



# Juicy Steak Kabobs

**SERVINGS:** 4 (2 kabobs per serving)

**PREP TIME:** 30 minutes

**COOK TIME:** 10 minutes

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## INGREDIENTS:

- 1 pound flank or sirloin steak, cut into 1½ inch cubes (try to make a total of 16 cubes)
- 2 tablespoons olive oil
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon red wine vinegar
- 2 cloves garlic, diced
- 1 tablespoon chopped parsley
- 1 teaspoon black pepper
- 1 large bell pepper, sliced into 1½ inch squares
- 1 large yellow onion, sliced into 1½ inch squares
- 16 cherry tomatoes
- 8 wooden skewers

## DIRECTIONS:

1. In a large plastic bag, combine all the marinade ingredients, including the steak. Refrigerate for 1-2 hours (or overnight, if time permits).
2. Soak wooden skewers in water for 30 minutes.
3. Meanwhile, pre-heat the grill to medium-high heat.
4. Thread each skewer with 2 cubes of meat, 4 pieces of bell pepper, 4 pieces of onion, and 2 cherry tomatoes, alternating between pieces. Be sure to leave ¼ inch space between each ingredient.
5. Place skewers on lightly oiled grill. Cook for about 10 minutes until meat is cooked and vegetables are soft, rotating skewers twice.

## NUTRITION ANALYSIS (PER SERVING):

**Calories:** 269

**Total Fat:** 12.7g

**Saturated Fat:** 3.3g

**Carbohydrates:** 12.1g

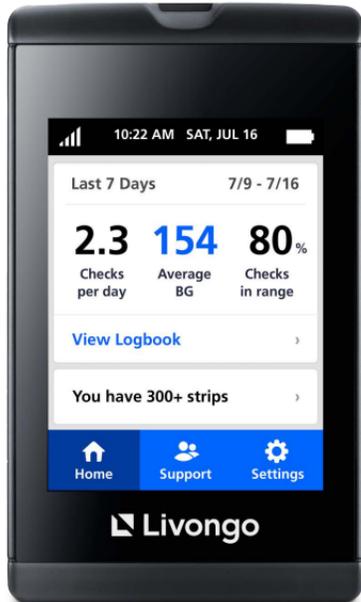
**Dietary Fiber:** 2.4g

**Protein:** 26.4g

**Sodium:** 338.9mg

**Cholesterol:** 38.6mg

# Livongo for Diabetes Combines Advanced Technology with Coaching



**SANFORD**  
HEALTH PLAN

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Registration code: SAN-MEM



## Additional Information

For questions call Livongo Member Support at (800) 945-4355.

*Para registrarse en Español, llame al (800) 945-4355 o visite [bienvenido.livongo.com/SAN-MEM](https://bienvenido.livongo.com/SAN-MEM)*

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