

Sizzling Sirloin Kabobs on a Bed of Orzo

Total Recipe Time: 35 to 40 minutes

1 pound boneless beef top sirloin steak, cut 1 inch thick
2 green, red and/or yellow bell peppers, cut into 1 inch pieces
1 tablespoon chopped fresh basil or 1 teaspoon dried basil
1 tablespoon prepared Italian dressing
2 large cloves garlic, minced
Salt and pepper

Orzo:

1 cup uncooked orzo pasta, cooked according to package directions
2 to 3 tablespoons chopped fresh basil or parsley
2 tablespoons shredded Parmesan cheese
2 teaspoons olive oil



1. Soak eight 8-inch bamboo skewers in water 10 minutes.
2. Cut beef steak into 1-1/4-inch pieces. Toss beef and bell peppers with 1 tablespoon basil, dressing and garlic in large bowl. Alternately thread beef and peppers onto skewers.
3. Toss Orzo ingredients in medium bowl; keep warm.
4. Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, about 8 to 10 minutes (over medium heat on preheated gas grill, covered, 9 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season with salt and pepper, as desired. Serve with orzo.

Makes 4 servings

Nutrition information per serving: 380 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 51 mg cholesterol; 163 mg sodium; 38 g carbohydrate; 2.9 g fiber; 34 g protein; 10.5 mg niacin; 0.8 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.1 mg iron; 31.4 mcg selenium; 5.8 mg zinc; 105.1 mg choline.

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

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