



Grilling is one of the best ways to prepare meat for both taste and lower fat content. Both indoor and outdoor grills enable grilling to be done in all kinds of weather and in every season. Grill or broil these Spicy Portuguese Steak Kabobs, which can be prepared and cooked within 30 minutes.

Featured Recipe

Fortunately a heart-healthy diet no longer confines one to bland vegetables and a little chicken or fish.

Research shows that all foods can be eaten in moderation. Fortunately for red meat lovers, beef cuts with fat well trimmed can be just as heart-healthy as chicken breast. The key is moderation, fat trimmed, and cautious use of sauces and other toppings.

One of the best ways to prepare meat for both taste and lower fat content is grilling. Once confined to summer months, grilling is now a year-round activity for most families. Both outdoor and indoor grills make grilling easy in all kinds of weather.

Here is a great heart-healthy recipe to serve with rice.

SPICY PORTUGUESE STEAK KABOBS

- 1 boneless beef top sirloin steak, cut 1/4-inches thick
- 1 large red bell pepper, cut into 1-inch pieces
- Salt

Seasoning:

- 2 tablespoons chopped, fresh cilantro
- 2 tablespoons olive oil
- 1 tablespoon cayenne pepper sauce OR 2 teaspoons hot pepper sauce
- 1 clove garlic, crushed
- 1/4-1/2 teaspoon crushed red pepper (optional)

Trim fat from beef steak. Cut steak into 1/4-inch pieces. In medium bowl, combine seasoning ingredients. Add beef; toss to coat.

Alternately thread beef and bell pepper onto each of six 10-inch metal skewers.

Place kabobs on grill over medium temperature. Grill, uncovered, 8-11 minutes for medium rare to medium doneness, turning occasionally; season with salt, as desired. Garnish as desired.

Makes 6 servings.

To broil instead of grill, place kabobs on rack in broiler pan so surface of beef is 3-4 inches from heat. Broil approximately 9-12 minutes, turning occasionally.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

February

- 10 — Make Valentine's Day Special
- 17 — Sunday Brunch
- 24 — Potato Lover's Month

March

- 3 — Peanuts, Almonds, and Other Nuts

PARTS • SERVICE • SALES • RENTAL

A GREAT DEAL



ON GREAT EQUIPMENT

Special Finance Rates on Any Bobcat Skid Steer, Excavator, or Compact Track Loader

- | | |
|--------------------|--------------------|
| 4.9% for 12 Months | 7.9% for 48 Months |
| 5.9% for 24 Months | 7.9% for 60 Months |
| 6.9% for 36 Months | |

Offer Expires March 31, 2001

See One Of These Local Dealers

Reading, PA
BOBCAT OF READING
Div. of Reading Kubota
610-926-2441

Chambersburg, PA
**CLUGSTON
AG & TURF INC**
717-263-4103

Lititz, PA
KEYSTONE BOBCAT
717-625-2800

Mifflinburg, PA
BS & B REPAIR
717-966-3756

Bethlehem, PA
CSI ENTERPRISES INC.
610-868-1481

Harrisburg, PA
HIGHWAY EQUIPMENT
717-564-3031

Martinsburg, PA
BURCHFIELDS, INC.
814-793-2194

Muncy, PA
**BEST LINE
LEASING, INC.**
717-546-8422
800-321-2378

Quarryville, PA
**GRUMELLI'S
FARM SERV.**
717-786-7318

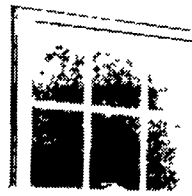


Bobcat



HomePride™

Windows & Doors



- Thermally efficient welded frames & sashes
- Patented Light Lift™ balance system
- Both sashes tilt in for cleaning
- Custom made to your specifications
- Many options available

See Us
In Harrisburg At The
Homebuilders Show
Feb. 24 thru
March 4



Also Contact:

**[SENENIG'S
SPOUTING]**

for all your spouting needs in 32 colors

265 E. Meadow Valley Rd., Lititz, PA 17543
717-733-7160 • 717-627-6886

1-800-247-2107



Financing Available

