

TOP SIRLOIN STEAK, GREEN BEAN & TOMATO SALAD

The steak, green beans and tomato in this recipe are stir-fried and combined with spinach. Fresh, colorful and fun to eat. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 5 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound beef Top Sirloin Steak Boneless, cut $\frac{3}{4}$ -inch thick
- $\frac{1}{4}$ cup plus 2 tablespoons reduced-fat balsamic vinaigrette, divided
- $2\frac{1}{2}$ cups fresh green beans (2-inch pieces)
- 1 teaspoon olive oil
- 1 cup grape tomatoes, cut in half
- 5 cups fresh baby spinach (about one 5 ounce package)
- $\frac{1}{4}$ cup shaved Parmesan cheese



COOKING

1. Cut beef steak lengthwise in half, then crosswise into $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
3. Add to same skillet, half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese. Drizzle with remaining $\frac{1}{4}$ cup dressing.

Nutrition information per serving, using Choice grade beef: 230 Calories; 81 Calories from fat; 9g Total Fat (2.9 g Saturated Fat; 4 g Monounsaturated Fat;) 72 mg Cholesterol; 448 mg Sodium; 12 g Total Carbohydrate; 3.2 g Dietary Fiber; 30 g Protein; 4.7 mg Iron; 5.9 mg NE Niacin; 0.6 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 6.7 mg Zinc; 30.9 mcg Selenium; 110.9 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety