

Ham Kebabs (Egg-Free, Gluten-Free, Nut-Free, Soy-Free)

Wheat, gluten, corn, soya, dairy & nut free; can be nightshade free

Foods Matter - When I wrote this recipe we had had nothing but rain for three weeks - I hope that by the time you read it you will be able to barbecue the ham in the garden!

Ingredients:

1 lb 10 oz piece of ham

2 level tsp cumin

grated peel and juice 3 large limes

3 tbsp maple syrup

vegetables and fruit for the kebab sticks - we used red and yellow peppers, zucchini and fresh pineapple but feel free to use whatever you prefer, or what suits your diet

Cut the ham into bite-size cubes.

Mix the cumin with the lime peel and juice and the maple syrup in a bowl just big enough to take the ham.

Add the ham, mix well, cover and leave to marinate for 24 hours, turning every now and then so all the ham gets bathed in the marinade.

Cut up the vegetables and fruit that you are using and string them onto kebab sticks with the ham pieces.

Cook on a barbecue or under a grill basting with the remaining marinade. **SERVES 6 - PER PORTION**

300cals - 31g protein

16g total fat - 5g sat / 7g mono / 3g poly

9g carbohydrate of which 8g sugar

1g fibre - 1481mg sodium / 3.7 salt

50mg calcium

GOOD SOURCE OF:

Vitamins B1, B3, B6 & C

The above recipe was reprinted with the permission of Foods Matter Magazine, a UK (available online in the US) magazine for food allergies and intolerances.