

## **Grilled Sirloin Skewers with Peaches and Peppers**

### Kebabs:

- 1 ½ Tbsp ground cumin
- 1 ½ Tbsp cracked black pepper
- 2 ¾ tsp kosher salt
- 2 lbs boneless sirloin steak, cut into 48 (1-in) pieces
- 4 peaches, each cut into 8 wedges
- 2 small red onions, each cut into 8 wedges
- 2 large red bell peppers, each cut into 8 (1-in) pieces
- Cooking spray

### Sauce:

- ½ cup chopped fresh parsley
- ¼ cup red wine vinegar
- 1 tsp olive oil
- ¼ tsp kosher salt
- ¼ tsp cracked black pepper
- 3 garlic cloves, minced
- Parsley sprigs (optional)

### Instructions:

1. Prepare grill
2. To prepare kebabs, combine first 7 ingredients (cumin through bell peppers); toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-in) skewers. Place kebabs on grill rack coated with cooking spray; grill for 6 minutes or until tender, turning occasionally. Place kebabs on a platter and cover loosely with foil. Let stand 5 minutes.
3. To prepare sauce, combine first 6 ingredients (chopped parsley through garlic cloves), stirring with a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.

Makes 8 servings

Per Serving (2 kebabs):

Calories: 217

Fat: 7 g

Protein: 25.5 g

Carbohydrates: 12.5 g

Cholesterol: 69 mg

Sodium: 768 mg

Source:

<http://www.myrecipes.com/recipe/grilled-sirloin-skewers-with-peaches-peppers-1000000334269/>