

Mediterranean fast food

Menu

Turkey-Beef Kabobs
with
Golden Apricot Sauce

Orzo with Butter
and Chives

Sliced Tomatoes
with Slivered Basil, Feta,
and
Vinaigrette

Baklava

Safeway SELECT
Mocha Java Coffee

SHOPPING LIST

- 1/2 pound ground lean turkey
- 1/2 pound ground lean beef
- 1 onion
- 1 bunch fresh chives
- 1 bunch fresh basil
- 4 large beefsteak tomatoes
- 1 package orzo
- 1 bottle vinaigrette-style salad dressing
- 1 bottle rice vinegar
- 1/4 cup dried apricots
- 1 container fine dried bread crumbs
- 1 package (about 4 oz.) crumbled feta cheese
- 1 package bakery baklava
- Safeway SELECT Mocha Java Coffee

In the Pantry

Egg, butter, salt, pepper, sugar

ONE OF THE MEDITERRANEAN'S MOST BELOVED FOODS—KABOBS, OR SKEWERED MEAT—IS THE INSPIRATION FOR TONIGHT'S MEAL. Serve these hearty kabobs over buttered orzo pasta tossed with minced fresh chives. Fill out the menu with a pretty composed salad of sliced tomatoes sprinkled with slivered fresh basil, crumbled feta cheese, and your favorite vinaigrette. Bakery-made baklava and coffee continue the theme into dessert.



TURKEY-BEEF KABOBS WITH GOLDEN APRICOT SAUCE

PREP AND COOK TIME: About 20 minutes
MAKES: 4 servings

- 1/2 pound ground lean turkey
- 1/2 pound ground lean beef
- 6 tablespoons fine dried bread crumbs
- 2 tablespoons minced onion
- 1 Safeway SELECT Organic Large Egg yolk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Golden Apricot Sauce (recipe follows)

1. In a bowl, mix turkey, beef, bread crumbs, onion, egg yolk, salt, and pepper.
2. Divide meat mixture into 4 equal portions. Pat each portion around a metal skewer (flat ones are easiest to handle) to form a log 1 inch thick and 7 to 8 inches long.

3. Lay skewers on a lightly oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Rotating skewers to brown meat evenly, cook until kabobs are no longer pink in center (cut to test), 7 to 10 minutes. About 1 minute before meat is done, brush lightly with some of the apricot sauce.

4. To serve, place kabobs on individual plates and offer additional apricot sauce to add to taste.
Per serving: 247 cal., 47% (117 cal.) from fat; 22 g protein; 13 g fat (4.4 g sat.); 7.9 g carbo (0.5 g fiber); 317 mg sodium; 130 mg chol.

GOLDEN APRICOT SAUCE

PREP AND COOK TIME: About 5 minutes
MAKES: 1/2 cup

- 1/2 cup rice vinegar
- 1/4 cup dried apricots
- 3 tablespoons sugar

1. In a microwave-safe bowl, combine vinegar, apricots, and sugar. Heat in a microwave oven at full power (100%) until vinegar is boiling, about 3 minutes.
2. Pour mixture into a blender or food processor and whirl until smooth. Scrape into a small bowl; serve warm or cool.

Per tablespoon: 28 cal., 0% (0 cal.) from fat; 0.1 g protein; 0 g fat; 7.2 g carbo (0.3 g fiber); 0.4 mg sodium; 0 mg chol.

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