

“Kick Up” Your Salad by Adding Kabobs!

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The next time you make kabobs, try adding them to a salad. The following main dish salad featuring lean beef and colorful red bell peppers packs a nutrient punch and doesn't knock you out with a lot of calories!



Including protein-rich foods in your diet helps promote a sense of satiety (a feeling of fullness after a meal), that may help you eat fewer calories throughout the day. The boneless beef top sirloin steak shoulder cut used in this salad is one of 29 cuts of lean beef that meet government guidelines for “lean.”

Mixed Greens and Steak Salad with Creamy Peppercorn Dressing

Total preparation and cooking time: 40 minutes *Makes 4 servings*

Recipe as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons; authored by Chef Richard Chamberlain and Betsy Hornick, MS, RD and reproduced with permission.

- 1 pound boneless beef top sirloin steak, cut 3/4 inch thick
- 1-1/2 teaspoons crushed mixed peppercorns (black, pink, and green)
- 1 medium red bell pepper, cut into 1-1/2 inch pieces
- 1 medium yellow bell pepper, cut into 1-1/2 inch pieces
- Salt, as desired

Creamy Peppercorn Dressing

- 1/4 cup reduced-fat dairy sour cream
- 2 tablespoons light mayonnaise
- 2 tablespoons fresh lemon juice
- 1 large clove garlic, minced
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon crushed mixed peppercorns (black, pink, and green)
- 1/4 teaspoon salt
- 3 to 4 tablespoons skim milk
- 1 package (5 ounces) mixed baby salad greens

1. Cut beef steak into 1-1/2 inch pieces. Toss with crushed peppercorns.
2. Alternately thread beef and bell pepper pieces evenly onto four 12-inch metal skewers. **Cook's tip: If using bamboo skewers, soak them in water for at least 10 minutes before broiling.**
3. Place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil about 8 to 10 minutes for medium-rare to medium doneness, turning once. Season with salt, as desired.
4. Meanwhile, to prepare Creamy Peppercorn Dressing, whisk all ingredients except milk in small bowl. Stir in milk 1 tablespoon at a time until creamy consistency. Set aside.
5. Place salad greens on serving platter. Remove beef and peppers from skewers and arrange over greens. Drizzle with dressing.

Nutrition information per serving: Calories: 236; Fat: 10 g; Saturated fat: 3 g; Monounsaturated fat: 2 g; Cholesterol: 60 mg; Sodium: 300 mg; Carbohydrate: 9 g; Fiber 1.1 g; Protein: 28 g; Niacin: 8.4 mg; Vitamin B-6: 0.8 mg; Vitamin B-vitamin B-12, selenium, and zinc, and a good source of iron.

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