

# RECIPE

## Sesame Beef Kebabs

Start to Finish: 30 minutes Servings: 2

### Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 1 garlic clove, minced
- 1 teaspoon sesame oil
- ¼ teaspoon ground ginger
- 1 teaspoon sesame seeds
- Freshly ground pepper to taste
- ½ pound top sirloin steak, cut into 1-inch cubes
- 4 large scallions, dark green ends trimmed off and firm portion cut into 2-inch pieces
- 4 metal skewers, or wooden ones soaked in water for at least 20 minutes



### Directions:

1. In a medium bowl, whisk together soy sauce, garlic, oil, ginger, sesame seeds and pepper. Combine marinade, steak and scallions in a large plastic resealable bag, toss to coat and marinate in the refrigerator 30 minutes to overnight.
2. Remove steak and scallion pieces and thread onto skewers.
3. Prepare indoor or outdoor grill. Grill kebabs, turning occasionally, for about 10 minutes, or until steak reaches desired temperature.

### Nutrition Information Per Serving:

275 Calories; 17 g Total Fat; 6 g Saturated Fat; 670 mg Sodium; 25 g Protein; 1.5 g Dietary Fiber; 6 g Carbohydrates