GRILLED BISON AND ROASTED VEGETABLE SKEWERS (makes 4 servings)

1	pound ground lean BISON
1/4	cup crumbled crackers (about 6 small squares)
1/4	cup chopped cilantro or Italian parsley
1	egg white, beaten
3	ounces crumbled feta cheese
3	tablespoons chopped Kalamata or black olives
3/4	teaspoon salt
1/2	teaspoon ground cinnamon
1/2	teaspoon ground black pepper
2	cloves garlic, minced
16	2-inch squares bell peppers
12	8-inch wooden skewers, soaked in water for 20 minutes

Spicy Orange Barbecue sauce, recipe follows
Assorted vegetables, basted with flavored olive oil (enough to make up to 8 skewers)

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.

To barbecue: Grill over moderate coals. Barbecue 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.

Nutrients per serving for skewers: calories 419; protein 34g; carbohydrates 34g; iron 6mg; dietary fiber 8g; fat 17g; cholesterol 84mg; sodium 998mg.

Spicy Orange Barbecue Sauce:

1/4	cup orange marmalade
1	tablespoon chili powder
1	teaspoon dry mustard
1	teaspoon vinegar

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

Nutrients per serving for sauce: calories 60; protein .52g; carbohydrates 15g; iron .49mg; fat .5g; cholesterol 0mg; sodium 30mg.
Preparation time: 20 minutes, Cooking time: 10-12 minutes