

Steak Skewers with Pita & Hummus

7 ingredients · 20 minutes · 4 servings



Directions

1. Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
2. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
3. Serve the skewers with pita and hummus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two 12-inch skewers, half a pita, and 1/4 cup of hummus.

Gluten-Free

Use lettuce wraps instead of pita bread.

Additional Toppings

Add pickled veggies, lettuce, cilantro, parsley, red onion, or olives.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus

Use baba ganoush or tzatziki instead.

Ingredients

- 1 lb Top Sirloin Steak (cut into 1-inch pieces)
- 1 Green Bell Pepper (medium, chopped)
- 1 cup Cherry Tomatoes
- 8 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Pita (sliced in half)
- 1 cup Hummus

Nutrition

Amount per serving

Calories	485	Calcium	69mg
Fat	28g	Iron	4mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	6g	Thiamine	0.3mg
Monounsaturated	10g	Riboflavin	0.2mg
Carbs	30g	Niacin	9mg
Fiber	6g	Vitamin B6	0.9mg
Sugar	3g	Folate	62µg
Protein	31g	Vitamin B12	1.3µg
Cholesterol	88mg	Phosphorous	389mg
Sodium	457mg	Magnesium	98mg
Potassium	737mg	Zinc	6mg
Vitamin A	435IU	Selenium	42µg

Vitamin C 29mg