

Lean Beef Shish Kabobs

(Makes 8 servings)

Ingredients:

- 2 tablespoon olive oil
- ½ cup 99% fat free, reduced sodium beef broth
- ¼ cup red wine
- 1 lemon, juice only
- 1 teaspoon chopped garlic
- ¼ teaspoon salt
- ½ teaspoon rosemary
- 1/8 teaspoon black pepper
- 2 lb lean beef sirloin, cut into 1-inch cubes
- 24 cherry tomatoes
- 24 mushrooms
- 24 small onions

Directions:

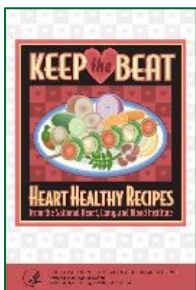
- 1) Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper.
- 2) Pour over beef sirloin, tomatoes, mushrooms, and onions. Marinate in refrigerator for several hours or overnight.
- 3) Put together skewers of beef sirloin, onions, mushrooms, and tomatoes.
- 4) Broil 3 inches from heat for 15 minutes, turning every 5 minutes.



Nutritional Analysis: (per serving / 1 kabob with 3 oz. meat)

- Calories: 240
- Fat: 12 g
- Saturated Fat: 3.5 g
- Sodium: 170 mg
- Cholesterol: 55 mg
- Protein: 22 g
- Carbohydrates: 10 g
- Fiber: 2 g
- Potassium: 728 mg
- Sugar: 2 g

Source:



Keep the Beat - Heart Healthy Recipes
from the National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

Go! Foods® for You Program



This recipe has been slightly modified to meet Go! Foods® criteria.