



# Pepper, Onion and Steak Kebabs



Makes 4 servings

## Ingredients

- 8 wooden or metal skewers
- 1/2 cup low-sodium soy sauce
- 3 cloves garlic, minced
- 1/2 cup molasses
- 1 cup pineapple juice
- 1/3 cup apple cider vinegar
- 2 teaspoons minced fresh ginger

- 2 pounds sirloin steak, cut into bite-size pieces
- extra-light olive oil\*
- 1 large green bell pepper, cut into bite-size pieces
- 1 large yellow bell pepper, cut into bite-size pieces
- 1 large red bell pepper, cut into bite-size pieces
- 1 large sweet onion, cut into bite-size pieces
- 1 teaspoon freshly ground black pepper

## Directions

- If you are using wooden skewers, soak them in a bowl filled with water for about 30 minutes.
- In a large zip-close bag, combine soy sauce, garlic, molasses, pineapple juice, apple cider vinegar and ginger. Stir and pour half into a small bowl. Cover bowl and place in the refrigerator.

(directions continued on back)



MAIN DISH



## Directions (continued)

- Add steak pieces to bag, seal and place in refrigerator for at least 30 minutes.
- When steak has marinated, brush grill grate with oil\* and heat to medium-high.
- While grill is heating, build the kebabs. To build each kebab, thread the following (in this order) on each skewer: steak, green pepper, yellow pepper, red pepper, onion. Repeat 4 times. Throw away marinade left in the bag.
- Remove the small bowl of marinade from the refrigerator. Generously brush each kebab with the marinade. Sprinkle with black pepper.
- Grill kebabs for 3 to 4 minutes on each side or until steak is fully cooked. Remove from grill, allow to cool for 3 minutes and brush once more with marinade. Serve warm.

\*Option not included in nutrition facts.

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

## Nutrition Facts

Serving Size 2 kebabs (389g)  
Servings Per Container 4

Amount Per Serving

Calories 360    Calories from Fat 80

% Daily Value\*

Total Fat 9g    14%

Saturated Fat 3.5g    18%

Trans Fat 0g

Cholesterol 120mg    40%

Sodium 390mg    16%

Total Carbohydrate 21g    7%

Dietary Fiber 3g    12%

Sugars 12g

Protein 47g

Vitamin A 30%    Vitamin C 290%

Calcium 8%    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat  
Carb choices per serving: 1