FOOD

Grilling Favorites... Beef Kabobs!

What could be more appetizing for supper than a perfectly portioned skewer of bite-sized, juicy chunks of beef grilled to perfection in less than 15 minutes? Sound like a good idea? Here's how;

To make Classic Beef, Sweet Pepper & Mushroom Kabobs, begin by cutting lean beef top sirloin steak into 1-1/4-inch pieces. The pieces don't have to be perfect cubes - just make sure they're all similar in size - a few rounded edges are OK.

Next, season the beef and vegetables with oregano, garlic and pepper, and then alternately thread them onto skewers. It is important to leave small spaces between the pieces to ensure that they cook evenly. Now, just grill for 7 to 9 minutes over medium heat. That's all there is to it.

Mix the ingredients for the tangy cucumber dipping sauce while the kabobs cook. Serve with lemony iced tea and "dinner on a stick" is ready!

Beef shoulder top blade (flat iron) or beef shoulder center (ranch) steaks, cut 1 inch thick, may be substituted for top sirloin or tenderloin steaks. Eight 12inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain. To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Place kabobs on grid as directed above. Grill kabobs, covered, 9 to 11 minutes for medium rare to medium doneness, turning once (do not overcook). Makes 4 servings.



Total preparation and cooking time: 30 to 35 minutes

Classic Beef, Sweet Pepper & Mushroom Kabobs

- 1 pound well-trimmed boneless beef top sirloin or beef tenderloin steaks, (cut one inch thick)
- 8 ounces medium mushrooms
- 2 medium red, yellow or green bell peppers, cut into one inch pieces

Seasoning:

- 2 tablespoons olive oil
- · 1 tablespoon chopped fresh oregano or crushed dried oregano
- · 2 cloves garlic, minced
- · 1/2 teaspoon ground black pepper

Cucumber-Yogurt Sauce:

- · 1/2 cup plain yogurt
- 1/3 cup finely chopped cucumber
- · 2 tablespoons crumbled feta cheese
- · 1 clove garlic, minced
- 1/4 teaspoon black pepper
- · 1/8 teaspoon salt



Low Carb Pan-Fried Asparagus

"This garlic asparagus dish is a Northern Italian side dish. My family loves it!"

Calories: 191 Total Fat: 18.5 g Total Carbs: 6g

Ingredients

- 1/4 teaspoon ground black pepper
- 3 cloves garlic, minced
- · 1 pound fresh asparagus spears, trimmed
- 1/4 cup butter
- · 2 tablespoons olive oil · 1 teaspoon coarse salt
- **Directions**

1. Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. 2. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking

Low Carb Yellow Squash Casserole

"Tender squash, gooey cheese and crunchy crackers make this a memorable side dish or a hearty main course. This is a great dish that can be made with low-fat ingredients and is still just as good!"

Directions

- 1. Preheat oven to 400 degrees F (200 degrees C).
- 2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
- 3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
- 4. Bake in preheated oven for 25 minutes, or until lightly browned.

Ingredients

- · 4 cups sliced yellow squash
- 1/2 cup chopped onion
- · 35 buttery round crackers, crushed · 1 cup shredded Cheddar cheese
- · 2 eggs, beaten
- · 3/4 cup milk
- · 1/4 cup butter, melted
- · 1 teaspoon salt
- · Ground black pepper to taste · 2 tablespoons butter

Calories: 196 Total Fat: 14.8g Total Carbs: 10.3 g

small amount of product.

The Misunderstood Fruit

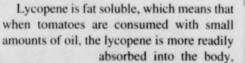
Some say Tuh-MAY-toh, some say Tuh-MAH-

to. Pronunciation doesn't matter when it comes to this fabulous nutritious fruit known as a vegetable.

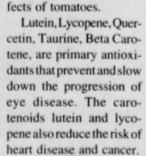
Tomatoes contain an abundance of nutrient and non-nutrient substances believed to be associated with certain

health benefits. This includes vitamins C, A, K, potassium, fiber and the phytochemical lycopene. Lycopene gives tomatoes their red color.

The redder the tomato, the more lycopene it contains. Research indicates Lycopene helps in mitigating Prostate Cancer.



Processed tomato products contain more nutrients than fresh tomatoes due to higher concentration levels in a



increasing the healthful ef-

fered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylitisms ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. A

Great gifts made simple."

