

Grilled Sirloin Skewers with Peaches and Peppers



KEBABS:

1 1/2 tablespoons ground cumin
1 1/2 tablespoons cracked black pepper
2 3/4 teaspoons kosher salt
2 pounds boneless sirloin steak, cut into 48 (1-inch) 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-inch) pieces
Cooking spray

SAUCE:

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

Prepare grill.

To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until 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 a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.

Yield: 8 servings (serving size: 2 kebabs)

CALORIES 217(30% from fat); FAT 7.2g (sat 2.4g,mono 3g,poly 0.4g); PROTEIN 25.5g;
CHOLESTEROL 69mg; CALCIUM 38mg; SODIUM 768mg; FIBER 3.2g; IRON 3.8mg; CARBOHYDRATE
12.4g

Cooking Light, AUGUST 2002