



CITRUS-MARINATED BEEF & FRUIT KABOBS

Total Recipe Time: 40 to 45 minutes
Makes 4 servings



Cubes of Top Sirloin are marinated for flavor in a mixture of fresh-squeezed orange juice, orange peel, cilantro and smoked paprika. They are then grilled alongside skewers of watermelon, peaches, and mango.

INGREDIENTS

- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- 1 medium orange
- 1/4 cup chopped fresh cilantro leaves
- 1 tablespoon smoked paprika
- 1/4 teaspoon ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches and/or plums
- Salt

INSTRUCTIONS FOR CITRUS-MARINATED BEEF & FRUIT KABOBS

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. Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 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.
2. 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.
3. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 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.
4. Season beef with salt, as desired. Drizzle reserved orange juice over fruit kabobs.

NUTRITIONAL INFORMATION FOR CITRUS-MARINATED BEEF & FRUIT KABOBS

Nutrition information per serving: 239 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 57 mg sodium; 20 g carbohydrate; 2.4 g fiber; 27 g protein; 11.3 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 2.1 mg iron; 31.0 mcg selenium; 5.0 mg zinc; 107.1 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium, zinc and choline; and a good source of iron.

