GRILLED BISON AND ROASTED VEGETABLE SKEWERS
Serves 4

INGREDIENTS
1 lb. ground lean bison
¼ cup crumbled crackers
   (about 6 small squares)
¼ cup chopped cilantro or Italian parsley
1 egg white, beaten
3 oz. crumbled feta cheese
3 Tbsp chopped Kalamata or black olives
¼ 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
¼ 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.