

Spicy Korean Beef & Cucumber Appetizer

Cook Time: 25 Minutes

Makes 10 servings



- 2 beef Strip Steaks Boneless, 1-inch thick (about 1 pound)
 - 1/2 cup reduced-fat cream cheese, softened
 - 1/4 cup sliced green onions
 - 1/4 cup chopped fresh cilantro leaves
 - 1 teaspoon reduced-sodium soy sauce
 - 1 seedless cucumber, sliced 1/8 inch thick (18 to 24 slices)
 - 1/4 cup Korean red chili sauce (Gochujang)
 - 1/4 cup unseasoned rice vinegar
 - 1 tablespoon honey
 - 1/2 teaspoon garlic powder
 - Micro greens, chopped kimchi, chopped roasted peanuts, toasted sesame seeds, shredded carrots, chopped cilantro, sliced scallions
1. Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.
 2. Combine gochujang, vinegar, honey and garlic powder in medium bowl; set aside.
 3. Place steak on grid over medium, ash-covered coals. Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
 4. To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces; toss in gochujang mixture. Top cream cheese mixture with steak. Garnish with micro greens, kimchi, peanuts, sesame seeds, cilantro and scallions, if desired.

Nutrition information per serving: 122 Calories; 4.9g Total Fat; 2.3g Saturated Fat; 0.2g Polyunsaturated Fat; 1.8g Monounsaturated Fat; 0.2g Trans Fat; 37.4mg Cholesterol; 224.4mg Sodium; 212mg Potassium; 7.7g Total carbohydrate; 11.8g Protein; 1.4mg Iron; 4.1mg Niacin; 0.3mg Vitamin B6; 27mg Choline; 1.6mcg Vitamin B12; 1.6mg Zinc; 9.7mcg Selenium; 0.8g Fiber.

Beef Confetti Taco Salad

Total Recipe Time: 30 Minutes

Makes 4 servings (2 cups lettuce, heaping 3/4 cup beef mixture, 1/4 cup tomatoes, 2 tablespoons cheese, 2 tablespoons bell pepper, 1 tablespoon onion)

- 1-pound Ground Beef (96% lean)
- 2/3 cup salsa
- 1/2 cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about one cup)
- 8 cups mixed salad greens
- 1/2 cup diced bell pepper
- 1/4 cup thinly sliced red onion



- Optional Toppings: sliced ripe olives, prepared ranch or French dressing
1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
 2. Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.

Test Kitchen Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Nutrition Information: 221 Calories; 6.7g Total Fat; 3.2g Saturated Fat; 0.4g Polyunsaturated Fat; 2.5g Monounsaturated Fat; 0.2g Trans Fat; 79mg Cholesterol; 571mg Sodium; 645mg Potassium; 8.1g Total carbohydrate; 30.9g Protein; 3.9mg Iron; 7.1mg Niacin; 0.5mg Vitamin B6; 90.6mg Choline; 2.5mcg Vitamin B12; 6.5mg Zinc; 20.9mcg Selenium; 3g Fiber.

Beefy Sweet Potato Mash-Up

Cook Time: 35 minutes

Makes 4 servings



- 1-pound Ground Beef (96% lean)
- 1/2 cup water, divided
- 4 teaspoons taco seasoning mix, divided
- 1 large sweet potato, cut into 1/2-inch cubes (about 2-1/2 cups)
- 1-1/2 cups diced yellow onions
- 1 tablespoon vegetable oil
- 1/4 cup plain nonfat Greek-style yogurt
- 1/2 teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro leaves
- 8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings. Stir in 1/4 cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.
2. Combine sweet potatoes, onions, remaining 1/4 cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
3. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
4. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Nutrition information per serving: 377 Calories; 10.5g Total Fat; 3.3g Saturated Fat; 3.3g Monounsaturated Fat; 76mg Cholesterol; 174mg Sodium; 40.2g Total carbohydrate; 30.9g Protein; 4mg Iron; 7.8mg Niacin; 0.7mg Vitamin B6; 91.2mg Choline; 2.5mcg Vitamin B12; 6.9mg Zinc; 20.1mcg Selenium; 5.4g Fiber.

Athenian Beef Meatloaf with Cucumber-Yogurt Sauce

Total Recipe Time: 1 Hour 40 Minutes
Makes 8 servings

- 2 pounds Ground Beef (96% lean)
- 1 cup soft bread crumbs
- 3/4 cup finely chopped onion
- 1/2 cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus 1-1/2 teaspoons dried Greek seasoning, divided
- 1/2 teaspoon salt
- 1 cup plain, low-fat Greek-style yogurt
- 1/2 cup diced cucumber



1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.
2. Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1-1/4 to 1-1/2 hours, until instant-read thermometer inserted into center registers 160°F.
3. Meanwhile, combine yogurt, cucumber and remaining 1-1/2 teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.
4. Let stand 10 minutes; cut into slices. Serve with cucumber-yogurt sauce.

Test Kitchen Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

ALTERNATE COOKING METHOD

1. This recipe can be made in a 6-quart electric pressure cooker. Combine ground beef, bread crumbs, onion, milk, egg, 1 tablespoon dried Greek seasoning and salt in a large bowl, mixing lightly but thoroughly. Pour 3/4 cup water into pressure cooker; set pressure cooker rack in water. To make a foil sling, cut a 28-inch piece of heavy-duty aluminum foil (or layer two pieces of regular foil) and punch 6 to 8 holes in it using a kitchen fork or small knife. Form beef mixture into an 8 x 4-inch loaf on the foil sling over the holes. Lower the meatloaf with the sling onto the pressure cooker rack. Close and lock pressure cooker lid. Use beef, stew or high pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Let the meatloaf stand in pressure cooker for 10 minutes. Continue as directed in Step 3 to prepare Cucumber-Yogurt Sauce. Use quick-release feature to release pressure; carefully remove lid. Using foil sling, transfer meatloaf to cutting board; remove foil and cut meatloaf into 8 slices. Serve with Cucumber-Yogurt Sauce. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Nutrition information per serving: 198 Calories; 6g Total Fat; 2.7g Saturated Fat; 0.5g Polyunsaturated Fat; 2.2g Monounsaturated Fat; 0.2g Trans Fat; 102mg Cholesterol; 247mg Sodium; 381mg Potassium; 6.3g Total carbohydrate; 28g Protein; 3mg Iron; 5.1mg Niacin; 0.4mg Vitamin B6; 104.7mg Choline; 2.4mcg Vitamin B12; 6.3mg Zinc; 26.3mcg Selenium; 0.4g Fiber.

Beef Steak & Black Bean Soft Tacos

Total Recipe Time: 30 minutes

Makes 4 servings



- 1-pound beef Bottom Round Steaks, cut ¼-inch thick
- 1 cup salsa, divided
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin, divided
- 1 can (15 ounces) no-salt added black beans
- 8 small corn tortillas (5 to 6-inch diameter), warmed
- 1 cup diced tomatoes
- 1/2 cup shredded lettuce
- 1/2 cup diced red onion
- 2 tablespoons plus 2 teaspoons chopped fresh cilantro leaves
- 1 medium ripe avocado, cut into 8 thin slices
- 1 lime, cut into 8 wedges



1. Combine 1/2 cup salsa, chili powder and 1 teaspoon cumin. Place beef steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine 1 cup beans, remaining 1/2 cup salsa and remaining 1/2 teaspoon cumin in medium microwave-safe bowl. Mash with fork into chunky paste. Cover and microwave on HIGH 1 to 2 minutes or until hot, stirring once. Keep warm.
3. Meanwhile, heat large nonstick skillet over medium-high heat until hot; remove from heat and coat with nonstick spray. Remove steaks from marinade; discard marinade. Cooking in batches, if necessary, place steaks in skillet (do not overcrowd) and cook 2 to 3 minutes for medium rare (145°) doneness, turning once. (Do not overcook.) Remove steaks from skillet; keep warm. Repeat with remaining steaks.
4. Spread bean mixture evenly on tortillas. Cut steaks into 4 pieces each and divide evenly among tortillas. Top beef with remaining 1/2 cup beans, tomatoes, lettuce, red onion, cilantro, avocado and lime wedge, as desired. Fold tortillas in half to serve.

Nutrition information per serving: For 4 servings, each serving contains 1/2 cup sliced steak, 1/4 cup bean mixture, 1/4 cup tomatoes, 2 teaspoons cilantro, 2 tablespoons black beans and 1/4 avocado. 478 Calories; 16g Total Fat; 3g Saturated Fat; 0g Monounsaturated Fat; 4g Trans Fat; 66mg Cholesterol; 450mg Sodium; 56g Total carbohydrate; 36g Protein; 6.4mg Iron; 8mg Niacin; 0.9mg Vitamin B6; 92.9mg Choline; 3.3mcg Vitamin B12; 4.9mg Zinc; 39mcg Selenium; 13.6g Fiber.

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