

SOUTH PACIFIC STEAK

Total preparation and cooking time: 30 minutes
Marinating time: 30 minutes to 2 hours



- 1 boneless beef top sirloin steak, cut 3/4 inch thick (about 1 pound)
- 1-1/2 cups fresh pineapple chunks packed in juice
- 1/2 cup hoisin sauce
- 1 large red bell pepper, cut into 1-1/2 inch pieces
- 1 small red onion, cut into 8 wedges
- 1/3 cup apricot preserves
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh cilantro

1. Soak four 12-inch bamboo skewers in water 10 minutes; drain.
2. Meanwhile drain pineapple, reserving 1/2 cup juice. Combine pineapple juice and hoisin sauce in small bowl. Place steak in food-safe plastic bag. Pour 1/4 cup hoisin-pineapple mixture over steak; turn to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
3. Alternately thread pineapple chunks, bell pepper pieces and onion wedges onto skewers. Place in glass dish; brush 1/4 cup hoisin-pineapple mixture on kabobs. Cover and marinate in refrigerator up to 2 hours.
4. Remove steak and skewers from marinade; discard marinade. Place steak and kabobs on grid over medium, ash-covered coals. Grill steak, covered, 13 to 16 minutes for medium rare to medium doneness and vegetables are crisp-tender, turning occasionally.
5. Meanwhile combine remaining hoisin-pineapple mixture, apricot preserves and lemon juice in small saucepan; cook and stir over medium heat until hot. Carve steak into thin slices and serve with kabobs and sauce. Sprinkle with cilantro.

Makes 4 servings.

Nutrition information per serving: 345 calories; 6g fat (2 g saturated fat; 2 g monounsaturated fat); 50 mg cholesterol; 520 mg sodium; 46 g carbohydrate; 2.8 g fiber; 28 g protein; 8.6 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.6 mg iron; 31.3 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of fiber and iron.

Calorie-for-calorie, lean beef is one of the most naturally nutrient-rich power foods. A 3-ounce serving is low in calories, but high in nutrients – it's an excellent source of protein, zinc, vitamin B₁₂, selenium and phosphorus, and a good source of niacin, vitamin B₆, iron and riboflavin.

Don't distort portions as you pack power foods on your plate. Lots of nutrients can come in smaller packages. Keep in mind that a 3-ounce serving of lean meat is about the size of a fist or a computer mouse. And, if you're at a restaurant where portions are larger, consider taking half home to enjoy later!

Be Sensible... Enjoy all foods, just don't overdo it.

LEMON-HERB BEEF ROAST

Total preparation
and cooking time:
2-1/4 to 3 hours



- 1 beef round tip roast (3-1/2 pounds)

Seasoning:

- 1/2 cup chopped fresh parsley
- 1 tablespoon olive oil
- 4 to 5 cloves garlic, minced
- 2 teaspoons grated lemon peel
- 1/4 teaspoon pepper

Vegetables:

- 1 tablespoon olive oil
- 1 pound small red-skinned potatoes, halved
- 1/2 pound baby carrots
- 4 small onions, halved
- 2 medium zucchini, sliced (3/4-inch)

1. Heat oven to 325°F. Combine seasoning ingredients; press 1/2 onto beef roast. Combine remaining seasoning with vegetable ingredients in large bowl; toss.
2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-3/4 to 2 hours for medium rare; 2-1/4 to 2-1/2 hours for medium doneness. After 1/2 to 1 hour, place vegetables, except zucchini, on rack around roast.
3. Remove roast when meat thermometer registers 140°F for medium rare; 155°F for medium. Transfer to board; tent with foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare; 160°F for medium.)
4. Increase oven temperature to 425°F. Add zucchini to vegetables on rack; roast 15 to 20 minutes or until tender. Carve roast; serve with vegetables. Season with salt.

Makes 8 servings.

Nutrition information per serving: 378 calories; 13 g fat (4 g saturated fat; 6 g monounsaturated fat); 137 mg cholesterol; 90 mg sodium; 17 g carbohydrate; 2.7 g fiber; 45 g protein; 8.8 mg niacin; 0.9 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.8 mg iron; 49.5 mcg selenium; 79 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc, and a good source of fiber.

A recipe for health needs to include a balance of naturally nutrient-rich foods and regular physical activity. Eating foods that are good sources of nutrients – like colorful fruits and vegetables, whole grains, lowfat/nonfat dairy products and lean meats – helps fuel activity. For example, lean meats and dairy products provide protein that helps build muscle mass that aids exercise and weight management.

Be Active... Walk the dog, don't just watch the dog walk.

NATURALLY NUTRIENT-RICH MEALS...

PUTTING MORE POWER FOODS ON OUR PLATES

A recipe for healthier eating includes enjoying more naturally nutrient-rich foods first from all food groups. The USDA's Dietary Guidelines for Americans and MyPyramid reinforce the importance of getting more nutrients from the foods we eat. Nutrients put more **power on our plates** to fuel active, healthful lifestyles. And, at a time when we're increasingly watching our waistlines, nutrients make each calorie count more.

This dinner illustrates how people can pack more power foods and great taste into one meal. It provides 1/2 cup of fruit, 2-1/2 cups of vegetables, 3 ounces of protein, 3 ounces of whole grains and 1 cup of dairy.



Fruits and Vegetables:

2 cups of fruits and 2-1/2 cups of vegetables will provide the fiber and antioxidants needed to help lower your risk of heart disease, some cancers and type 2 diabetes.
One cup =
1 cup juice, 2 cups leafy salad greens or 1 cup cut-up or cooked fruits or vegetables.

Protein:

Five and a half ounces of protein foods will provide the protein, zinc, iron and B-vitamins needed to build and repair muscle, fuel activity and help your brain function.
One ounce =
one ounce meat, poultry, fish, 1 egg, 1/4 cup cooked dry beans, or 1 tbsp peanut butter.

Grains:

Strive for six 1-ounce servings of grains a day (with at least three ounces from whole grains) to provide daily energy, as well as fiber and antioxidants to help lower risk of heart disease and type 2 diabetes.
One ounce =
1 slice of whole grain bread, 1/2 cup cooked pasta, rice or cereal or 1 cup of ready-to-eat cereal.

Dairy:

Aim for 3 servings a day to get enough calcium and potassium to help build strong bones and control blood pressure.
One cup =
1 cup milk, 1.5 ounces cheese or 1 cup yogurt.

EASY WEEKDAY MEAL PLAN

BREAKFAST

Home-style Apple Cinnamon Oatmeal

- 1 cup cooked oatmeal
- 1/2 cup diced apples
- 1 teaspoon cinnamon

Fat-free Milk

- 1 cup fat-free milk

LUNCH

Garden Fresh Tuna Melt

- 2.5 ounces canned light tuna, packed in water
- 2 tablespoons lowfat plain yogurt
- 1.5 ounces lowfat cheddar cheese
- 1 tomato slice
- 2 tablespoons chopped red onion
- 1/8 avocado
- Alfalfa sprouts
- 2 slices bread

Green Salad

- 1 cup Romaine lettuce
- 1 small tomato, cut into wedges
- 1/2 cup chopped carrots
- 2 tablespoons vinegar and olive oil

Mixed Berries

- 1/2 cup mixed berries

SNACK

- 1 cup lowfat fruit yogurt
- 1 small pear

DINNER

South Pacific Steak (recipe included)

- 3 ounces beef top sirloin
- 1/3 cup fresh pineapple chunks
- 1/4 large red bell pepper
- 1/4 small red onion

Brown Rice

- 1/2 cup cooked brown rice
- 1/2 teaspoon butter or spread

Steamed Broccoli

- 1 cup steamed broccoli
- 1/2 teaspoon butter or spread

Grilled Italian Bread

- 1 slice Italian bread
- 1 teaspoon olive oil

Chocolate Chip Cookie

Adding more power to everyday meals doesn't have to add more time in the kitchen. Planning in advance can make it easier, so you don't have to give up on nutrition when you're short on time. When you're grocery shopping, stock up on power at the perimeter of the store – where you're more likely to find colorful fruits and vegetables, whole grains, lowfat/nonfat milk products and lean proteins.

WEEKNIGHT MEAL SHOPPING LIST

Produce Section

- Apples
- Berries
- Pears
- Lemon
- Fresh pineapple chunks
- Romaine lettuce
- Broccoli
- Carrots
- Tomatoes
- Red pepper
- Red onions
- Avocados
- Alfalfa sprouts
- Cilantro

Meat Case

- Beef top sirloin steak

Canned Meat Aisle

- Canned light tuna in water

Dairy Case

- Fat-free milk
- Lowfat cheddar cheese
- Lowfat plain yogurt
- Lowfat fruit yogurt

Bakery and Grains Aisle

- Italian bread
- Bread
- Oatmeal
- Brown rice
- Chocolate chip cookies

Other

- Brown sugar
- Cinnamon
- Apricot preserves
- Butter or spread
- Olive oil
- Vinegar
- Hoisin sauce

Be Adventurous...

Expand your tastes to enjoy a variety of foods.

SPECIAL OCCASION MEAL PLAN

BREAKFAST

Whole Grain Waffles Topped with Yogurt and Blueberries

- 2-1 ounce whole grain waffles
- 1/2 cup blueberries
- 1 cup lowfat vanilla yogurt

SNACK

Air Popped Popcorn

- 1 ounce popcorn (2-4 cups)

LUNCH

3 Bean 3-Way Chili

- 1/2 cup black beans
- 1/2 cup pinto beans
- 1/2 cup kidney beans
- 1/2 cup chili-style tomato sauce
- 1/2 large green pepper
- 1.5 ounces lowfat cheddar cheese
- 1 cup spaghetti noodles

Fat-free Milk

- 1 cup fat-free milk

SNACK

- 1/2 cup red bell pepper strips
- 1/2 cup sugar snap peas
- 2 tablespoons reduced-fat ranch dressing

DINNER

Lemon Herb Beef Roast (recipe included)

- 5.5 ounces beef round tip
- 1/2 small red potato
- 1/4 cup baby carrots
- 1/4 zucchini
- 1/8 tablespoon olive oil

Summer Fruit Medley

- 1/2 cup diced fresh mango
- 1/2 cup red raspberries
- 1 small banana, sliced
- 2 tablespoons non-dairy whipped topping

Garlic Breadstick

- 1-1 ounce breadstick
- 1 teaspoon minced garlic
- 1 teaspoon olive oil

How can you celebrate a special occasion with a unique meal, without sacrificing nutrition? Sneak more natural nutrients into meals by adding fresh fruit to salads, loading up on vegetable side dishes and aiming for lean meats. There are at least 29 different cuts of beef that meet guidelines for leanness* so you can easily feature favorites like a beef round tip or tenderloin roast as part of a naturally nutrient-rich holiday meal.

SPECIAL OCCASION SHOPPING LIST

Produce Section

- Blueberries
- Mangos
- Bananas
- Red raspberries
- Lemon
- Baby carrots
- Zucchini
- Small red potatoes
- Red peppers
- Green peppers
- Sugar snap peas
- Parsley
- Garlic

Canned Produce Aisle

- Canned black beans
- Canned pinto beans
- Canned kidney beans
- Chili-style tomato sauce

Meat Case

- Beef round tip roast

Dairy Case

- Lowfat vanilla yogurt
- Fat-free milk
- Lowfat cheddar cheese

Bakery and Grains Aisle

- Breadsticks
- Spaghetti noodles
- Popcorn

Frozen Foods

- Whole grain waffles

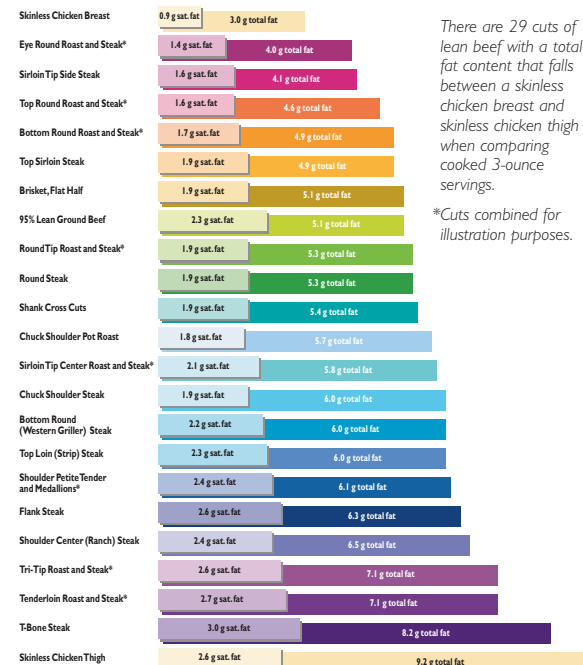
Other

- Reduced-fat ranch dressing
- Olive oil
- Non-dairy whipped topping

*Less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving.

TWENTY-NINE CUTS OF BEEF

THAT MEET THE GOVERNMENT LABELING GUIDELINES FOR LEAN



There are 29 cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

*Cuts combined for illustration purposes.

Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams. Source: US Department of Agriculture, Agricultural Research Service, 2008. USDA Nutrient Database for Standard Reference, Release 21. Based on cooked servings, visible fat trimmed.



Visit www.BeefitsWhatsForDinner.com for more recipes and information about lean beef.



The Beef Checkoff through the National Cattlemen's Beef Association