Dive into Digestion-Friendly Summertime Fun!

Don’t let your digestive issues keep you from grilling outdoors this summer! At Digestive Healthcare Center, our Grill Master has everything you need to barbecue with the best of them while managing your digestive health.

STRAIGHT OFF THE GRILL

Tame your culinary flame with a recipe that is easy on your stomach and tasty on the tongue.

Kickin’ Grilled Flank Steak Kabobs

INGREDIENTS

1 1/2 pounds beef flank steak
1 cup dry red wine
1/4 cup olive oil
1/4 cup minced shallots (You can use onions if you don’t have shallots on hand.)
6 cloves garlic, minced
1 tablespoon fresh rosemary

DIRECTIONS

1. Slice the flank steak against the grain into 1/4-inch slices. Place meat in a one-gallon resealable plastic bag set in a shallow dish.

2. For marinade: In a small bowl, combine red wine, olive oil, shallots, garlic and rosemary. Pour marinade over the meat in the bag. Seal the bag and turn to coat meat. Marinate in the refrigerator for 2-4 hours, turning occasionally.

3. On metal skewers or soaked (30 minutes) wooden ones, thread the meat accordion-style. Place the steak kabobs on a grill rack directly over medium heat. Cover and grill for 8-9 minutes, turning kabobs halfway through grilling.

4. Remove from grill and enjoy!

Patients Come First

For more information and recipes, visit: DHCenter.com

DIGESTIVE DISORDER SYMPTOMS MAY INCLUDE

- Heartburn
- Indigestion
- Abdominal pain
- Changes in bowel habits

60-70 MILLION AMERICANS suffer from digestive diseases

60% of adults will experience some type of gastroesophageal reflux disease (GERD) within a 12-month period

10-15% of the population suffers from irritable bowel syndrome (IBS)

PLEASE NOTE: Every individual responds differently to food. We recommend keeping a food diary and consulting with your gastroenterologist about safe foods should symptoms occur.