

Turkey Bratwurst and Apple Kebabs



Ingredients:

Bratwurst & Apple Kebabs:

- 7 links of Old Wisconsin Turkey Bratwurst
- 2 Granny Smith apples – peeled, cored and cut into 8 chunks
- 1 red onion - small
- 8 bamboo skewers

Apple Cider Vinegar Glaze:

- ½ cup apple cider vinegar
- ½ cup apple juice
- ¼ cup maple syrup
- ¼ tsp. cloves
- ¼ tsp. black peppercorns

Apple Rice:

- 1 cup apple juice
- 1 cup water
- 1 cup white rice
- 1 oz. dried currants - or raisins
- 1 oz. pistachios - shelled and chopped

Prep Time: 30 minutes

Total Time: 45 minutes

Makes: 7 servings of 3 oz.

Cost: \$3.61/per serving

Directions:

- Soak bamboo skewers in water for thirty minutes.
- Prepare a hot grill.
- In a small pot, bring the apple cider vinegar, ½ cup of the apple juice, maple syrup, cloves and peppercorns to a boil. Reduce volume by two-thirds and remove to small bowl.
- In a medium pot, bring 1 cup of apple juice and 1 cup of water to a boil. Reduce heat to low and add rice, currants and pistachios. Cover pan and let simmer on low for 15 minutes or until rice is tender and liquid has evaporated.
- Cut Old Wisconsin Turkey Bratwursts into one-inch chunks.
- Peel and core apples and cut into one inch chunks.
- Cut red onion into one-inch pieces.
- Alternate four pieces of bratwurst, four pieces of apple, and 4 pieces of red onion on a skewer.
- Place kebabs on hot grill and place a folded sheet of aluminum foil under the exposed part of skewer. Occasionally baste kebabs with apple syrup until bratwurst is cooked.
- Plate the rice on a platter and top with bratwurst and apple kebabs. Drizzle remaining syrup over platter.

Nutritional Facts per serving (daily value): Calories 383kcal; Protein 18g (36%); Total Fat 10.23g (16%)(Sat. 3g (17%), Mono. 1g, Poly. 0.5g); Chol. 50mg (17%); Carb. 52g (17%); Fiber 3g (12%); Sugars 23g; Calcium 31mg (3%); Iron 2mg (10%); Magnesium 27mg (7%); Phosphorus 71mg (7%); Potassium 278mg (8%); Sodium 847mg (35%); Zinc 1mg (6%); Copper 0.1mg (7%); Manganese 1mg; Selenium 5µg; Vit. C 5mg (8%); Vit. B1 0.226mg (15%); Vit. B2 0.059mg (3%); Vit. B3 1.637mg (8%); Vit. B5 0.489mg (5%); Vit. B6 0.177mg (9%); Folate 71.496µg; Fol. acid 61.843µg; Food fol. 10µg; Diet. fol. eq. 115µg (29%); Vit. B12 0µg (0%); Vit. A 53IU (1%); Vit. A (RAE) 3µg; Vit. A1 0µg; Vit. E 0.2mg (1%); Vit. K 2µg; Alpha-carotene 0µg; Beta-carotene 28µg; Beta-cryptoxanthin 7µg; Lycopene 0.1µg; Lutein+Zeaxanthin 84µg; Alcohol 0g; Caff. 0mg; Vit. D (IU) 0 IU (0%); Starch 0.1g; Theobromine 0mg; Phytosterols 19mg; Sugar alcohol 0g; Trans fat 0g; Glutamic acid 0.5g; Choline 5mg; Vit. D 0µg.