

Beef Satay & Spicy Peanut Sauce

Strips of steak are marinated and grilled, then dipped in a creamy and tangy peanut lime sauce.

INGREDIENTS

- 1 pound beef Top Round Steak, cut 1 inch thick
- 1/2 cup reduced-fat Asian-style dressing
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon finely chopped cilantro
- 1 teaspoon packed brown sugar
- 1/2 cup creamy peanut butter
- 1/3 cup low-fat milk
- 1 tablespoon fresh lime juice
- 2 teaspoons soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground red pepper



30 Min

12
Servings

42 Cal

11g
Protein

COOKING

1. Soak twelve 6-inch bamboo skewers in water 10 minutes; drain.
2. Cut steak into 1/8-inch strips; set aside.
3. Combine marinade ingredients in medium bowl; reserve 1/2 for basting. Add beef strips; toss to coat. Cover and marinate in refrigerator up to 2 hours.
4. Meanwhile combine sauce ingredients.
5. Remove beef from marinade; discard marinade. Thread beef, weaving back and forth onto each skewer. Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 2 to 3 minutes for medium rare to medium doneness, turning once and brushing with remaining marinade. Serve with peanut sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		7g	25mg		6g	11g	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