



Beef and vegetable kebabs with brown rice

Ingredients:

- 1 c. brown rice
- 2 c. water
- 8 oz. top sirloin (choice)
- 8 T. fat-free Italian dressing
- 2 green peppers, seeded and cut into 8 pieces
- 8 cherry tomatoes
- 2 small onions, cut into 8 wedges
- 4 metal skewers or wooden skewers,
soaked in water for 30 minutes

Adapted with permission from Mayoclinic.org

Directions

In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 to 45 minutes. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.

Cut the meat into 8 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Thread 2 cubes of meat, 2 green pepper pieces, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10

minutes, turning as needed. Divide the rice onto individual plates. Top with 1 kebab and serve immediately. Serves 4.

Nutrition facts

Per serving (1 filled tortilla)	
Calories	300
Protein	18 g
Carbohydrate	49 g
Total fat	3 g
Saturated fat	1 g
Monounsaturated fat	1 g
Cholesterol	39 mg
Sodium	450 mg
Fiber	4 g
Added sugar	0 g