

Southwestern Beef Kabobs with Corn and Orzo Salad

Prep: 40 minutes **Broil:** 8 minutes

Makes: 8 servings

4 teaspoons chili powder
2 teaspoons garlic salt
1 teaspoon ground cumin
1 teaspoon ground oregano
2 pounds boneless beef sirloin, cut into
1-inch cubes
1 recipe Corn and Orzo Salad
Lime slices (optional)
Cilantro sprigs (optional)

- 1** In a re-sealable plastic bag combine chili powder, garlic salt, cumin, and oregano. Seal bag and shake to mix. Add beef cubes to bag. Seal bag and shake to coat. On eight 10-inch skewers thread meat, leaving 1/4-inch space between pieces.
- 2** For a charcoal grill, grill kabobs on the rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until desired doneness, turning once or twice. (For a gas grill, preheat grill. Reduce heat to medium. Place kabobs on grill rack over heat. Cover and grill as directed.)
- 3** Transfer orzo mixture to a large platter; arrange beef kabobs on top. If desired, garnish with lime slices and cilantro sprigs.

Corn and Orzo Salad:

Cook 2/3 cup dried orzo (rosamarina) according to package directions, adding 2 cups fresh corn kernels (4 ears) for the last minute of cooking. Drain orzo and corn in a colander; rinse with cold water. In a large bowl combine orzo; corn; 1 medium orange or red sweet pepper, cut into bite-size pieces; 2/3 cup grape tomatoes, halved; one 14.5- to 15-ounce can kidney beans, rinsed and drained; 1/2 cup thinly sliced red onion; and 1 small zucchini, halved lengthwise and sliced. For dressing, in a screw-top jar combine 2 tablespoons olive oil; 2 tablespoons honey; 1 teaspoon finely shredded lime peel; 1/4 cup lime juice; 1 fresh jalapeno chile pepper, seeded and finely chopped (see tip, page xx); 2 tablespoons snipped fresh cilantro; 1/2 teaspoon salt; and 3 cloves garlic, minced. Cover and shake well. Pour dressing over orzo mixture; mix well.

Per kabob + 1 cup salad: 422 cal., 18 g fat (6 g sat. fat), 52 mg chol., 550 mg sodium, 38 g carb., 6 g fiber, 30 g pro.