



MOJO BEEF KABOBS

1 pound Kinderhook Farm beef kabobs
1 teaspoon coarse grind black pepper
1 large lime, cut into 8 wedges
1 small red onion, cut into 8 thin wedges
1 container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce:

1/4 cup fresh orange juice
1/4 cup fresh lime juice
3 tablespoons olive oil
2 tablespoons finely chopped fresh parsley
1 teaspoon ground cumin
1 teaspoon minced garlic
3/4 teaspoon salt

Whisk Mojo Sauce ingredients in small bowl. Set aside

Alternately thread beef kabobs with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.

Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 5 to 8 minutes for medium-rare to medium doneness, turning occasionally.

Serve kabobs drizzled with sauce.

Tips:

- If using bamboo skewers, soak them in water for at least 10 minutes before grilling.
- When cutting onion into wedges for kabobs, leave root end intact so wedges hold together during skewering.
- To make lime wedges, cut lime crosswise in half, Cut each half into quarters, forming wedges.
- Serve with tri-color couscous, which combines the flavors of spinach, tomato and basil with regular couscous. Add black beans for a fiber boost.

from The Beef Checkoff at
www.beefitswhatsfordinner.com.