

Honey-Mustard Beef Kabobs

Serves 4

Seasoning:

- » 1 tablespoon fresh lemon juice
- » 1 tablespoon olive oil
- » 1 tablespoon water
- » 2 teaspoons Dijon mustard
- » 1 teaspoon honey
- » ½ teaspoon dried oregano, crumbled
- » ¼ teaspoon black pepper

Kabobs:

- » 1 pound boneless beef top sirloin steak (about 1 inch thick), all visible fat discarded, cut into 1 ¼-inch pieces
- » 1 large red, yellow, or green bell pepper, cut into 1 ¼-inch pieces
- » 12 large button mushrooms
- » ¼ teaspoon salt

In a large bowl, whisk together the seasoning ingredients. Add the steak, bell pepper, and mushrooms, tossing to coat. Alternately thread pieces of steak, bell pepper, and mushroom on each of eight 6-inch bamboo skewers.

Place the kabobs on a rack in a broiler pan. With the surface of the meat 3 to 4 inches from the heat, broil for 9 to 12 minutes for medium-rare to medium doneness, turning occasionally. Or, grill kabobs over medium ash-covered coals for 8 to 11 minutes. Season with the salt.\



DIETARY EXCHANGES 1 Vegetable, 3 Lean Meat

NUTRIENTS PER SERVING Calories 219; Total Fat 8.8 g; Saturated Fat 2.4 g; Polyunsaturated Fat 0.6 g; Monounsaturated Fat 4.5 g; Carbohydrates 7 g; Fiber 1.7 g; Cholesterol 50 mg; Protein 29 g; Sodium 256 mg; Niacin 10.5 mg; Vitamin B₆ 0.7 mg; Vitamin B₁₂ 1.5 mg; Selenium 37.6 mg; Zinc 5.3 mg; Iron 2.4 mg

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