

## Mojo Beef Kabobs

Total Time: 40 minutes  
Makes 4 servings



### Ingredients:

- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- 1 teaspoon coarse grind black pepper
- 1 large lime, cut into 8 wedges
- 1 small red onion, cut into 8 thin wedges
- 1 container grape or cherry tomatoes (about 10 ounces)

### Mojo Sauce:

- ½ cup fresh orange juice
- ¼ cup fresh lime juice
- 3 tablespoons finely chopped fresh oregano
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- ¾ teaspoon salt

### Instructions:

1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1¼ inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, covered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, 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.
5. Serve kabobs drizzled with sauce.

### Nutrition Information per serving:

285 calories; 15g fat (3g saturated fat; 1g monounsaturated fat); 5mg cholesterol; 5mg sodium; 1g carbohydrate; 1.8g fiber; 27g protein; 8.2mg niacin; 0.6mg vitamin B<sub>6</sub>; 1.4mcg vitamin B<sub>12</sub>; 2.6mg iron; 31.9 mcg selenium; 5.1mg zinc.

Recipe and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

## Small Steps for Big Results to Lower Your Cholesterol

### Aim for a Healthy Weight

Protein plays an important role in weight management by increasing satiety (staying full longer), helping support strong, lean bodies and reducing the risk of chronic disease<sup>1</sup>

### Go Lean with Protein

Evidence shows that it's important to consume protein throughout the day (at all meals and snacks) to meet your needs, improve satiety and preserve lean muscle mass.<sup>2</sup>

### Make Half Your Plate Fruits and Vegetables

Fruits and vegetables provide the fiber and many nutrients required for managing your cholesterol while helping to keep you full for calorie control.

### A Little Movement Goes a Long Way

Aim for between 30 – 60 minutes of moderate intensity exercise most days.



For more information about beef in a heart-healthy diet or recipes, please visit

[TxBeef.org](http://TxBeef.org)



HAVE HIGH CHOLESTEROL?

Enjoy a Heart-Healthy Diet  
with Lean Beef



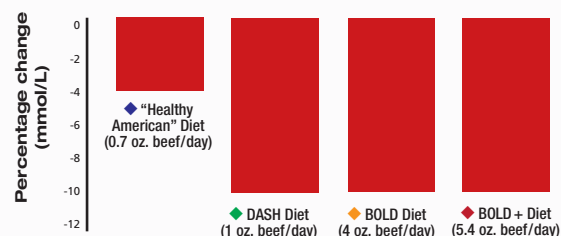
Mojo Beef Kabobs

## Enjoy Lean Beef While Improving Your Cholesterol

Heart disease is the number one cause of death in the United States (AHA). Nearly 1 in every 3 Americans has high levels of “bad” LDL-cholesterol. If you are one of those people it is important to follow a heart-healthy dietary pattern. The good news is you can do this while eating your favorite foods, like beef.

**Lean beef can be good for heart health.** Recent research called BOLD (Beef in an Optimal Lean Diet), shows that eating lean beef as part of a heart healthy diet is as effective as traditional heart-healthy diets, such as DASH (Dietary Approaches to Stop Hypertension).<sup>1</sup> Participants experienced a 10% decrease in LDL cholesterol. Not only is beef satisfying and great tasting, research shows that it can be part of a solution to improve your cholesterol and your doctor agrees.

### Mean Percentage Decrease in LDL Cholesterol



- ◆ **Healthy American Diet (HAD):** Control diet, included more refined grains, full-fat dairy products, oil and butter to reflect current American dietary habits.
- ◆ **Dietary Approaches to Stop Hypertension (DASH):** Considered the “gold standard” heart-healthy diet, this eating plan featured vegetables, fruits and low-fat dairy and limited red meat and sweets.
- ◆ **Beef in an Optimal Lean Diet (BOLD):** Similar to DASH diet (rich in vegetables, fruits, whole grains, nuts and beans) and protein amount, but used lean beef (4 oz./day) as the primary protein source, whereas the DASH diet used primarily white meat and plant protein sources.
- ◆ **Beef in an Optimal Lean Diet Plus (BOLD-PLUS):** Similar to the BOLD diet, but with higher protein and lean beef intake (5.4 oz./day).

<sup>1</sup> Roussel MA, Hill AM, Gaugler TL, West Sg, Vanden Heuvel JP, Alaupovic P, Gillies PJ, and Kris-Etherton PM, Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. AM J Clin Nutr 2012; 95 (1); 9-16.

The BOLD study shows it's possible to go lean and heart healthy with beef by choosing sensible portions of lean cuts like Top Sirloin steak, Tenderloin and 95% lean Ground Beef. In fact, there are many cuts of lean beef to choose from – all with less fat than a skinless chicken thigh.

## Shop for These Lean Cuts

To choose lean cuts of beef, look for “Round” or “Loin” in the name. The cuts below are examples of the many choices that meet the government guidelines for lean.

	Sat Fat	Total Fat
Skinless Chicken breast	0.9g	3.0 g
Beef Eye Round roast & steak*	1.4 g	4.0 g
Beef Top Round roast	1.5 g	4.3 g
Beef Top Round steak	1.6 g	4.6 g
Beef Bottom Round roast	1.7 g	4.9 g
Beef Top Sirloin steak	1.9 g	5.0 g
Beef Chuck Shoulder steak	2.1 g	5.0 g
Beef Round Tip roast & steak*	1.9 g	5.3 g
Beef Round steak/Cubed steak	1.9 g	5.3 g
Beef Shank Cross Cuts	1.9 g	5.4 g
Beef Bottom Round steak	2.2 g	6.0 g
Beef Top Loin (Strip) steak	2.3 g	6.0 g
Beef Flank steak	2.6 g	6.3 g
Beef Bottom Round steak	2.3 g	6.6 g
Beef Tenderloin roast & steak*	2.5 g	6.7 g
Beef Brisket, Flat Half	2.7 g	6.8 g
Beef Tri-Tip roast & steak*	2.6 g	7.1 g
Beef T-Bone steak	2.6 g	7.4 g
Beef Boneless Top Blade steak	3.2 g	7.9 g
93% Lean Ground Beef patty	2.9 g	6.8 g
Skinless Chicken thigh	2.6 g	9.2 g

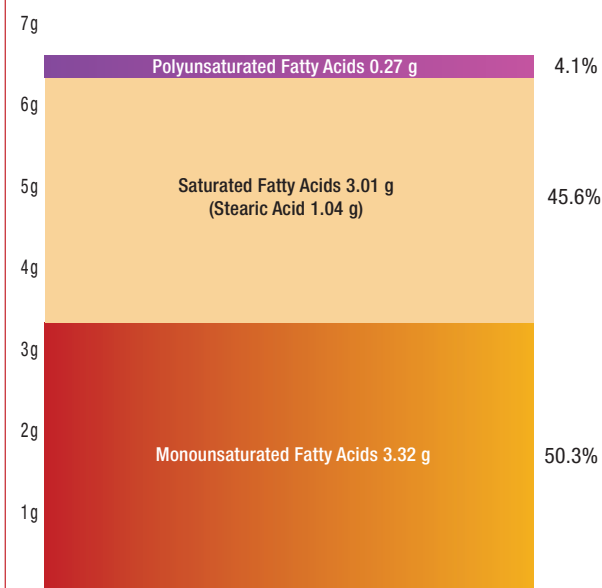
\*Cuts combined for illustration purposes. Total fat and saturated fat are based on 3-ounce cooked servings, visible fat removed. U.S. Department of Agriculture, Agricultural Research Service, 2012.USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage [www.ars.usda.gov/ba/bhnrc/ndl](http://www.ars.usda.gov/ba/bhnrc/ndl).

## Today's Lean Beef

Today's lean beef is as similar in total and saturated fat as skinless chicken. About half of beef's fat is mono-unsaturated, the same heart-healthy fat found in olive oil.<sup>2</sup>

### Fatty Acid Profile of Beef

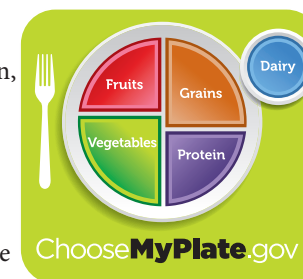
85 g (3 oz) Portion, Visible Fat Trimmed, Cooked  
Total Fatty Acids - 6.0 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0" trim, separable lean only. U.S. Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

One 3-oz serving of lean beef is only about 150 calories on average and a naturally rich source of 10 essential nutrients – including protein, iron, zinc and B-vitamins.

Beef is a perfect partner on the plate. Lean beef easily pairs with vegetables, fruit and whole grains to meet the MyPlate recommendations from the 2015 Dietary Guidelines for Americans.



<sup>2</sup> U.S. Department of Agriculture Agricultural Research Service, 2010. National Nutrient Database for Standard Reference. Release 23.