



# #MakeItGAP

## RECIPES

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## MEDITERRANEAN GRILLED LAMB KEBABS

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**YIELD:** Serves 4

**MARINADE:**

3 Tbsp. fresh flat leaf parsley  
2 Tbsp. fresh marjoram  
2 Tbsp. extra-virgin olive oil  
2 tsp. lemon juice  
2 cloves garlic, *roughly chopped*  
1 tsp. fine sea salt  
1/2 tsp. freshly ground black pepper

**SKEWERS:**

2 lb. top round lamb, cut into 1 1/2-inch cubes  
Fine sea salt and freshly ground black pepper  
1 red bell pepper, *cut into 1 inch pieces*  
1 green bell pepper, *cut into 1 inch pieces*  
1 large red onion, *cut into 1 inch chunks*  
lemon wedges, *for garnish*

**PREPARATION:**

Combine the marinade ingredients in a food processor or blender and pulse until smooth.

Pat the lamb cubes dry and sprinkle generously with salt and pepper. Put the lamb and marinade in a glass dish or resealable plastic bag. Toss to evenly coat the meat and refrigerate for at least 2 hours or up to 24 hours.

Preheat a grill or grill pan to medium high heat.

Place a cube of lamb on a skewer, followed by the peppers and onions. Repeat until the skewers are filled.

Oil the hot grill pan, then place the skewers on the grill. Cook the lamb to the desired doneness, turning the skewers every 1 to 2 minutes (7 to 8 minutes total for medium doneness).

*Recipe adapted from [halfbakedharvest.com](http://halfbakedharvest.com)*