

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Beef Kabobs

From [www.cookingTF.com](http://www.cookingTF.com)

Serves 4

- 1 Tbs lemon juice
  - 1 Tbs coconut/olive/sesame oil combo
  - 1 Tbs Water
  - 2 tsp Dijon mustard
  - 1 tsp honey
  - 1 tsp Salt
  - 1/2 tsp oregano
  - 1/4 tsp pepper
  - 1 lb boneless, beef top sirloin steak (cut into 1-inch cubes)
  - 1 onion (cut into wedges)
  - 12 mushrooms
- Other assorted veggies, such as cherry tomatoes or bell peppers

In a shallow container, combine the lemon juice, oil, water, mustard, honey, salt, oregano and pepper. Add the meat, onion and mushrooms (and any other desired veggies) and marinate up to an hour.

Thread the meat and vegetables onto metal skewers or wooden skewers that have been soaked. Grill over medium heat for about 10 minutes for medium doneness, turning until all sides are browned. If you don't have a grill, you may use a broiler, as it's just a big, upside-down grill.

Serve with rice or quinoa and broccoli or asparagus