



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Fresh Ways to Celebrate Dad!

Father's day honors dad and all the father-figures in our lives. It's the one time a year intended to thank them for their sacrifices and show appreciation for their support. So, spend the day enjoying some quality time together. Serve him a fresh menu fit for a king! Whether Dad wants to man the grill or is willing to let you show off your grilling skills, Surf and Turf kabobs are a delicious option.



Southwestern Surf & Turf Kabobs



Ingredients:

- 1 lb. steak, cut in 1-inch cubes
- 1 lb. large shrimp, peeled and deveined
- 1/2 cup Italian dressing
- 1/4 cup fresh lime juice
- 1 Tbsp. honey
- 1-1/2 tsps. ground cumin



Directions:

- If using bamboo skewers, soak them in water for 30 minutes before assembling. Thread skewers with steak cubes and shrimp. Place assembled kabobs in a plastic bag and set aside.
- Whisk dressing, lime juice, honey and cumin in a bowl. Pour over the skewers, close the bag and turn to coat evenly. Refrigerate for at least 30 minutes.
- Preheat grill to medium heat (~350°F). Remove skewers from marinade and discard any excess. Close grill lid and cook ~ 4 minutes per side, until shrimp is pink and steak cubes are cooked to internal temp of 145°F.

Grill up some sides too...



- Peel husks back, remove silks, then re-wrap
- Soak in water for 10 mins., then shake off water
- Grill for 10-20 mins. (to desired tenderness)



- Cut into wedges and brush with honey
- Grill 2 mins. per side until browned



- Cut top off a whole pineapple and then cut into 4 quarters (lengthwise)
- Cut the center core off the wedges and brush with honey
- Grill 3 - 4 mins. per side until browned

