



Honey Ginger Sirloin Skewers

shared by:
Fire Station 56
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These skewers are so easy. You can chop the veggies and start marinating the meat in the morning or afternoon. Then just assemble and grill or sauté when it's dinnertime. Serve over brown rice, quinoa, or a bed of lightly sautéed shredded green cabbage.

Ingredients

- 2 tablespoons chopped green onion
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon minced fresh gingerroot
- 1 teaspoon lime juice
- 2 garlic cloves, minced
- 1 pound sirloin, cut into 1-inch cubes
- 1 package cherry tomatoes
- 2 medium zucchini, cut into 1-inch pieces
- 1 large red onion, cut into large pieces
- Cooking spray
- Pepper to taste

Directions

In a large resealable plastic bag, combine the first six ingredients; add sirloin. Seal bag and turn to coat; refrigerate at least 2 hours. Drain and discard marinade. Carefully slide ingredients onto the skewer in whatever sequence you like. (We do beef-cherry tomato-beef-zucchini-beef-red onion-beef.) Preheat a non-stick frying pan on medium heat; lightly coat with cooking spray and place skewers in the pan. Sauté until lightly browned on all sides. This recipe is also perfect for grilling. Season with pepper. Serves 4.

Fire Station 56 was just completed in July 2013. The new station houses an engine and a truck company. It includes working and living quarters for 12 firefighters (4 per shift at this time), and 2-1/2 apparatus bays. The building also has office space for Integrated Operations staff. Station 56 primarily serves the communities of Wilsonville and Tualatin, and is ideally located from a response capability standpoint.