

## **August 2018 TV Recipes—WELL-BALANCED MEALS**

*Recipes that tastefully combine a variety of food groups to achieve the perfect balance of taste, nutrition and simplicity with your favorite beef cuts.*

# **Pomegranate Steak with Quinoa**

*Strip Steak is marinated in pomegranate juice, balsamic vinegar and herbs and served with quinoa and more pomegranates for garnish. This is one colorful dish.*

Recipe time: 55 minutes

Makes 4 servings

- 2 beef Strip Steak, Boneless, cut ¾-inch thick (about 8 ounces each)
- 2 ounces feta cheese, crumbled
- Pomegranate seeds (optional)

### **Marinade & Sauce:**

- 1 cup pomegranate juice
- ¼ cup balsamic vinegar
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh thyme
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 teaspoons Dijon-style mustard
- ½ teaspoon pepper

### **Quinoa:**

- 1 cup uncooked quinoa
- 2 cups vegetable or beef broth
- 1 cup thinly sliced fresh baby spinach
- ½ cup pomegranate seeds or sweetened dried cranberries
- ¼ cup chopped toasted walnuts (optional)

1. Combine Marinade & Sauce ingredients in medium bowl. Reserve ¾ cup for basting sauce. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Meanwhile, prepare basting sauce. Pour reserved ¾ cup marinade into small saucepan; bring to a boil. Reduce heat; cook 15 to 20 minutes or until reduced by half and slightly thickened, stirring occasionally. Set aside.
3. Cook quinoa in broth in medium saucepan according to package directions. Stir in spinach, pomegranate seeds and walnuts. Keep warm.
4. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and basting with sauce.

***Cook's Tip:** To cook on grill pan, heat nonstick grill pan over medium heat until hot. Place steaks on grill pan; cook 10 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally and basting with sauce.*

5. Carve steaks into slices; season with salt, as desired. Place quinoa on serving platter; top with cheese. Arrange beef around quinoa. Garnish with pomegranate seeds, if desired.

**Nutrition information per serving:** 430 Calories; 18g Total Fat; 5g Saturated Fat; 7g Monounsaturated Fat; 79mg Cholesterol; 141mg Sodium; 26g Total carbohydrate; 40g Protein; 4.1mg Iron; 10.1mg Niacin; 0.9mg Vitamin B6; 1.9mcg Vitamin B12; 7.3mg Zinc; 41.6mcg Selenium; 2.7g Fiber.



# Grilled Sirloin Steak with Spaghetti Squash and Edamame

Spaghetti squash gets tossed with lightly buttered edamame as versatile Top Sirloin Steak is grilled to your liking. See, dinner can be that easy!

Recipe time: 30 minutes

Makes 4 servings



- 1 pound beef Top Sirloin Steak, cut ¾-inch thick (about 1 pound)
- 1 large spaghetti squash
- 1 cup frozen shelled edamame, thawed
- 1/2 cup beef broth
- 1 to 2 tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh basil

1. Preheat oven to 350°F. Cut squash lengthwise in half; remove and discard seeds. Place squash, cut-side down, in baking dish. Bake about 1 hour or until tender. Cool slightly. Scrape pulp out of shells with fork into strands; set aside.

*Cook's Tip: If squash is too tough to cut in half, puncture it with the point of a sharp knife about five times then microwave 3 minutes to soften.*

2. Place steak in center of grid over medium, ash-covered coals; Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Let stand 5 minutes. Carve steak across the grain into thin slices.

*Cook's Tip: Spaghetti squash can be cooked in a microwave oven. Place squash halves, cut-sides down, in a microwave-safe dish. Add 1/4 cup water, cover with vented plastic wrap and cook on HIGH, 10 to 12 minutes, or until tender.*

3. Meanwhile, combine edamame, broth, butter, salt and garlic powder in a 12-inch nonstick skillet; bring to a boil. Reduce heat and simmer until edamame are heated through. Add squash and toss to coat strands. Cook just until squash is heated through. Remove from heat; add Parmesan cheese and basil, tossing until squash is coated.
4. Divide squash mixture evenly among 4 plates. Arrange steak slices on top of squash mixture.

**Nutrition information per serving:** 276 Calories; 11g Total Fat; 5g Saturated Fat; 3g Monounsaturated Fat; 71mg Cholesterol; 652mg Sodium; 13g Total carbohydrate; 30g Protein; 2.7mg Iron; 7.2mg Niacin; 0.6mg Vitamin B6; 91.3mg Choline; 1.3mcg Vitamin B12; 4.5mg Zinc; 27.4mcg Selenium; 3.7g Fiber.

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# Margarita Beef with Orange Salsa

*This recipe is perfect for entertaining. These steaks go into a flavorful marinade, are grilled, then served with a festive orange salsa.*

Recipe time: 30 minutes

Makes 6 servings

- 1 beef Top Round Steak, 1-inch thick (about 1-3/4 pounds)

## Marinade:

- 2/3 cup frozen orange juice concentrate, defrosted
- 1/2 cup tequila
- 1/3 cup fresh lime juice
- 2 tablespoons minced fresh ginger
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon ground red pepper

## Orange Salsa:

- 2 oranges, peeled, diced
- 1 small red onion, chopped
- 1 jalapeno pepper, seeded, minced
- 1/4 cup chopped fresh cilantro
- 2 to 3 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano leaves

1. Combine marinade ingredients in medium bowl. Place beef steak 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. To make Orange Salsa: Combine all salsa ingredients in non-metallic bowl. Cover and refrigerate at least 1 hour.
3. Remove steak; discard marinade. Pat steak dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, 10 to 11 minutes) for medium rare (145°F) doneness, turning occasionally. Do not overcook. Carve into thin slices. Serve with orange salsa.

**Nutrition information per serving:** 270 Calories; 10.1g Total Fat; 2.3g Saturated Fat; 1g Polyunsaturated Fat; 6.5g Monounsaturated Fat; 0.2g Trans Fat; 73mg Cholesterol; 454mg Sodium; 582mg Potassium; 12.5g Total carbohydrate; 27g Protein; 3mg Iron; 8mg Niacin; 0.9mg Vitamin B6; 85.2mg Choline; 2mcg Vitamin B12; 4.5mg Zinc; 26.7mcg Selenium; 1.6g Fiber.

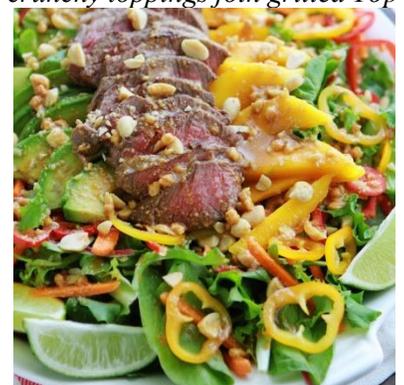
# Easy Sirloin Thai Salad

*Developed with blogger, Lauren's Latest, this salad is a treat for all the senses. Colorful, crunchy toppings join grilled Top Sirloin Steak on a bed of greens for a taste sensation.*

Recipe time: 30 to 35 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1-inch thick (about 1 pound)
- 1 (5-ounce) container prewashed fresh herbs and greens lettuce mix (about 8 cups)
- 1 ripe mango, sliced
- 1 small ripe avocado, sliced
- 1/2 cup shredded carrot



- 1/2 cup diced red and/or yellow bell pepper
- 1/2 teaspoon coarse sea salt
- 2 tablespoons dry roasted peanuts, chopped (optional)
- Lime wedges

**Dressing:**

- 3 tablespoons agave nectar or honey
- 2 tablespoons creamy or chunky natural peanut butter
- 2 tablespoons hot water
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice or white vinegar
- 1 teaspoon sesame oil

1. Place beef steak on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile, whisk all Dressing ingredients in medium bowl until smooth; set aside. Arrange lettuce on serving platter; arrange mango, avocado, carrot and bell pepper over lettuce.
3. Carve steak into slices; season with salt. Arrange beef over salad. Drizzle with dressing. Sprinkle with peanuts, if desired. Serve immediately; squeeze lime wedges over salad, as desired.

***Nutrition information:** 356 Calories; 14g Total Fat; 3g Saturated Fat; 6g Monounsaturated Fat; 63mg Cholesterol; 341mg Sodium; 30g Total carbohydrate; 30g Protein; 3.4mg Iron; 11mg Niacin; 0.6mg Vitamin B6; 2.9mcg Vitamin B12; 7.6mg Zinc; 26.8mcg Selenium; 4.2g Fiber.*

## Beef Tenderloin, Cranberry & Pear Salad

*Ready in just 25 minutes, this will be a go-to for quick & nutritious weeknight meals.*

Recipe time: 25 Minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut ¾-inch thick (4 ounces each)
- 1/2 teaspoon freshly ground black pepper
- 1 package (5 ounces) mixed baby salad greens
- 1 medium red or green ripe pear, cored, cut into 16 wedges
- 1/4 cup dried cranberries
- 1/4 cup coarsely chopped pecans, toasted
- 1/4 cup crumbled blue or gorgonzola cheese (optional)

**Honey Mustard Dressing:**

- 1/2 cup prepared honey mustard
- 2 to 3 tablespoons water
- 1-1/2 teaspoons olive oil
- 1 teaspoon white wine vinegar
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt

1. Season beef Tenderloin Steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt, as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.



**Cook's Tip:** To toast pecans, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.

**Nutrition information:** 386 Calories; 18.5g Total Fat; 3.6g Saturated Fat; 3.6g Polyunsaturated Fat; 10.2g Monounsaturated Fat; 0.3g Trans Fat; 68mg Cholesterol; 278mg Sodium; 557mg Potassium; 24.5g Total carbohydrate; 24.8g Protein; 3.8mg Iron; 4.9mg Niacin; 0.6mg Vitamin B6; 57.1mg Choline; 3.3mcg Vitamin B12; 4.2mg Zinc; 21.1mcg Selenium; 4.2g Fiber.

## Farmer's Market Vegetable, Beef & Brown Rice Salad

*Packed with protein, veggies and brown rice, this salad is a colorful treat for your eyes and stomach.*

Recipe time: 50 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 1 teaspoon olive oil
- 2 cups asparagus pieces (2-inch pieces)
- 1 medium yellow squash, cut lengthwise in half, then crosswise into ¼-inch thick slices
- 3 cups hot cooked brown rice
- 1 cup diced, seeded tomatoes
- 1 cup canned garbanzo beans, rinsed, drained
- ¼ cup fresh basil, thinly sliced
- ½ teaspoon salt

### Marinade:

- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon honey
- 2 teaspoons fresh thyme, chopped
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

1. Combine marinade ingredients in small bowl. Place beef steak and ¼ cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. Remove; keep warm.

**Cook's Tip:** To grill, place steak on grid over medium, ash-covered coals. Grill, uncovered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally.

3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

**Nutrition information per 3-oz serving:** 270 Calories; 11.1g Total Fat; 4.4g Saturated Fat; 0.5g Polyunsaturated Fat; 4.6g Monounsaturated Fat; 0.4g Trans Fat; 71.5mg Cholesterol; 98.2mg Sodium; 436.5mg Potassium; 20.7g Total carbohydrate; 22.1g Protein; 2.9mg Iron; 6.4mg Niacin; 0.4mg Vitamin B6; 97.8mg Choline; 5.1mcg Vitamin B12; 7.9mg Zinc; 33mcg Selenium; 0.5g Fiber.

