



Glazed Tri-Tip Kabobs with Creamy Gorgonzola Sauce

1-½ to 2 pounds beef tri-tip steak, cut into 1-inch by 1-¼ -inch pieces
1 red onion, cut into 12 wedges
1 medium bell pepper (red or green), cut into 1-inch by 1-¼ -inch pieces
Salt (optional)

Marinade: Marinating Time: 30 minutes to 2 hours

2/3 cup balsamic vinegar
1/4 cup light brown sugar
2 tablespoons reduced sodium soy sauce
5 cloves garlic, minced

Creamy Gorgonzola Sauce:

1/4 cup nonfat cream cheese, softened
1/4 cup plain nonfat yogurt
1-2 tablespoons crumbled Gorgonzola cheese
1 tablespoon minced onion
1/4 teaspoon pepper

1. Combine marinade ingredients in small bowl. Reserve ¼ cup for basting kabobs and vegetables. Place pieces of beef tri-tip and remaining marinade in food-safe plastic bag. Close bag securely and turn pieces to coat. Marinate in refrigerator 30 minutes to 2 hours.
2. Prepare Creamy Gorgonzola Sauce. Combine all sauce ingredients in small bowl; mix well. Set aside.
3. Remove beef pieces from marinade; discard marinade. Thread beef pieces evenly onto 12-inch metal skewers, leaving small space between pieces. Alternately thread onion pieces and peppers onto 12-inch metal skewers and brush with reserved marinade. (Note: If bamboo skewers are used; soak in water for 10 minutes prior to threading).
4. Place beef and vegetable kabobs on grid over medium, ash-covered coals (or preheated gas grill, set to medium*). Grill, uncovered, about 7 to 11 minutes for medium rare to medium doneness, turning and basting with reserved marinade every 2 minutes. Season kabobs with salt as desired.
5. Serve kabobs with creamy sauce and couscous or rice. Makes 6-8 servings

* Gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Nutrition Facts

Serving Size: 2 skewers
Calories 260
Total Fat 10g
Saturated Fat 4g
Cholesterol 70mg
Sodium 280mg
Carbohydrates 12g
Dietary Fiber 1g
Sugars 9g
Protein 28g

Diabetic Exchanges

Protein 4
Fat 2
Carbohydrates 1

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