

# Recipe

## Marinated Beef & Vegetable Kebabs

2 Servings

TIP: Marinating meat before grilling not only adds flavor but also reduces the chance that cancer-causing substances will form on the meat during grilling. Marinating also helps keep meat from burning and charring.

### Ingredients

240 g	beef steak, top sirloin, boneless (raw weight)
1 pepper	bell pepper, green, raw, seeded and cut into squared slices
8 small	mushroom, raw
9 cherry tomato	tomato
1/2 large	onion, raw, cut into 4 wedges
4 tbsp	renee's spring herb italian vinaigrettes

### Directions

1. Soak 3 wooden skewers in water for 30 minutes.
2. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.
3. Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack with a small amount of oil. Position the cooking rack 4 to 6 inches from the heat source.
4. Thread cubes of meat, green pepper slices, cherry tomatoes, mushrooms and onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan.
5. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed.

NUTRITION FACTS - PER 1 SERVING	
CALORIES (kCal)	253
FAT (g)	9.2
SATURATED FAT (g)	2.442
TRANS FAT (g)	0.144
CHOLESTEROL (mg)	64
SODIUM (mg)	350
CARBOHYDRATE (g)	13.89
FIBRE (g)	3.1
PROTEIN (g)	30.18
VITAMIN A (µg)	42
VITAMIN C (mg)	82
CALCIUM (mg)	32
IRON (mg)	3.61