

Caprese Steak Starter

Small plates, big flavors, can't-miss. Marinate and grill skewers of bite-sized Top Sirloin Steak then toss with tomatoes, mozzarella, basil and a classic vinaigrette.

INGREDIENTS

- 1 pound beef Top Sirloin Boneless, cut 1 inch thick
- 1/2 cup reduced-fat or regular balsamic vinaigrette, divided
- 1 pint grape tomatoes
- 1 container (7.5 ounces) fresh mozzarella cheese balls, drained
- 1/4 cup chopped fresh basil
- Salt and pepper



40 Min 8 42 Cal 18g
 Servings Protein

COOKING

1. Cut beef steak into 1-inch pieces. Place beef and 1/4 cup vinaigrette in food-safe plastic bag; turn to coat. Close bag securely. Combine remaining 1/4 cup dressing, tomatoes and mozzarella in medium bowl, stirring to coat; cover. Marinate beef and vegetables in refrigerator 15 minutes to 2 hours.

2. Soak four 10-inch bamboo skewers in water 10 minutes; drain. Remove beef from vinaigrette; discard marinade. Thread beef evenly onto skewers, leaving small space between pieces. Place skewers on grid over medium, ash-covered coals. Grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Remove beef from skewers; add to bowl with tomato and mozzarella. Stir in basil; mixing to coat beef with vinaigrette. Season with salt and pepper, as desired. Evenly divide beef mixture among small serving plates.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		9g	57mg		4g	18g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com