

MOJO BEEF KABOBS

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Mojo sauce is a classic combination of lime, garlic and oregano. It is also great with whole grilled steaks such as flank or top loin steaks.

Total preparation and cooking time: 40 minutes

- 1 pound boneless beef top sirloin steak, cut 1**
- 1 teaspoon coarse grind black pepper**
- 1 large lime, cut into 8 wedges**
- 1 small red onion, cut into 8 thin wedges**
- 1 container grape *or* cherry tomatoes (about 10**

Mojo Sauce:

- 1/4 cup fresh orange juice**
- 1/4 cup fresh lime juice**
- 3 tablespoons finely chopped fresh oregano**
- 3 tablespoons olive oil**
- 2 tablespoons finely chopped fresh parsley**
- 1 teaspoon ground cumin**
- 1 teaspoon minced garlic**
- 3/4 teaspoon salt**



1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium rare to medium doneness, turning occasionally.
5. Serve kabobs drizzled with sauce.

Makes 4 servings.

Nutrition information per serving: 285 calories; 15 g fat (3 g saturated fat; 10 g monounsaturated fat); 50 mg cholesterol; 500 mg sodium; 10 g carbohydrate; 1.8 g fiber; 27 g protein; 8.2 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.6 mg iron; 31.9 mcg selenium; 5.1 mg zinc.

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

Cook's Tip: If using eight 12-inch bamboo skewers, soak them in water for at least 10 minutes before grilling.

Cook's Tip: When cutting onion into wedges for kabobs, leave root end intact so wedges hold together during skewering.

Cook's Tip: To make lime wedges, cut lime crosswise in half. Cut each half into quarters, forming wedges.

Cook's Tip: Serve with tri-color couscous, which combines the flavors of spinach, tomato and basil with regular couscous. Add black beans for a fiber boost.