

Grilled Sirloin and Vegetable Skewers with Nutty Brown Rice

Tender marinated beef cubes paired with colorful vegetables on skewers, served over fiber-rich brown rice for steady energy and balanced blood sugar levels.

Prep: 25 min

Cook: 45 min

Total: 70 min

Servings: 2

GL 7.3 / GI 34

Ingredients

Low GI whole grain, provides sustained energy brown rice, long grain

water for cooking rice

Lean protein source, minimal glycemic impact top sirloin steak, trimmed of visible fat

For marinating, check label for added sugars fat-free Italian dressing

Very low GI, high in fiber and vitamin C green bell pepper, seeded and quartered

Low GI, rich in lycopene cherry tomatoes, whole

Low GI, adds flavor and quercetin small yellow onion, cut into wedges

Soak wooden skewers 30 minutes before use wooden or metal skewers

Prevents sticking on grill cooking spray, olive oil based

Instructions

Step 1

Add brown rice and water to a medium saucepan and bring to a rolling boil over high heat. Once boiling, reduce heat to the lowest setting, cover tightly with a lid, and simmer gently for 35-45 minutes until rice is tender and water is fully absorbed. Check occasionally and add a splash of water if needed to prevent scorching. Remove from heat and let stand covered for 5 minutes.

Step 2

While rice cooks, cut the sirloin steak into 8 equal cubes, approximately 1-inch in size. Place beef cubes in a shallow bowl, pour the Italian dressing over them, and massage the marinade into each piece with your hands. Cover the bowl and refrigerate for at least 20 minutes, turning the meat halfway through for even flavor distribution. The acid in the dressing will help tenderize the beef.

Step 3

Prepare your vegetables by cutting the bell pepper into 8 equal 1-inch pieces, separating the onion into individual wedges, and rinsing the cherry tomatoes. Pat all vegetables dry with paper towels. If using wooden skewers, ensure they've been soaking in water for at least 30 minutes to prevent burning on the grill.

Step 4

Preheat your grill to medium-high heat (about 400°F) or set your oven broiler to high. Lightly coat the grill grates or a broiler pan with cooking spray to prevent sticking. Position the cooking surface 4-6 inches from the heat source for optimal cooking. Allow grill to heat for at least 10 minutes before adding skewers.

Step 5

Thread the ingredients onto 4 skewers in this order: beef cube, bell pepper piece, cherry tomato, onion wedge, then repeat once more on each skewer to create 4 kebabs with 2 pieces of each ingredient per skewer. Arrange vegetables and meat with small gaps between pieces (about 1/4 inch) to ensure even cooking and proper caramelization on all sides.

Step 6

Place kebabs on the preheated grill or under the broiler. Cook for 8-10 minutes total, rotating the skewers every 2-3 minutes to achieve even browning on all sides. The beef should reach an internal temperature of 145°F for medium-rare or 160°F for medium doneness. Vegetables should be tender with slight char marks. Remove from heat and let rest for 2 minutes.

Step 7

Fluff the cooked brown rice with a fork and divide evenly between two plates, creating a bed for the skewers. Top each portion with 2 kebabs, allowing any accumulated juices to drizzle over the rice. For optimal blood sugar control, eat the protein and vegetables first, then finish with the rice. This eating sequence can reduce post-meal glucose spikes by up to 40%. Serve immediately while hot.