



BOWLS WITH BALANCE - GREEK

From the cool and refreshing tzatziki sauce to the savory New York Strip Steak and roasted vegetables, you'll have a balanced bowl the whole family will love.

25 MIN 4 SERVINGS 374 CAL 37 G PROTEIN

INGREDIENTS:

- 2 beef Strip Steak Boneless, cut 1 inch thick (about 8 ounces each)
- 2 medium zucchini, cut lengthwise in half
- 2 medium red bell pepper, cut into quarters
- 1/2 cup non fat Greek yogurt
- 1/4 cup diced cucumber
- 1/4 cup lemon juice, divided
- 1/4 teaspoon salt
- 2 cups cooked quinoa
- 2 tablespoons chopped fresh parsley
- 1/2 cup reduced fat feta cheese
- 1/3 cup sliced olives

COOKING:

1. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11-14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145F) to medium (160F) doneness, turning occasionally.
2. Place zucchini and peppers on the grill. Grill Zucchini covered for 7 to 10 minutes and peppers covered for 11 to 14 minutes.
3. While steaks and vegetables are cooking, combine Greek yogurt, cucumber, 1 tablespoon lemon juice, and salt to make tzatziki sauce. Dress quinoa with the remaining lemon juice and parsley. Divide quinoa equally among four bowls.

4. Slice steaks into thin slices. Chop zucchini and peppers into bite-sized pieces. Divide steak and vegetables evenly over the quinoa in each of the bowls. Garnish with olives and feta and finish with a dollop of Tzatziki. Season with salt and pepper as desired.

374 CALORIES

4g SAT FAT

37g PROTEIN

3.7 mg IRON

6.2 mg ZINC

* Based on a 2,000 calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 374 Calories; 12g Total Fat; 4g Saturated Fat; 3g Monounsaturated Fat; 74mg Cholesterol; 542mg Sodium; 30g Total carbohydrate; 37g Protein; 3.7mg Iron; 8.6mg Niacin; 1mg Vitamin B6; 132.7mg Choline; 1.6mcg Vitamin B12; 6.2mg Zinc; 34.3mcg Selenium; 5.1g Fiber.



Funded by Beef Farmers and Ranchers