

Beef

Sesame-Ginger Beef Kebabs

Dash Magazine

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

Marinating time: 1 hour

Soak skewers in water before use to prevent food from sticking to them.

3 tablespoons sesame oil

1 tablespoon lime juice

2 tablespoons soy sauce

1 1-inch piece of ginger, peeled and grated

2 cloves garlic, chopped

1 teaspoon sugar

1/8 teaspoon salt

1 pound boneless beef sirloin, cut into 1 1/2-inch cubes

1 red bell pepper, cut into 1-inch squares

1 yellow bell pepper, cut into 1-inch squares

1 orange bell pepper, cut into 1-inch squares

Soak wooden skewers in water for 15 minutes.

Prepare marinade. In a small bowl, combine sesame oil, lime juice, soy sauce, ginger, garlic, sugar and salt.

Place the beef in a resealable one-gallon freezer bag; add the marinade. Place in refrigerator for a minimum of one hour.

Remove the beef cubes from the marinade and thread onto the wooden skewers, alternating with the bell peppers. Discard the marinade.

Grill the kebabs for 6 to 8 minutes, turning once, until beef reaches the desired doneness and the vegetables soften and brown.

Per Serving (excluding unknown items): 118 Calories; 10g Fat (75.5% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 580mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.