



Sea-and-Shore Bison Kabobs with Mediterranean Couscous Salad

 Gluten Free

READY IN



73 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce bison sirloin steak cut into 1 1/2-inch pieces
- 16 small button mushrooms whole halved
- 16 cherry tomatoes
- 14.5 ounce chicken broth canned
- 1 cup cucumber seeded chopped
- 1 teaspoon thyme leaves dried crushed
- 0.3 cup feta cheese crumbled

- 4 cloves garlic minced
- 0.3 cup green onion sliced
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest shredded finely
- 3 tablespoons olive oil
- 1.3 cups quick-cooking couscous
- 1 medium bell pepper green red cut into 1-inch pieces
- 1 teaspoon salt
- 16 large sea scallops fresh
- 1 medium tomatoes seeded chopped
- 0.5 cup greek vinaigrette salad dressing
- 1 medium zucchini halved lengthwise sliced

Equipment

- bowl
- paper towels
- sauce pan
- grill
- skewers

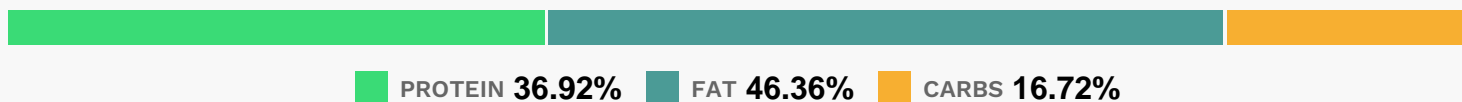
Directions

- For brush-on, stir together oil, lemon juice, lemon zest, garlic, salt, and thyme in a small bowl; set aside.
- Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. On eight 10-inch skewers,* alternately thread scallops, cherry tomatoes, and zucchini, leaving 1/4 inch between pieces.
- On eight 10-inch skewers,* alternately thread bison sirloin steak pieces, mushrooms, and bell pepper, leaving 1/4 inch between pieces.
- For gas or charcoal grill, place bison skewers on the rack of a covered grill directly over medium-high heat. Grill for 8 to 10 minutes or until desired doneness, turning once and brushing with brush-on. Grill scallop skewers beside bison skewers for 5 to 6 minutes or until

scallops are opaque, turning once and brushing with brush-on.

- Serve with Mediterranean Couscous Salad.
- Mediterranean Couscous Salad: Bring broth to boiling in a medium saucepan. Stir in couscous. Cover and remove from heat.
- Let stand for 5 minutes. Fluff couscous lightly with a fork.
- Transfer to a large bowl.
- Let stand at room temperature for 10 minutes. Stir in chopped tomato, cucumber, onion, and feta cheese. Toss with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:22.674782524938%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 411.89kcal (20.59%), Fat: 21.25g (32.69%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 14.61g (5.31%), Sugar: 3.66g (4.07%), Cholesterol: 89.55mg (29.85%), Sodium: 869.31mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.15%), Selenium: 40.75µg (58.21%), Phosphorus: 532.69mg (53.27%), Vitamin B12: 2.91µg (48.57%), Vitamin C: 30.77mg (37.3%), Manganese: 0.74mg (37.17%), Vitamin K: 34.42µg (32.79%), Zinc: 4.89mg (32.57%), Vitamin B6: 0.51mg (25.25%), Iron: 4.24mg (23.57%), Magnesium: 89.47mg (22.37%), Potassium: 773.52mg (22.1%), Vitamin B3: 4.31mg (21.57%), Vitamin B2: 0.3mg (17.93%), Copper: 0.33mg (16.45%), Vitamin E: 2.17mg (14.48%), Vitamin B1: 0.17mg (11.61%), Vitamin A: 561.29IU (11.23%), Fiber: 2.63g (10.52%), Folate: 39.55µg (9.89%), Vitamin B5: 0.75mg (7.45%), Calcium: 64.89mg (6.49%)