

Beef

Five-Spice Beef Kabobs

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Better Homes and Gardens Magazine - May 2012

Servings: 4

Start to Finish Time: 20 minutes

1 pound beef flank steak or boneless beef sirloin

2 tablespoons reduced-sodium soy sauce

1 to 1 1/2 teaspoons Chinese five-spice powder

1 carton (6 oz) plain Greek yogurt

1 tablespoon snipped fresh mint leaves

2 small limes

fresh mint leaves (for garnish)

Thinly slice the beef across the grain. If necessary, flatten the slices with the palm of your hand or a meat mallet to 1/4-inch thickness.

In a medium bowl, combine the beef, soy sauce and five-spice powder. Toss to coat the beef.

Thread the beef on skewers (soak wooden skewers in water for 30 minutes before threading).

On the rack of a covered charcoal or gas grill, grill the kabobs directly over medium heat for 4 to 6 minutes or to desired doneness, turning once.

Meanwhile, in a small bowl, combine the yogurt and snipped mint.

From one lime, freshly shred one teaspoon of peel and juice the lime. Stir the peel and one tablespoonful of the juice into the yogurt.

Cut the remaining lime into wedges, if desired.

Serve the kabobs with the yogurt sauce, mint and lime.

Per Serving (excluding unknown items): 15 Calories; trace Fat (3.1% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 301mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.