

Steak Kabob Salad

Prep: 35 minutes plus marinating

Grill: 10 minutes • Serves: 4

Marinade

- 2 garlic cloves
- ½ habañero chile pepper, seeded and coarsely chopped
- 4 green onions, coarsely chopped
- ¼ cup fresh lemon juice
- ¼ cup fresh orange juice
- ½ teaspoon orange zest
- 1 teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- ¼ teaspoon Dijon mustard
- ½ cup extra virgin olive oil plus additional for grill

Kabobs

- 1¼ pounds beef loin sirloin steaks, cut into 1½-inch pieces
- 8 (10-inch) wooden or stainless steel skewers
- 3 small portobello mushrooms, each cut into ¾-inch slices
- 2 medium red onions, each cut into 8 wedges
- 2 red and/or orange bell peppers, each cut into 1½-inch pieces
- 1 medium zucchini, cut crosswise into ¾-inch-thick slices
- 1 bag (10 ounces) chopped hearts of romaine lettuce
- 1 pint red grape tomatoes, each cut lengthwise in half

1. Prepare Marinade: In blender or food processor with knife blade attached, pulse all ingredients, except ¼ teaspoon salt and oil, until garlic and chile pepper are chopped. With blender or processor running, drizzle in oil and process until well combined.

2. Prepare Kabobs: Place beef in large zip-top plastic bag. Pour ½ cup marinade over beef. Seal bag and refrigerate 2 to 6 hours to marinate. Refrigerate remaining marinade.

3. If using wooden skewers, soak in water 10 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In large bowl, toss mushrooms, onions, bell peppers and zucchini with ¼ cup remaining marinade. Remove beef from marinade; discard marinade. Alternately thread beef and vegetables onto skewers; sprinkle with remaining ¼ teaspoon salt.

4. Lightly oil hot grill rack. Place kabobs on hot grill rack; cover grill and cook 8 to 10 minutes or until internal temperature of beef reaches 145° for medium-rare (10 to 12 minutes or 160° for medium; 12 to 14 minutes or 170° for well-done), rotating kabobs every 2 to 3 minutes. Serve kabobs over lettuce and tomatoes drizzled with remaining marinade.

Approximate nutritional values per serving:

616 Calories, 44g Fat (10g Saturated), 84mg Cholesterol, 372mg Sodium, 27g Carbohydrates, 7g Fiber, 32g Protein

Chef Tips

When handling a chile pepper such as a habañero, make sure you wear gloves while cutting the pepper and thoroughly wash your hands afterward.

Time-Saver: Use your favorite bottled vinaigrette for marinating beef and drizzling over salad.

