



Steak & Veggie Kabobs

Prep: 30 minutes

Grill: 10 minutes • Serves: 4

- 8 (12-inch) wooden skewers
- 1 pound new potatoes (about 16 potatoes), cut in half, larger potatoes quartered
- 1½ pounds boneless beef sirloin or New York strip steaks, trimmed, cut into 1-inch pieces
- 1 tablespoon favorite steak seasoning
- 1 (8-ounce) package white mushrooms, cut in half, larger mushrooms cut into quarters
- 1 bell pepper, cut into 1-inch pieces
- 1 medium zucchini, sliced ¼-inch thick
- 1 tablespoon olive oil

- 1.** Soak skewers in water 20 minutes. Prepare outdoor grill for direct grilling over medium heat.
- 2.** In medium saucepot, add potatoes and cold water to cover by 2 inches; heat to boiling over high heat. Boil potatoes 5 minutes; drain and cool 5 minutes.
- 3.** In medium bowl, toss steak and 2 teaspoons steak seasoning. In second medium bowl, toss mushrooms, bell pepper, zucchini, potatoes, oil and remaining 1 teaspoon steak seasoning.
- 4.** Alternately thread beef and vegetables onto skewers. Place kabobs on hot grill rack; cover and cook 10 minutes or until internal temperature of steak reaches 135°, turning kabobs occasionally. Internal temperature will rise to 145° upon standing for medium-rare.
- 5.** Transfer kabobs to serving plate; loosely cover with aluminum foil and let stand 5 minutes before serving.

Approximate nutritional values per serving:

466 Calories, 23g Fat (8g Saturated), 125mg Cholesterol, 664mg Sodium, 24g Carbohydrates, 3g Fiber, 41g Protein