

Bison Kabob

Ingredients:

1 pound bison sirloin
2 medium zucchini or yellow squash
1 large red bell pepper
1 large onion, quartered
8 mushrooms
8 cherry tomatoes

Marinade:

½ cup low sodium soy sauce
½ cup vegetable oil
1 cup dry white wine
2 cloves garlic, minced

Preparation:

Cut meat into 1 1/2 –inch cubes and place in a glass bowl. In small bowl, mix marinade ingredients; pour over bison cubes. Cover with plastic wrap and marinate, refrigerated, 8-24 hours.

Cut squash and red bell pepper into ½-inch slices. Place pieces of meat, squash, pepper, onion, plus mushrooms and tomato on 8 skewers. Grill 8-10 minutes, turning occasionally. Boil remaining marinade 2 minutes and use to baste occasionally. Serve on a bed of hot rice. Makes 4 servings.