

Grilled Sirloin Skewers with Peaches and Peppers

SOURCE: Cooking Light, AUGUST 2002

INGREDIENTS:

Kebabs:

1 1/2 TBS ground cumin
1 1/2 TBS cracked black pepper
2 3/4 tsp salt
2 lbs boneless sirloin steak, cut into 48 (1") pieces
4 peaches, each cut into 8 wedges
2 small red onions, each cut into 8 wedges
2 large red bell peppers, each cut into 8 (1") pieces
Cooking spray

Sauce:

1/2 C chopped fresh parsley
1/4 C red wine vinegar
1 tsp olive oil
1/4 tsp kosher salt
1/4 tsp cracked black pepper
3 garlic cloves, minced
Parsley sprigs (optional)

DIRECTIONS:

Prepare grill.

To prepare kebabs: combine first 7 ingredients - toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge + 1 bell pepper piece alternately onto each of 16 (12") skewers. Place kebabs on grill rack coated with cooking spray - grill 6 minutes or till tender, turning occasionally. Place kebabs on a platter; cover loosely with foil. Let stand 5 minutes.

To prepare sauce: combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with whisk - spoon over kebabs - garnish with parsley sprigs, if desired.

Yield: 8 servings (serving size: 2 kebabs)

NUTRITION PER SERVING: CALORIES 217 (30% from fat); FAT 7.2g (sat 2.4g, mono 3g, poly 0.4g); PROTEIN 25.5g; CARB 12.4g; FIBER 3.2g; CHOL 69mg; IRON 3.8mg; SODIUM 768mg; CALC 38mg