

BEEF ON BAMBOO

Total preparation and cooking time: 25 minutes

- 1** pound fully-cooked smoked beef sausage
- 1/4** cup Dijon-style mustard
- 2** tablespoons honey
- 1 or 2** small zucchini *or* yellow squash
- 16** cherry tomatoes



1. PLACE the mustard and honey in a small bowl. STIR with a rubber spatula to mix well. SET ASIDE.
2. **Adult help needed:** PLACE the beef sausage on a cutting board and carefully CUT it crosswise into 4 equal pieces, using a knife. CUT each sausage piece in half the long way. You will then have 8 pieces. CUT each of these sausage pieces crosswise into 6 equal pieces. You will then have 48 pieces.
3. **Adult help needed:** PLACE the zucchini on cutting board. Carefully CUT zucchini crosswise into 1/4-inch thick slices, using a knife. You should have 16 zucchini coins (round slices).
4. Carefully PUT 2 sausage pieces on a 6-inch bamboo skewer and PUSH them to the very end of the skewer. Then PUT 1 zucchini coin, 2 more sausage pieces, 1 zucchini coin and 2 more sausage pieces onto the skewer, PUSHING them tightly together.
5. REPEAT step 4 to make a total of 8 kabobs.
6. PLACE the kabobs on a large microwave-safe dinner plate. MICROWAVE on HIGH 4 to 5 minutes or until the sausage is thoroughly heated and the zucchini is just starting to get tender.
7. Meanwhile PUT 4 cherry tomatoes onto each of 4 skewers. SET ASIDE.
8. **Adult help needed: Careful! Plate will be very hot.** Using pot holders, REMOVE the plate of kabobs from the microwave. PLACE the kabobs on a large serving platter, using tongs.
9. BRUSH sausage kabobs with 3 tablespoons of the honey mustard mixture.
10. ADD the tomato kabobs to the platter. SERVE the sausage and tomato kabobs with the remaining honey mustard.

Makes 4 servings.

Nutrition information per serving: 415 calories; 17 g protein; 18 g carbohydrate; 31 g fat; 1,648 mg sodium; 76 mg cholesterol; 4.1 mg niacin; 0.2 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 2.4 mg iron; 3.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂ and zinc, and a good source of vitamin B₆ and iron.

You Will Need

spoon	cutting board	pot holders
1/4 cup dry measure	sharp knife	serving platter
measuring spoons	6-inch bamboo skewers	pastry brush
small bowl	large microwave-safe	
rubber spatula	dinner plate	