

Steak & Pepper Kebabs Yield: 4-5

**DAY 1:**

\_\_\_\_\_\_\_ 3 tablespoons sesame oil

\_\_\_\_\_\_\_ 1 tablespoon lime juice

\_\_\_\_\_\_\_ 2 tablespoons soy sauce

\_\_\_\_\_\_\_ 1 (1-inch) piece ginger, peeled and grated or ½ t. powdered

\_\_\_\_\_\_\_ 2 cloves garlic, minced (2 teaspoons)

\_\_\_\_\_\_\_ 1 teaspoon sugar

\_\_\_\_\_\_\_ 1/8 teaspoon salt

\_\_\_\_\_\_\_ 1 pound boneless beef sirloin, cut into 1½ -inch cubes

1. In a small bowl, combine oil, lime juice, soy sauce, ginger, garlic, sugar, and salt.
2. Place beef in a re-sealable 1-gallon freezer bag. Add marinade and shake to coat. Refrigerate for 1 hour.

**DAY 2:**

\_\_\_\_\_\_\_ 1 each red, yellow, and orange bell peppers, cut into 1-inch pieces

\_\_\_\_\_\_\_ 2 zucchini’s, cut into 1-inch pieces

\_\_\_\_\_\_\_ 1/3 fresh pinapple, cut into 1-inch squares

\_\_\_\_\_\_\_ 1 small onion, cut into 1-inch pieces

1. Raise oven rack to 3 inches from element.
2. Soak 8 wooden skewers in water for at least 15 minutes.
3. Remove beef cubes from bag; discard marinate. Thread on skewers, alternating with bell peppers.
4. Broil (low) kebabs on foil lined broiling pan for 6 – 8 minutes, turning once, until beef reaches desired doneness and vegetables soften and brown.

PER SERVING: **calories:** 230; **protein:** 26 grams; **total fat:** 11 grams; **cholesterol:** 60 mg; **sodium:** 170 mg; **carbohydrate:** 6 grams; **dietary fiber:** 2 grams.

Recipe from “dashrecipes.com”