# GRILLED BISON AND ROASTED VEGETABLE SKEWERS

Serves 4

### **INGREDIENTS**

- 1 lb. ground lean bison
- ½ cup crumbled crackers (about 6 small squares)
- 1/4 cup chopped cilantro or Italian parsley
- 1 egg white, beaten
- 3 oz. crumbled feta cheese
- 3 Tbsp chopped Kalamata or black olives
- 3/4 tsp salt
- 2 large onions cut into wedges
- 3 bell peppers cut into 1½" squares
- 2 medium zucchini sliced into 3/8" rounds spicy orange barbecue sauce- recipe follows

#### SPICY ORANGE BARBECUE SAUCE

- 1/4 cup orange marmalade
- 1 Tbsp chili powder
- 1 tsp dry mustard
- 1 tsp vinegar

In small bowl, mix all ingredients. Use as basting sauce.



## **DIRECTIONS**

In medium bowl, combine bison, cracker crumbs, cilantro, egg white, feta cheese, olives, salt, cinnamon, black pepper and garlic. Mix until well blended. Shape into 8 large meatballs.

To prepare a skewer: alternate 4 bell pepper squares and 2 meatballs per skewer. Repeat process making 4 skewers.

Heat the grill on high and prepare the grate with grill spray or oil. Grill bison and vegetable skewers for 5 minutes. Turn, baste bison skewers with spicy barbecue sauce and grill 4-5 minutes longer or until done. Baste vegetable skewers with flavored oil and grill 5-7 minutes longer or until tender. Serve.

#### NUTRITION

Nutrients per serving: calories 419; protein 34g; carbohydrates 34g; iron 6mg; fat 17g; cholesterol 84mg; sodium 998mg.