



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 19th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

Balsamic Glazed Beef Kebabs

Serves 6

Ingredients:

- ¼ cup Vermont Maple Balsamic Vinaigrette
- 3 tablespoons Basics Prime Rib Rub
- 2 teaspoon Dijon mustard
- 1 lb. beef tips
- 2 cups cherry tomatoes

Nutrition Facts			
Serving Size: 1 skewer			
Servings: 6			
Amount Per Serving			
Calories	120	Calories from Fat	35
		% Daily Value*	
Total Fat	3.5g		6%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	140mg		6%
Total Carbohydrate	3g		1%
Dietary Fiber	less than 1g		3%
Sugars	2g		
Protein	17g		
Vitamin A	10%	•	Vitamin C 10%
Calcium	0%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Directions:

Mix vinegar, spice blend, and mustard in a medium bowl, then add the beef tips, coating each piece evenly. Cover and refrigerate for several hours, or overnight. Remove meat and discard remaining marinade.

Alternate beef and cherry tomatoes on skewers, and cook on a hot grill until beef is medium rare; times may vary depending on the size of the beef. Alternately, roast in a hot oven until beef is cooked.

