

BISON KABOB

Serves 4

Rhoda Friesen | independent food consultant | Westminster, CO

INGREDIENTS

1 pound Bison Sirloin
2 medium zucchini or yellow squash
1 large red bell pepper
1 large onion, quartered
8 mushrooms
8 cherry tomatoes

MARINADE

1/2 cup low sodium soy sauce
1/2 cup vegetable oil
1 cup dry white wine
2 cloves garlic, minced

DIRECTIONS

Cut Bison Sirloin into 1 1/2 inch cubes and place in a glass bowl. Combine marinade ingredients and pour over cubed Bison. Cover bowl with plastic wrap and marinate refrigerated for 8-24 hours. Or, place cubed Bison and marinade in a zippered plastic bag to marinate.

Cut squash and red bell pepper into 1/2 inch slices. Alternate meat, squash, pepper, onion and mushrooms on each of 8 skewers, ending each skewer with a cherry tomato.

Grill covered 4-6 inches above medium hot coals for 8-10 minutes, turning occasionally and brushing with the remaining marinade mixture.

Serve on a bed of rice.

NUTRITION

Per serving of marinated meat: 273 calories; 15.7 g fat; 70 mg cholesterol; 546 mg sodium

