

TERIYAKI BEEF STICKS

FROM PAGE 50 OF KIDS COOKING MADE EASY

YIELD: 8 STICKS

INGREDIENTS:

- 1/2 lbs sandwich steak
- 1/2 cup pineapple juice
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/2 teaspoon garlic powder

EQUIPMENT:

- 8 skewers

DIRECTIONS:

- 1 In a medium plastic or glass bowl, combine pineapple juice, soy sauce, honey, and garlic powder. Add sandwich steaks. Press down so meat is completely covered. Cover bowl with plastic wrap and refrigerate for at least 6 hours or overnight.
- 2 Remove steaks from marinade and thread onto skewers.
- 3 Grease a grill pan or sauté pan with nonstick cooking spray. Heat pan over medium-high heat. When pan is hot, add skewers and grill for 2-3 minutes per side. Serve immediately.



MEAT / PARVE / DAIRY

MAIN DISH