

Steak and Shrimp Kabobs

Prep time: 20 minutes

Chill time: 2 hours

Cook time: 12 minutes

Ingredients

1/2 cup dry sherry

1/3 cup orange juice

1/4 cup lime juice

1/4 cup low-sodium soy sauce

3 garlic cloves, minced

2 tablespoons minced fresh ginger

1/4 teaspoon red pepper flakes

1 1/4 pounds Laura's Lean Beef Tenderloin (or other cut), cut into 1-inch cubes

16 peeled, jumbo fresh shrimp



Directions

1. Whisk together sherry and next 6 ingredients; reserve 1/2 cup of sherry mixture. Pour remaining in a zip-top plastic bag; add steak. Cover and chill 2 hours. Add shrimp; cover and seal 20 minutes.
2. Remove beef and shrimp from marinade, discarding marinade. Thread beef and shrimp alternately onto 4 (12 inch) skewers.
3. Spray grill with cooking spray. Place skewers on grill; grill, covered with grill lid, over medium-high heat 4 to 6 minutes on each side or until desired degree of doneness. Optional: serve with reserved sherry mixture.

Makes 4 to 6 servings.

Nutritional Analysis Per Serving Based on 6 Servings

CALORIES 183 (32% from fat); FAT 8g (sat 2g); PROTEIN 32g; CARB 5g; FIBER 1g; CHOL 83mg; IRON 2mg; SODIUM 461mg

Diabetic Exchanges: 4 very lean meat, 1 vegetable