 2 to 3 minutes per side, turning carefully so the fruit does not fall off the skewer. Remove the skewers from the heat and serve drizzled with the honey.
- Serve the ham with the glaze on top and 2 fruit skewers.

Ingredients

Servings: 10

- Twenty 6-inch skewers
- 5 plums
- 3 peaches
- 5 apricots
- 4 ounces dark brown sugar
- 1 ounce light corn syrup
- 2 1/4 teaspoons cornstarch
- 1/2 ounce pineapple juice
- 2 1/2 tablespoons honey
- 2 pounds ham, boneless, smoked

Side dishes

- Fruit Skewers (from the recipe)
- Barley and Brown Rice

