



### **Bison Kabob**

from Sandy Pleasant, Sunset Ridge Buffalo Farm

#### Ingredients:

1 pound Bison Sirloin or Sunset Ridge Kabob meat,  
2 medium zucchini or yellow squash  
1 large red, green or yellow bell pepper  
1 large onion, quartered (yellow or purple)  
8 mushrooms  
8 cherry tomatoes

#### Marinade:

Suggested ingredients for marinade:

1/2 cup low sodium soy sauce  
1/2 cup vegetable oil  
1 cup dry white wine  
2 cloves garlic, minced  
1 Tbsp. Balsamic vinegar  
(If you don't want to make your own, try Lawry's Steak & Chop marinade)

#### Directions:

Cut Bison Sirloin into 1 1/2 inch cubes and place in a glass bowl. Combine marinade ingredients and pour over cubed Bison. Cover bowl with plastic wrap and marinate refrigerated for 8-24 hours. Or, place cubed Bison and marinade in a zippered plastic bag to marinate. Cut squash and bell pepper into 1/2 inch slices. Alternate meat, squash, pepper, onion and mushrooms on each of 8 skewers, ending each skewer with a cherry tomato. Grill covered 4-6 inches above medium hot coals or 375-400 degree gas grill for 8-10 minutes, turning occasionally and brushing with the remaining marinade mixture. Serve on a bed of rice. Serves 4. Per serving of marinated meat: 273 calories; 15.7 g fat; 70 mg cholesterol; 546 mg sodium.