

# Blue is Better Recipe (Serves 4)

## Marinated Beef Kabobs

### Ingredients

- 1/3 c. fat-free Italian dressing
- 1/2 c. dry red wine or vegetable broth
- 1 1/2 Tbsp. lite soy sauce
- 12-oz. lean boneless sirloin steak, cut into 1" cubes & trimmed of fat
- 2 medium zucchini each cut into 4 pieces
- 1 red onion, cut into 8 pieces
- 8 large mushrooms
- 8 cherry tomatoes
- 1/8 tsp. black pepper

### Preparation Instructions

1. Combine the dressing, wine and soy sauce in a shallow bowl. Place steak pieces in the marinade and cover in the refrigerator for at least 60 minutes.
2. Heat the oven to broil. Steam the zucchini and onion for 2 to 3 minutes until slightly softened but still crisp. Assemble 8 kabobs, alternating meat and vegetables. Use 3 to 4 pieces of meat and 2 each of vegetable.
3. Broil on top oven rack (or grill 5" from medium-hot coals) for about 10 minutes or until desired doneness.



### NUTRITION FACTS

#### Serving Size

2 kabobs

#### Amount Per Serving:

<b>Calories</b> .....	167
Calories from Fat.....	38
<b>Total Fat</b> .....	4 g
Saturated Fat.....	1 g
<b>Cholesterol</b> .....	48 mg
<b>Sodium</b> .....	563 mg
<b>Carbohydrate</b> .....	12 g
Dietary Fiber.....	3 g
<b>Protein</b> .....	20 g