



CITRUS RUBBED

Beef Top Sirloin and Fruit Kabobs

4 Servings,
1 beef skewer and 1 fruit skewer per serving

INGREDIENTS

- 1 medium orange
- ¼ cup chopped cilantro leaves
- 1 tablespoon smoked paprika
- ¼ teaspoon ground red pepper (optional)
- 1 pound top sirloin steak (boneless, about 1 inch thick)
- 4 cups cubed mango, watermelon, peaches and/or plums
- cilantro, optional

DIRECTIONS

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.
2. Cut beef steak into 1¼-inch pieces.
3. Place beef and 2½ 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.
4. 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.
5. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 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.
6. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

NUTRITION ANALYSIS (PER SERVING)

Calories	239
Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	69 mg
Sodium	53 mg
Carbohydrates	22 g
Fiber	3 g
Protein	28 g
Dietary Exchanges: 1½ fruit, 3 lean meat	

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check Certified Recipe

