Dinner Tonight!

Beef Kabobs

1 pound beef steak
¼ teaspoon sea salt
¼ teaspoon garlic, minced
1 medium-size green pepper, cut into 20 squares
10 cherry tomatoes
10 small fresh mushrooms
2 small yellow squash, cut into 10 slices
vegetable cooking spray

Cut meat into 20 (1-inch) cubes. Thread meat, green pepper, tomatoes, mushrooms, and squash alternately onto five (12-inch) skewers. Sprinkle evenly with salt and garlic.

Coat grill rack with cooking spray; place on medium hot grill (350° to 400°F). Place kabobs on rack and grill uncovered, 10 minutes or to desired doneness, turning once.

Preparation Time: 15 minutes
Serves: 5
Cost per serving: $1.96
Serve with: Green salad and fresh fruit

Nutrition facts per serving
Calories: 172
Total Fat: 7 g
Saturated Fat: 3 g
Fiber: 2 g
Cholesterol: 52 g
Sodium: 187 mg
Total Carbohydrate: 7 g
Protein: 21 g