

## Onion Lover's Grilled Steak Kabobs with Crumbled Blue Cheese

**Total Recipe Time:** 35 to 40 minutes

- 1 pound \beef Top Sirloin Steak Boneless, cut 1 inch thick
- 4 green onions, cut into 2-inch pieces
- 3 teaspoons steak seasoning blend, divided
- 2 large assorted onions (red, yellow, sweet), each cut into 12 wedges
- 1 tablespoon olive oil
- 1/4 cup crumbled blue cheese



1. Cut beef steak into 1-1/4-inch pieces. Alternately thread beef and green onion pieces evenly onto four 10-inch metal skewers. Sprinkle with 1-1/2 teaspoons steak seasoning.
2. Thread onion wedges onto another four 10-inch metal skewers, alternating onion varieties. Brush onion wedges with oil; sprinkle with remaining 1-1/2 teaspoons steak seasoning.
3. Place onion wedge kabobs on grid over medium, ash-covered coals. Grill, covered, 15 to 20 minutes, turning occasionally. (Gas grilling times remain the same.) About 10 minutes before onions are done, move kabobs to outer edge of grid. Place beef kabobs in center of grid; grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Sprinkle onion and beef kabobs with cheese before serving.

**Makes 4 servings**

**Cook's Tip:** Eight 9-inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain.

**Nutrition information per serving:** 279 calories; 11 g fat(4 g saturated fat; 5 g monounsaturated fat); 56 mg cholesterol; 696 mg sodium; 15 g carbohydrate; 2.4 g fiber; 29 g protein; 7.7 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 2.1 mg iron; 32.5 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB<sub>6</sub>, vitaminB<sub>12</sub>, selenium and zinc; and a good source of iron.

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