



Jalapeño-Mango Pork Skewers

Prep: 15 minutes plus marinating
Cook: 8 minutes • Serves: 8

- 3 medium ripe mangos, peeled, seeded and coarsely chopped (about 4 cups)
- 1½ medium jalapeño peppers, coarsely chopped
- ½ cup olive oil
- ¼ cup honey
- ¼ cup loosely packed fresh cilantro leaves
- 3 tablespoons fresh lemon juice
- 1½ teaspoons salt
- 1½ teaspoons ground black pepper
- 2 pounds pork tenderloin, trimmed and cut into 1-inch pieces
- 6-inch wooden skewers

1. In blender or food processor with knife blade attached, purée all ingredients except pork. Reserve 1½ cups sauce.

2. Place pork in large zip-top plastic bag; pour remaining sauce into bag. Seal bag, pressing out excess air. Massage ingredients in bag to combine. Refrigerate 30 minutes to marinate.

3. Heat large nonstick skillet over medium-high heat. Remove pork from marinade; discard marinade. In 2 batches, cook pork 4 to 5 minutes or until outside is browned and internal temperature reaches 145°, stirring frequently.

4. Place pork on skewers and serve with reserved sauce.

*Approximate nutritional values per serving:
291 Calories, 17g Fat (3g Saturated),
55mg Cholesterol, 444mg Sodium,
18g Carbohydrates, 1g Fiber, 18g Protein*

Chef Tip

Wear gloves when handling chile peppers and wash your hands thoroughly afterwards. The capsaicin can cause a burning sensation if it comes in contact with your skin.