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Mediterranean Kabobs

For marindae:

- 2 Tbsp. olive oil
- 1 Tbsp. garlic, minced (2 to 3 cloves)
- 2 Tbsp. lemon juice
- 1 Tbsp. fresh parsley, rinsed dried and chopped (or 1 tsp. dried)
- 1/2 tsp. salt

For kabobs:

- 6 ounces top sirloin or other beef steak, cut into 3/4-inch cubes (12 cubes)
- 6 ounces boneless, skinless chicken breast cut into 3/4-inch cubes (12 cubes)
- 1 large white onion, cut into 3/4-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 4-ounce red bell pepper, rinsed and cut into 3/4-inch squares (12 pieces)
- 12 6-inch skewers (if wood, soak in warm water for 5 to 10 minutes to prevent burning)



Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high. Combine ingredients for marinade, and divide between two bowls (one to marinate the raw meat and one for cooking and serving). Mix the beef, chicken, onion, tomatoes and pepper cubes in one bowl of the marinade. After five minutes, discard remaining marinade. Place one piece each of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers. Grill or broil on each of the four sides for two to three minutes or until completely cooked (to a minimum internal temperature of 145 F for beef and 165 F for chicken). Spoon most of the remaining marinade over the kabobs while cooking. Drizzle the rest of the marinade on top of each kabob before serving (use only the marinade that didn't touch the raw meat or chicken).

Nutrition Information

Per serving:
202 calories
11 g fat (2 g saturated)
40 mg cholesterol
333 mg sodium*
9 g carbohydrates
2 g fiber
18 g protein



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