CITRUS RUBBED

Beef Top Sirloin and Fruit Kabobs

4 Servings, 1 beef skewer and 1 fruit skewer per serving

INGREDIENTS

1 medium orange
¼ cup chopped cilantro leaves
1 tablespoon smoked paprika
¼ teaspoon ground red pepper (optional)
1 pound top sirloin steak (boneless, about 1 inch thick)
4 cups cubed mango, watermelon, peaches and/or plums, cilantro, optional

DIRECTIONS

1. Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika, and ground red pepper, if desired, in small bowl.
2. Cut beef steak into 1¼-inch pieces.
3. Place beef and 2½ tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bags; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
4. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
5. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
6. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

NUTRITION ANALYSIS (PER SERVING)

Calories................................................... 239
Total Fat.................................................... 6 g
Saturated Fat........................................... 2 g
Trans Fat................................................. 0 g
Polyunsaturated Fat................................. 0.5 g
Monounsaturated Fat............................... 2.5 g
Cholesterol.............................................. 69 mg
Sodium.................................................... 53 mg
Carbohydrates................................. 22 g
Fiber...................................................... 3 g
Protein.................................................... 28 g

Dietary Exchanges: 1½ fruit, 3 lean meat

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check Certified Recipe.