

South Pacific Steak

Ingredients:

- 4 boneless beef chuck eye steaks, cut 1 inch thick or 4 beef shoulder top blade (flat iron) steaks (about 6 to 8 ounces each)
- 1-1/2 cups purchased fresh pineapple chunks packed in juice
- 1/2 cup hoisin sauce
 - 1 large red bell pepper, cut into 1-1/2 inch pieces
 - 1 small red onion, cut into 8 wedges
- 1/3 cup apricot preserves
 - 2 tablespoons fresh lemon juice
 - 2 tablespoons chopped fresh cilantro

Instructions:

1. Soak four 12-inch bamboo skewers in water 10 minutes; drain.
2. Meanwhile drain pineapple, reserving 1/2 cup juice. Combine pineapple juice and hoisin sauce in small bowl. Place steaks in food-safe plastic bag. Pour 1/4 cup hoisin-pineapple mixture over steaks; turn to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
3. Alternately thread pineapple chunks, bell pepper pieces and onion wedges onto skewers. Place in glass dish; brush 1/4 cup hoisin-pineapple mixture on kabobs. Cover and marinate in refrigerator up to 2 hours.
4. Remove steaks and skewers from marinade; discard marinade. Place steaks and kabobs on grid over medium, ash-covered coals. Grill steaks, covered, 10 to 14 minutes until steaks are medium rare to medium doneness and vegetables are crisp-tender, turning occasionally.
5. Meanwhile combine remaining hoisin-pineapple mixture, apricot preserves and lemon juice in small saucepan; cook and stir over medium heat until hot. Serve steaks with kabobs and sauce. Sprinkle with cilantro.

Makes 4 servings.

Nutrition information per serving, using chuck eye: 380 calories; 35 g protein; 42 g

carbohydrate; 8 g fat; 497 mg sodium; 81 mg cholesterol; 5.5 mg niacin; 0.6 mg vitamin B6; 4.3 mcg vitamin B12; 4.6 mg iron; 10.2 mg zinc.

Nutrition information per serving, using top blade: 435 calories; 35 g protein; 42 g carbohydrate; 14 g fat; 493 mg sodium; 77 mg cholesterol; 5.7 mg niacin; 0.7 mg vitamin B6; 4.6 mcg vitamin B12; 4.5 mg iron; 11.6 mg zinc