

## **Beef, Grilled**

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# **Shish Kabobs**

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**Servings: 6**

**Start to Finish Time: 30 minutes**

**1 1/2 pounds boneless sirloin steak**

**2 small zucchini, cut into six pieces each**

**1 medium yellow summer squash, cut in half and each half cut into six pieces**

**1 red bell pepper, cut into 12 chunks**

**12 whole button mushrooms**

**1/2 red onion, quartered**

**12 wooden skewers, soaked in water for 30 minutes**

**1/2 cup butter, melted**

**2 tablespoons garlic, chopped**

**1 tablespoon chives, chopped**

Trim the fat off the steak. Cut into 24 cubes.

Thread the beef, zucchini, squash, peppers, mushrooms and onions onto each skewer in a desired pattern.

Combine the melted butter, garlic and chives in a small bowl. Add salt and pepper to taste.

Prepare the grill to medium heat.

Brush the kabobs with the melted butter. Place the kabobs on the grill.

Grill, turning occasionally and brushing with butter, for 7 to 9 minutes or until the desired doneness is reached (145 degrees for medium-rare, 160 degrees for medium).

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Per Serving (excluding unknown items): 159 Calories; 15g Fat (83.8% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 159mg Sodium. Exchanges: 1 Vegetable; 3 Fat.