



Steak-on-a-Stick

Prep: 15 minutes plus soaking
Grill: 8 minutes • Serves: 8

- 16 (6-inch) wooden skewers
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 pounds Certified Hereford Beef sirloin steak tips

1. Soak skewers in water 15 minutes. Prepare outdoor grill for direct grilling or grill pan over medium-high heat. In small bowl, combine seasonings.

2. Evenly divide steak onto skewers; evenly sprinkle with seasoning mixture. Place skewers on hot grill rack; cook 8 to 10 minutes or until internal temperature reaches 135°F for medium-rare, turning skewers ¼ turn every 2 minutes. Serve with Coffee-BBQ Sauce and/or Chipotle-Roasted Tomato Dip.

Approximate nutritional values per serving:
 167 Calories, 8g Fat (3g Saturated),
 68mg Cholesterol, 342mg Sodium,
 1g Carbohydrates, 0g Fiber, 23g Protein

Coffee-BBQ Sauce

Prep: 10 minutes • Cook: 15 minutes

- ¼ cup finely chopped onion
- 1 tablespoon canola oil
- ¾ cup ketchup
- ½ cup brewed coffee
- ¼ cup packed brown sugar
- 3 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons molasses
- 1 tablespoon chili powder
- 1 teaspoon salt
- ½ teaspoon white pepper

In small saucepot, cook onion in oil over medium heat 5 to 7 minutes or until soft, stirring occasionally. Add remaining ingredients; reduce heat to medium-low. Cook 10 to 12 minutes longer or until flavors have blended and sauce is hot. Makes about 2 cups.

Approximate nutritional values per serving (¼ cup): 84 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 652mg Sodium, 17g Carbohydrates, 1g Fiber, 1g Protein

Chipotle-Roasted Tomato Dip

Prep: 10 minutes

- 2 garlic cloves, minced
- 1¼ cups sour cream
- ½ cup undrained canned fire roasted tomatoes
- ¼ cup chopped chipotle peppers in adobo (about 1 to 2 peppers)
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

In blender, purée all ingredients until smooth, scraping sides of blender occasionally with rubber spatula. Makes about 2 cups.

Approximate nutritional values per serving (¼ cup): 76 Calories, 6g Fat (4g Saturated), 18mg Cholesterol, 393mg Sodium, 3g Carbohydrates, 1g Fiber, 1g Protein