

Teriyaki Steak Skewers

Total Recipe Time: 30 to 35 minutes

Marinade Time: 15 minutes to 2 hours

1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick

1 package (5.2 to 6.8 ounces) fried rice blend, prepared according to package directions (optional)

Thinly sliced green onions

Marinade:

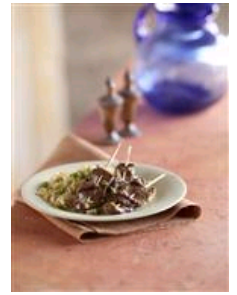
1/2 cup dry sherry

1/3 cup reduced-sodium or regular soy sauce

2 tablespoons honey

1 tablespoon minced garlic

1 tablespoon minced fresh ginger



1. Combine marinade ingredients in medium bowl. Cover and refrigerate 1/4 cup marinade. Cut beef steak crosswise into 1/4-inch thick strips. Add beef to remaining marinade in bowl; toss to coat. Cover and refrigerate 15 minutes to 2 hours, turning occasionally.
2. Soak twelve 6-inch bamboo skewers in water 10 minutes; drain. Remove beef from marinade; discard marinade. Thread beef, weaving back and forth, onto each skewer.
3. Place skewers on grid over medium, ash-covered coals. Grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 6 to 8 minutes), turning occasionally and brushing with reserved 1/4 cup marinade.
4. Serve skewers with rice, if desired. Garnish with onions.

Makes 4 servings

Nutrition information per serving: 198 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 638 mg sodium; 8 g carbohydrate; 0 g fiber; 27 g protein; 10.3 mg niacin; 0.6 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 1.7 mg iron; 30.6 mcg selenium; 4.9 mg zinc; 99.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of choline.

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