

# Blue is Better Recipe (Serves 4) Summer Beef Skewers

## Ingredients

- 1/2 c. unsweetened pineapple juice
- 1/2 c. beef broth
- 1/4 c. soy sauce, low sodium
- 1/4 c. Worcestershire sauce
- 1/2 medium onion, chopped
- 1/2 tsp. each: dried thyme, rosemary & pepper
- 1/2 lb. cherry tomatoes
- 1/4 lbs. whole fresh mushrooms
- 1 1/2 small zucchini, cut into 1/2" slices
- 1 small yellow summer squash, cut into 1/2" slices
- 2 lbs. sirloin steak cut into 1 1/4" cubes

## Preparation Instructions

1. Combine the first 6 ingredients & mix well. Pour 1 c. into a large resealable plastic bag; add vegetables. Pour remaining marinade into another resealable bag; add beef. Seal bags & turn to coat; refrigerate 4-6 hours, turning occasionally.
2. Drain & discard marinade from beef. Drain & reserve marinade from vegetables. On metal or soaked wooden skewers, alternately thread beef & vegetables. Grill uncovered, over medium heat for 3 minutes on each side. Baste with marinade. Continue turning & basting for 8-10 minutes or until meat reaches desired doneness.

## NUTRITION FACTS

### Serving Size

1 kabob

### Amount Per Serving:

<b>Calories</b> .....	133
Calories from Fat.....	59
<b>Total Fat</b> .....	6.5g
Saturated Fat.....	2.5 g
<b>Cholesterol</b> .....	37 mg
<b>Sodium</b> .....	229.5 mg
<b>Carbohydrate</b> .....	4.5 g
Dietary Fiber.....	<1 g
<b>Protein</b> .....	12 g

