

Los Muertos Steak and Brussels Sprout Skewers

Summer is filled with veggie skewers, but it's always the usual suspects — peppers, onions, zucchini, mushrooms. Those are fine, but once you've had a grilled Brussels sprout, you'll have a hard time going back to basics.

For a different take on a late summer barbecue, these skewers will be the hit of the party. They use only a few ingredients, but the result is amazing flavor, and a meal all on a stick.

You'll start by steaming your sprouts — this makes them easier to skewer for one, but also means they will cook evenly instead of ending up hard as rocks when your steak is cooked. I steamed them in the microwave, for just a couple minutes. You don't want them fully cooked, just slightly tender.

Then you'll marinate them in 3 simple ingredients — Ava Jane's Kitchen Avocado Oil, Los Muertos Barbecue and lemon juice. I added these all to my dish to save on cleanup; just shake up to coat.

Then grill until your steak is cooked how you like it. That's it. Some fresh parsley and Colima Sea Salt are perfect for serving, and will make your last summer gathering a big hit.

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Serves 4

Prep time: 30 minutes, plus marinating time

Ingredients:

1 pound whole Brussels sprouts, core removed
1 pound steak, cubed
1/2 cup Ava Jane's Kitchen Avocado Oil
2 tablespoons Los Muertos Barbecue seasoning
3 tablespoons lemon juice
Fresh chopped parsley, for serving
Colima Sea Salt, for serving

Directions:

Steam the Brussels sprouts until they are just tender, about 1-2 minutes in the microwave or in a veggie steamer. Let sit until cool enough to handle.

Thread the sprouts and steak on skewers and add to a casserole dish.

Add the oil, seasoning and lemon juice. Cover and shake until coated.

Refrigerate for several hours, or overnight.

When ready to cook, remove 30 minutes prior to cooking.

Preheat a gas or charcoal grill to medium high heat.

Grill the skewers until steak is done to your liking and sprouts are charred and tender.

Sprinkle with parsley and Colima Sea Salt before serving.

