

## Grilled Beef and Vegetable Kabobs

### Ingredients:

3 tbsp red wine vinegar  
1 tbsp fresh lemon juice  
2 tsp garlic powder  
 $\frac{3}{4}$  tsp salt  
 $\frac{1}{2}$  tsp ground black pepper  
 $\frac{1}{3}$  c olive oil  
1 lb boneless beef top sirloin, cut into 1-inch cubes  
2 medium red onions, peeled and cut into 8 wedges  
1 each large red, yellow, orange and green bell peppers, cored, seeded and cut into 1-inch squares  
1 fresh pineapple, cleaned and cut into chunks or 1 (8 oz.) can pineapple chunks  
No-stick Cooking Spray  
4 metal skewers

### Directions:

1. Mix together vinegar, lemon juice, garlic powder, salt, pepper and olive oil in a small bowl until well combined.
2. Place beef, vegetables, pineapple and marinade in a gallon-sized resealable plastic bag. Marinate in refrigerator 5 hours or overnight. Discard any marinade no used.
3. Spray grill grate or broiler pan with no-stick cooking spray. Heat grill or broiler.
4. Thread meat onto skewers alternating with vegetables and pineapple. Season generously with salt and pepper.
5. Cook kebabs:
  - BROILER: Place kabobs about 5 inches from broiler element. Broil 5 to 8 minutes, turning once, until meat is well browned and cooked to desired doneness.
  - GAS GRILL: Grill kabobs 8 minutes for medium-rare or 9 minutes for medium, or to desired doneness.

Makes 4 skewers.

Per skewer (1/4 recipe): 479 calories, 28.5g protein, 21.7g fat, 44.9g carbohydrate, 510mg sodium, 6.1g fiber

