

Sirloin Skewers

	10 min.	10 min.
Preparation Time		Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	325.6	162.8
Fat (g)	8.8	4.4
Saturated (g)	3.3	1.7
Monounsaturated (g)	3.5	1.7
Polyunsaturated (g)	0.5	0.2
omega-3 (g)	0.0	0.0
omega-6 (g)	0.3	0.2
Carbohydrates (g)	7.9	4.0
fiber (g)	1.8	0.9
sugars (g)	4.2	2.1
Protein (g)	53.7	26.9

Another great way to serve beef is on a skewer. These skewers taste great accompanied by Sweet Balsamic Cherry Tomatoes or Chunky Tomato Spelt.

Instructions

Carefully slide ingredients onto the skewer using lots of beef. (In sequence this might look like: beef-cherry tomato-beef -zucchini-beef-red onion-beef). Repeat until the beef is used up. Preheat a non-stick frying pan on medium heat, lightly coat with cooking spray and place the skewers into the pan. Sauté until lightly browned on all sides, season to taste with salt and pepper, and pair with a side. **Serves 1 large or 2 small.**

Sirloin
(1-inch cubed, 170 g) 6 oz
Cherry tomatoes 4
Zucchini 4 pieces
(cut to same size as sirloin)
Red onion 4 pieces
(large diced)
Olive oil cooking spray
Sea salt, to taste
Pepper, to taste

Variations and Options

To tenderize your meat, marinate skewers for a couple of hours or over night. Mix together ¼ cup of plain low-fat yogurt, 1 tablespoon of lemon juice, 2 teaspoons of minced garlic, ½ teaspoon of chili powder and 1 tablespoon of brown sugar.

