**Skewerless Stovetop Kabobs**

Total Time

Prep/Total Time: 30 min.

Makes

4 servings

My family loves this quick and easy recipe so much, we never have any leftovers. It's also great on the grill. —Jennifer Mitchell, Altoona, Pennsylvania

Ingredients

1 pork tenderloin (1 pound), cut into 3/4-inch cubes

3/4 cup fat-free Italian salad dressing, divided

2 large green peppers, cut into 3/4-inch pieces

2 small zucchini, cut into 1/2-inch slices

1 large sweet onion, cut into wedges

1/2 pound medium fresh mushrooms, halved

1 cup cherry tomatoes

1/4 teaspoon pepper

1/8 teaspoon seasoned salt

Directions

In a large cast-iron or other heavy skillet, cook pork over medium-high heat in 1/4 cup salad dressing until no longer pink. Remove from pan.

In same pan, cook peppers, zucchini, onion, mushrooms, tomatoes, pepper and seasoned salt in remaining salad dressing until vegetables are tender. Return pork to skillet; heat through.

Nutrition Facts

2 cups: 236 calories, 5g fat (2g saturated fat), 65mg cholesterol, 757mg sodium, 22g carbohydrate (12g sugars, 4g fiber), 27g protein. Diabetic Exchanges: 3 lean meat, 2 starch.

<https://www.tasteofhome.com/recipes/skewerless-stovetop-kabobs/>