



## Glazed Tri-Tip Kabobs with Creamy Gorgonzola Sauce

1-½ to 2 pounds beef tri-tip steak, cut into 1-inch by 1-¼ -inch pieces  
1 red onion, cut into 12 wedges  
1 medium bell pepper (red or green), cut into 1-inch by 1-¼ -inch pieces  
Salt (optional)

**Marinade:** Marinating Time: 30 minutes to 2 hours

2/3 cup balsamic vinegar  
1/4 cup light brown sugar  
2 tablespoons reduced sodium soy sauce  
5 cloves garlic, minced

**Creamy Gorgonzola Sauce:**

1/4 cup nonfat cream cheese, softened  
1/4 cup plain nonfat yogurt  
1-2 tablespoons crumbled Gorgonzola cheese  
1 tablespoon minced onion  
1/4 teaspoon pepper

1. Combine marinade ingredients in small bowl. Reserve ¼ cup for basting kabobs and vegetables. Place pieces of beef tri-tip and remaining marinade in food-safe plastic bag. Close bag securely and turn pieces to coat. Marinate in refrigerator 30 minutes to 2 hours.
2. Prepare Creamy Gorgonzola Sauce. Combine all sauce ingredients in small bowl; mix well. Set aside.
3. Remove beef pieces from marinade; discard marinade. Thread beef pieces evenly onto 12-inch metal skewers, leaving small space between pieces. Alternately thread onion pieces and peppers onto 12-inch metal skewers and brush with reserved marinade. (Note: If bamboo skewers are used; soak in water for 10 minutes prior to threading).
4. Place beef and vegetable kabobs on grid over medium, ash-covered coals (or preheated gas grill, set to medium\*). Grill, uncovered, about 7 to 11 minutes for medium rare to medium doneness, turning and basting with reserved marinade every 2 minutes. Season kabobs with salt as desired.
5. Serve kabobs with creamy sauce and couscous or rice. Makes 6-8 servings

\* Gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

### **Nutrition Facts**

Serving Size: 2 skewers  
Calories 260  
Total Fat 10g  
Saturated Fat 4g  
Cholesterol 70mg  
Sodium 280mg  
Carbohydrates 12g  
Dietary Fiber 1g  
Sugars 9g  
Protein 28g

### **Diabetic Exchanges**

Protein 4  
Fat 2  
Carbohydrates 1

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