

Chinese 5 - Spice Flank Kabobs

1.5 oz. prepared Flank per 1 unit protein

Ingredients:

1 lb. trimmed Flank Steak
2 Tbsp. Low Sodium Soy Sauce
1 1/2 tsp. Chinese Five Spice Powder
6 oz. carton Plain Non-Fat Greek Yogurt
1 Tbsp. Cilantro, snipped
1 Tbsp. Fresh Lime Juice
1 tsp. zested Lime Peel (or grated ok)
1/2 tsp. Minced Garlic
More Cilantro for garnish
*Use 1 lime to cut into wedges for prepared Kabobs if desired
Small Wooden Skewers (soaked prior to threading 30 min.)

Directions: If using a BBQ, pre heat on med-high while preparing skewers. If using a grill pan, spray lightly with cooking spray. Begin heating pan on high just as you are finishing up with [Step 3](#).

Step 1: In a medium bowl combine soy sauce and Five Spice Powder; set aside.

Step 2: Thinly slice Flank across grain into 1 1/2" wide strips. Add sliced Flank to soy sauce bowl to evenly coat all sides. Thread Flank onto soaked skewers weaving them about one inch at a time. Set aside.

Step 3: In a small bowl, combine yogurt, cilantro, zested lime peel, fresh lime juice, and garlic; set aside. Slice remaining lime into wedges; set aside.



Step 4: Grill Kabobs on hot grill or grill pan heated on high for 3 - 5 minutes, or until desired doneness, turning only once.

Serve with yogurt dip, lime wedges and cilantro leaves.

***MAKE BROWN RICE ACCORDING TO DIRECTIONS**