

# Beef Up Your Fruits and Veggies!



## Did you know...

...the USDA *MyPyramid* recommends eating 2 cups of fruit and 2 1/2 cups of vegetables daily,\* but many people fall short?

This means they're not reaping the bountiful health and nutrition benefits produce provides.

## For instance...

...people who bypass produce miss out on potential protection against heart disease, type-2 diabetes and certain cancers.

Plus, fruits and vegetables are famed for offering fiber as well as a host of vitamins and minerals including folate, and vitamins A and C. But more than three-quarters (78%) of Americans don't meet dietary recommendations for folate and nearly half don't meet recommendations for vitamin A (48%) or vitamin C (46%).<sup>1</sup>

## Give the People What They Love...Beef up Fruits and Veggies!

Whether at home or dining out, taste is tops when people come to the table. In fact, more than eight out of 10 people say taste is the most important factor when deciding what's for dinner.<sup>2</sup> And, most (88%) people love the taste of beef.<sup>2</sup>

**Pairing produce with a favorite food like beef** can entice people to eat more fruits and vegetables and meet *MyPyramid* recommendations. Read on for taste-appealing tips and ideas to team up fruits, vegetables and beef.

\*Based on a 2,000-calorie diet.

<sup>1</sup> CSFII.

<sup>2</sup> Beef Tracking Index – National Report May '07 Wave.

## Around-the-Clock Ideas to Pack More Produce into Your Day

### Breakfast Alert

- **Smoothie sailing.** Whirl up a fruit smoothie with your favorite flavor of lowfat or fat-free yogurt and fresh or frozen fruit.
- **South-of-the-border wake up call.** Make a breakfast burrito by folding scrambled eggs, beans, shredded lowfat cheese, cooked lean ground beef, sautéed red, green and yellow peppers and onions into a whole-wheat tortilla.
- **Topping o' the morning.** Top pancakes and waffles with applesauce, berries or sliced peaches.

### Let's Do Lunch

- **Two-for-one special.** Enjoy a salad with fruits and vegetables. Try *Farmer's Market Salad with Vegetables, Beef and Brown Rice* (see recipe on next page).
- **The layered look.** Pile lots of lettuce and spinach leaves, sliced tomato, cucumber and onions — or any favorite veggie — on your sandwich.
- **As a side.** Team your soup or sandwich with baked vegetable chips, carrot sticks or fruit salad.

### Afternoon Break

- **Cool jerky.** Curb the mid-afternoon munchies with a protein-packed beef jerky stick and an apple, orange or pear.
- **A new wrinkle.** Carry dried blueberries, cranberries or cherries for a sweet and easy snack.
- **Surprise pops.** Serve kids mini-meatballs on a plastic straw with a side of marinara sauce for dipping.

### Dinner Delights

- **New opening act.** Salads are great, but for a change of taste, start your meal with minestrone soup, gazpacho, crudité (raw veggies) or a juicy melon wedge.
- **On the stick.** Grill or broil kabobs of lean beef chunks, cherry tomatoes, onion wedges, pepper chunks and pineapple cubes.
- **Chop! Chop!** Add extra chopped carrots, celery, onions, peppers, tomatoes or mushrooms to soups, stews, casseroles, meatloaf, pasta sauce and chili.
- **Heavenly dessert.** Top angel food cake with blueberries, sliced strawberries, diced kiwi, sliced bananas — or a colorful mix.

## Lean on Nutrient-Rich Beef

Nutrient-rich lean beef provides high-quality protein, iron, zinc and B-vitamins. And, according to scientific research, eating more high-quality protein like that found in beef may optimize muscle strength and metabolism, and ultimately improve overall health.<sup>1</sup>

■ **Look for lean.** There are 29 cuts of lean beef with fat content falling between that of a skinless chicken breast and a skinless chicken thigh when comparing cooked 3-ounce servings.

□ *Shopping Tip:* To locate lean cuts, choose those with “loin” or “round” in the name such as sirloin, tenderloin, top round or eye round. For ground beef, look for 90% to 98% lean on the label.

■ **Lose the fat.** Trim all visible fat around the edges before cooking.

■ **Be Portion Size Wise.** A 3-ounce cooked portion of beef is about the size of a deck of cards. A 3-ounce cooked hamburger is about the size of a hockey puck.

<sup>1</sup> Wolfe R. The underappreciated role of muscle in health and disease. *American Journal of Clinical Nutrition.* 2006. 84:475-482.



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

*Brown Rice has a nutty flavor and is full of fiber and vitamins, making it a healthy foundation for this garden-fresh salad.*

**Total preparation and cooking time: 50 minutes**

**Marinating time: 6 hours or overnight**

**Makes 4 servings**

### Marinade:

1/4 cup olive oil	1	beef top round steak, cut 3/4-inch-thick (about one pound)
2 tablespoons fresh lemon juice	1	teaspoon olive oil
1 tablespoon minced garlic	2	cups asparagus (2-inch pieces)
1 tablespoon honey	1	medium yellow squash, cut lengthwise in half, then crosswise into 1/4-inch-thick slices
2 teaspoons fresh chopped thyme	3	cups hot cooked brown rice
2 teaspoons chopped fresh oregano	1	cup diced, seeded tomatoes
1/4 teaspoon salt	1	cup canned garbanzo beans, rinsed, drained
1/8 teaspoon pepper	1/4	cup fresh basil, thinly sliced
	1/2	teaspoon salt

1. Combine marinade ingredients in small bowl. Place beef steak and 1/4 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 doneness, turning once. Remove; keep warm.
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:** This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.



## Beef, Mango and Barley Salad

Mango adds a potent punch to this salad, both with its sweetness and with a boost of vitamin C.

**Total preparation and cooking time: 1 1/2 hours**

**Makes 6 to 8 servings**

2	medium red bell peppers, cut into 1 1/2-inch pieces	1/3	cup fresh lime juice
	Cooking spray	1	teaspoon olive oil
1 1/2	teaspoons sweet paprika, divided	2	medium mangoes, cut into 1/2-inch pieces
1	beef tri-tip roast (about 1 1/2 to 2 pounds)	1/3	cup chopped green onions
1	cup uncooked quick-cooking barley	1/4	cup chopped fresh cilantro
1/2	teaspoon salt	4	large Boston lettuce leaves (optional)
1/4	teaspoon black pepper		

1. Heat oven to 425°F. Place bell peppers on metal baking sheet; spray with nonstick cooking spray; set aside.
2. Press 1 teaspoon paprika evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium-rare, 40-45 minutes for medium doneness. Roast bell peppers in oven with beef about 30 minutes or until tender. Set peppers aside to cool.
3. Remove roast when instant-read thermometer, inserted into center of thickest part, registers 135°F for medium-rare, 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium-rare, 160°F for medium).
4. Meanwhile, cook barley according to package directions. Set aside to cool slightly.
5. Cut beef into 1/2-inch pieces; season with salt and black pepper. Whisk lime juice, oil and 1/2 teaspoon paprika in small bowl until blended. Toss with beef, barley, roasted peppers, mangoes, green onions and cilantro in large bowl. Serve in Boston lettuce leaves, if desired.

**Nutrition Information:** This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc, and a good source of fiber and iron.



## Szechuan Beef Stir-Fry

This fast and easy stir-fry gets a spicy kick from crushed red pepper.

**Total preparation and cooking time: 15 minutes**

**Makes 4 servings**

1	package (10 ounces) fresh vegetable stir-fry blend	1/2	cup prepared sesame-ginger stir-fry sauce
3	tablespoons water	1/4	teaspoon crushed red pepper
2	beef shoulder center steaks (Ranch Steaks), cut 3/4-inch-thick (about 8 ounces each)	2	cups hot cooked white or brown rice, prepared without butter or salts
1	clove garlic, minced	1/4	cup dry-roasted peanuts

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile, cut beef steaks into 1/4-inch-thick strips.
3. Heat same skillet over medium-high heat until hot. Add half of the beef and half of the garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Serve over rice. Sprinkle with peanuts.

This recipe is an excellent source of protein, niacin, vitamin B<sub>12</sub>, iron, selenium and zinc, and a good source of fiber and vitamin B<sub>6</sub>.



## Sirloin with Sugar Snap Pea and Pasta Salad with Gremolata Dressing

A gremolata is made with fresh parsley, garlic, and lemon peel. This fresh-tasting dressing is an outstanding accompaniment to beef and pasta.

**Total preparation and cooking time: 1 hour**

**Makes 4 servings**

	Water	3	cloves garlic, minced
2	cups fresh sugar snap peas	1	teaspoon pepper
2	cups cooked gemelli or corkscrew pasta	1	boneless beef top sirloin steak, cut 3/4-inch-thick (about 1 pound)
1	cup grape or teardrop tomatoes, cut in halves		Salt, as desired
			Freshly grated lemon peel
			Chopped fresh parsley (optional)

### Gremolata Dressing:

1/4	cup fresh lemon juice
2	tablespoons olive oil
2	tablespoons chopped fresh parsley
2	cloves garlic, minced
2	teaspoons freshly grated lemon peel
1/4	teaspoon salt
1/8	teaspoon pepper

1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta, and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine garlic and pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium-rare to medium doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, and zinc, and a good source of fiber.



# Make Over Your Meals with More Fruits and Veggies

Try these ideas to transform traditional meals into tasty, nutrient-rich meals packed with fruits and vegetables.

## Meal

### Traditional Taco

- 85 percent lean ground beef
- Cheddar cheese
- Iceberg lettuce
- Flour tortillas

### Nachos

- Chips
- Cheddar cheese

### Soda

**Nutritional information per serving:** 1030 calories; 53g fat (24g saturated fat; 14g monounsaturated fat); 166mg cholesterol; 1059mg sodium; 87g carbohydrate; 1.7g fiber; 53g protein; 46mg magnesium; 0.07mg thiamin; 694mg calcium; 27.8mcg folate; 3.85mg iron; 11.7mg niacin; 696mg phosphorus; 449mg potassium; 0.48mg riboflavin; 30mcg selenium; 921 IU vitamin A; 0.43mg vitamin B<sub>6</sub>; 3.08mcg vitamin B<sub>12</sub>; 0.39mg vitamin C; 10.2IU vitamin D; 6.8mcg vitamin K; 8.3mg zinc.

This recipe is an excellent source of calcium, iron, niacin, phosphorus, protein, riboflavin, selenium, vitamins B<sub>6</sub>, B<sub>12</sub> and zinc; and a good source of magnesium, potassium and vitamin A.

## Meal Makeover

### Veggie Rich Taco

- 95 percent lean ground beef
- Lowfat cheddar cheese
- Pico de gallo
  - Diced tomatoes
  - Diced red onion
  - Cilantro
- Diced red and yellow peppers
- Avocado
- Romaine lettuce
- Whole grain tortillas

### Nachos

- Chips
- Guacamole

### Fat-free milk

**Nutritional information per serving:** 968 calories; 35g fat (9g saturated fat; 9g monounsaturated fat); 91mg cholesterol; 1053mg sodium; 97g carbohydrate; 14.6g fiber; 66g protein; 79mg magnesium; 0.19mg thiamin; 544mg calcium; 118.5mcg folate; 6.56mg iron; 14.6mg niacin; 594mg phosphorus; 1276mg potassium; 0.45mg riboflavin; 27mcg selenium; 4060IU vitamin A; 0.88mg vitamin B<sub>6</sub>; 2.52mcg vitamin B<sub>12</sub>; 172mg vitamin C; 100IU vitamin D; 41.2mcg vitamin K; 7.9mg zinc.

**GAIN:** 8 nutrients and recipe becomes an excellent source of potassium and vitamin A.

**SAVE:** 62 calories and 22g fat.

This recipe is an excellent source of calcium, fiber, folate, iron, manganese, niacin, phosphorus, potassium, protein, riboflavin, selenium, vitamins A, B<sub>6</sub>, B<sub>12</sub>, C, D, K and zinc; and a good source of magnesium, thiamin and vitamin E.

## Meal

### Traditional Beef Kabob

- Top sirloin
- Onion
- Cherry tomatoes

### White rice

### Iced tea

**Nutritional information per serving:** 430 calories; 9g fat (4g saturated fat; 4g monounsaturated fat); 67mg cholesterol; 53mg sodium; 59g carbohydrate; 2.3g fiber; 28g protein; 34mg calcium; 80.6mcg folate; 39mg magnesium; 11.8mg niacin; 280.6mg phosphorus; 551mg potassium; 34mcg selenium; 0.26mg thiamin; 425.9IU vitamin A; 0.67mg vitamin B<sub>6</sub>; 1.62mcg vitamin B<sub>12</sub>; 10mg vitamin C; 0IU vitamin D; 4.98mg zinc; 3.27mg iron; 0.15mg riboflavin; 0.01IU vitamin E; 5.52mcg vitamin K.

This recipe is an excellent source of folate, niacin, phosphorus, protein, selenium, vitamins B<sub>6</sub>, B<sub>12</sub> and zinc; and a good source of iron, potassium, thiamin and vitamin C.

## Meal Makeover

### Zesty Kabob with Fruit Salsa

- Top sirloin
- Red peppers
- Red onion
- Pineapple
- Cherry tomatoes
- Mango
- Strawberries
- Cilantro
- Green onions
- Lime juice

### Brown rice

### Fat-free milk

**Nutritional information per serving:** 543 calories; 10g fat (4g saturated fat; 4g monounsaturated fat); 65mg cholesterol; 197mg sodium; 77g carbohydrate; 8.7g fiber; 39g protein; 337mg calcium; 78.1mcg folate; 107mg magnesium; 13.9mg niacin; 346.0mg phosphorus; 1089mg potassium; 35mcg selenium; 0.36mg thiamin; 4131.9IU vitamin A; 1.22mg vitamin B<sub>6</sub>; 1.47mcg vitamin B<sub>12</sub>; 234mg vitamin C; 100IU vitamin D; 5.67mg zinc; 3.17mg iron; 0.3mg riboflavin; 5IU vitamin E; 15.58mcg vitamin K.

**GAIN:** 9 nutrients and recipe becomes an excellent source of potassium, thiamin and vitamin C.

This recipe is an excellent source of calcium, copper, fiber, folate, magnesium, niacin, phosphorus, potassium, protein, selenium, thiamin, vitamins A, B<sub>6</sub>, B<sub>12</sub>, C, D and zinc; and a good source of iron, riboflavin and vitamins E and K.



## MyPyramid — The Picture of Good Health

USDA's MyPyramid is your personal guide to healthy eating and physical activity.

Following MyPyramid gives you the complete picture of a delicious, nutrient-rich daily eating plan that includes.\*

- Brightly colored fruits and 100% fruit juices — 2 cups
- Vibrant-colored vegetables — 2½ cups
- Whole, fortified and fiber-rich grain foods — 6 ounces; make half whole grain
- Fat-free and lowfat milk, cheese and yogurt — 3 cups (2 cups for ages 2-8)
- Lean meats, poultry, fish, eggs, beans and nuts — 5½ ounces

\*Based on a 2,000-calorie diet.

To get your personal pyramid based on your calorie needs, go to [MyPyramid.gov](http://MyPyramid.gov).

For more delicious recipes and information about nutrient-rich beef, visit [www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com)

