

# Citrus Marinated Beef and Fruit Kebabs

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This recipe combines fresh fruit and steak in a colorful, easy to eat kebab.

*This Heart-Check Certified recipe is brought to you by Texas Beef Council.*

## Ingredients

4 Servings

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- + 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- + 1 medium **orange**
- + 1/4 cup chopped, fresh **cilantro leaves**
- + 1 tablespoon **smoked paprika**
- + 1/4 teaspoon ground **red pepper** (optional)
- + 4 cups cubed mango, watermelon, peaches and/or plums
- + Garnish: chopped fresh cilantro leaves (optional)

 **1 beef skewer, 1 fruit skewer** Serving size

 **15 min** Total time

 **15 min** Prep time

 **45 min** Cook time

|   |              |                                |
|---|--------------|--------------------------------|
|   | <b>239</b>   | <b>Calories</b><br>per serving |
|  | <b>1.8 g</b> | <b>Sat. Fat</b><br>per serving |
|  | <b>53 mg</b> | <b>Sodium</b><br>per serving   |

## Directions

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- 1** Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika, and ground red pepper, if desired, in small bowl. Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bags; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
- 2** Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
- 3** Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
- 4** Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

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