
Shish-Ka-Bob

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 (two pound) sirloin steak, cut into cubes

Italian dressing

vegetable/fruit options (use at least three)

10 cherry tomatoes

3 green peppers, quartered

3 onions, quartered

pineapple chunks in juice

whole mushrooms

corn on the cob (two-inch pieces)

Marinate the steak cubes in Italian dressing in the refrigerator for four to six hours.

On a skewer, place pieces of meat alternating with the other selections (Example: steak, mushroom, tomato, pineapple, steak, etc.). This will fill about four skewers.

Grill outside on a charcoal cooker until the meat reaches the desired doneness..

Serve with rice, spinach salad and potato bread.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 468 Calories; 16g Fat (29.3% calories from fat); 28g Protein; 59g Carbohydrate; 14g Dietary Fiber; 65mg Cholesterol; 86mg Sodium. Exchanges: 2 1/2 Lean Meat; 10 Vegetable; 1 Fat.