

Sonoma-Style Beef Skewers

FELICE BOGUS, North Carolina

Total Recipe Time: 50 to 65 minutes
Makes 4 servings

1 pound beef top sirloin steak, cut 1 inch thick
1 pound Swiss chard
1 tablespoon extra-virgin olive oil
1 medium onion, chopped
1 teaspoon minced garlic
¼ cup water
½ teaspoon kosher salt
3 cups cooked whole grain or regular orzo
2 tablespoons toasted pine nuts (optional)

Sauce

4 large plum tomatoes
2 tablespoons extra-virgin olive oil
3 cloves garlic, minced

Seasoning

1 tablespoon extra-virgin olive oil
½ teaspoon ground cardamom
½ teaspoon smoked paprika
½ teaspoon freshly ground black pepper

Nutrition information per serving: 573 calories; 20 g fat (4 g saturated fat; 12 g monounsaturated fat); 49 mg cholesterol; 545 mg sodium; 61 g carbohydrate; 5.5 g fiber; 38 g protein; 12.0 mg niacin; 0.2 mg vitamin B6; 1.4 mcg vitamin B12; 6.3 mg iron; 32.0 mcg selenium; 6.3 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B12, iron, selenium and zinc; and a good source of vitamin B6.

1. Prepare Sauce. Place tomatoes on grid over medium-high coals. Grill, uncovered, 9 to 11 minutes or until skins are completely blackened, turning frequently. Remove and discard skins from tomatoes. Finely chop tomatoes; place in medium bowl. Add remaining sauce ingredients; season with salt, as desired. Set aside.
2. Cut beef steak into 8 equal pieces. Combine Seasoning ingredients in large bowl. Add beef; toss to coat. Soak four 6-inch bamboo skewers in water 10 minutes; drain. Thread 2 beef pieces onto each skewer, leaving small space between pieces.
3. Place skewers on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 9 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Meanwhile, remove and finely chop Swiss chard stems and ribs. Thinly slice chard leaves. Heat oil in large skillet over medium heat until hot. Add onion; cook and stir 4 to 5 minutes or until tender. Add chard stems and leaves in batches, if necessary; cook and stir about 2 minutes or until leaves are wilted. Add garlic; cook and stir about 20 seconds. Add water; cover and cook 3 to 5 minutes or until stems are tender. Season with salt.
5. Combine orzo with chard mixture; divide among 4 bowls. Top each with 1 beef skewer; spoon some sauce on top. Garnish with pine nuts, if desired. Serve with remaining sauce.

