

## Classic Beef Kabobs

1 pound beef sirloin cut 1-inch thick	2 tablespoons olive oil
8 ounces mushrooms	1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
1 medium red, yellow, or green bell pepper, cut into 1-inch pieces	2 cloves garlic, minced
Salt	½ teaspoon ground black pepper

Cut beef sirloin steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces; toss to coat.

Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers. Leaving small spaces between pieces.

Place kabobs on grill over medium, ash-covered coals. Grill kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired. Yield: 4 servings

Nutrition Information per Serving: 252 calories, 12 g. fat, 61 mg sodium, 8 g carbohydrates, 1.6 g fiber, 28 g protein

Tips: \*You can use bamboo skewers in place of the metal skewers. Soak bamboo skewers in water 10 minutes before using; drain.

\*Leaving a small space between the meat and vegetables on the skewers will allow the beef to cook more evenly.