

Beef Kabobs with Parmesan Orzo

I absolutely love this recipe from the Texas Beef Council. . You can find this and other recipes that feature beef at <http://txbeef.org>.

1 pound beef Top Sirloin Steak boneless, cut 1 inch thick
2 red or yellow bell peppers, cut into 1 inch pieces
1 tablespoon chopped fresh basil or 1 teaspoon dried basil
1 tablespoon prepared Italian dressing
2 large cloves garlic, minced
1 cup uncooked orzo pasta, cooked
2 to 3 tablespoons chopped fresh basil or parsley
2 tablespoons shredded Parmesan cheese
2 teaspoons olive oil

Soak eight 8-inch bamboo skewers in water 10 minutes.

Cut beef steak into 1-1/4-inch pieces. Toss beef and bell peppers with 1 tablespoon basil, dressing and garlic in large bowl. Alternately thread beef and peppers onto skewers.

Toss orzo ingredients in medium bowl; keep warm.

Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 8 to 10 minutes (over medium heat on pre-heated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Serve with orzo.

Nutrition information per serving: 370 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 51 mg cholesterol; 148 mg sodium; 36 g carbohydrate; 2.3 g fiber; 33 g protein; 10.3 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 3.4 mg iron; 31.4 mcg selenium; 5.6 mg zinc.

One family member (the leader of the round) thinks of a person known by everyone at the table. Then, others ask the leader metaphorical questions to try to guess the person. For example: "If the person were a vegetable, what vegetable would she be?" "If he or she were a fruit/animal/color, which one would she be?" The idea is to stick to figurative rather than literal thinking. Whoever guesses the person first gets to be the leader of the next round.

