

# GREEK BEEF SHEET PAN



## Ingredients

- 1 lb top sirloin
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 ½ tsp garlic powder
- 1 ½ tsp dried oregano
- 1 tsp dried thyme
- ½ tsp paprika
- 1/2 tsp black pepper
- 2 bell peppers (any color)
- 1 red onion
- 4 whole wheat pitas

## Cucumber yogurt salad

- 1 medium cucumber
- 1 cup plain Greek yogurt (non-fat or 2%)
- 1 tbsp olive oil
- ½ tsp dried dill
- ½ tsp garlic powder
- ½ tsp lemon juice
- Pinch of salt and black pepper



Prep time: **30 minutes**



Cook time: **18 minutes**



Serves **4**

## Instructions

1. Cut top sirloin into 1-inch cubes, bell peppers into 1-inch pieces, and onion into 1-inch chunks.
2. In a large bowl, whisk together olive oil, red wine vinegar, garlic powder, oregano, thyme, paprika, and black pepper. Add the sirloin cubes, peppers, and onion to the bowl; toss to coat evenly. Cover and refrigerate for at least 30 minutes (or up to 4 hours).
3. Preheat the oven to 425°F. Line a large sheet pan with foil or parchment paper and lightly coat with cooking spray.
4. Spread the marinated beef and vegetables on the sheet pan in a single layer. Roast for 15-18 minutes, stirring halfway, until the beef reaches desired temperature (135°F for medium-rare, 145°F for medium) and the vegetables are tender with slight caramelization.
5. While baking, prepare the cucumber yogurt salad. Cut the cucumber into thin slices. In a medium bowl, mix Greek yogurt, olive oil, dill, garlic powder, lemon juice, salt, and pepper. Stir in the cucumber slices and refrigerate until serving.
6. Warm the pitas in the oven during the last 5 minutes of cooking time or microwave for 10-15 seconds until soft.
7. Serve the roasted beef and vegetables with the cucumber yogurt salad and warm pita bread for a complete meal.



**FOOD AS HEALTH** *Alliance*

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This Greek-inspired sheet pan meal pairs lean sirloin, colorful vegetables, and whole grains with a refreshing cucumber yogurt salad for a balanced, diabetes-friendly dinner. Packed with protein, fiber, and heart-healthy ingredients, it's designed to stabilize blood sugar, support overall health and bring vibrant, fresh flavors to your plate. Quick to prepare and easy to clean up, this meal is perfect for busy weeknights without compromising on taste or nutrition.

Nutrition Facts	
Portion Size	414 g
Amount Per Portion	
<b>Calories</b>	<b>374</b>
% Daily Value *	
<b>Total Fat</b> 16g	<b>21 %</b>
Saturated Fat 3.5g **	<b>18 %</b>
<b>Cholesterol</b> 72mg **	<b>24 %</b>
<b>Sodium</b> 149mg **	<b>6 %</b>
<b>Total Carbohydrate</b> 25g	<b>9 %</b>
Dietary Fiber 4.2g **	<b>15 %</b>
Sugar 3.8g **	
<b>Protein</b> 34g	<b>68 %</b>
Vitamin D 0.1mcg **	<b>0 %</b>
Calcium 146mg **	<b>11 %</b>
Iron 3.8mg **	<b>21 %</b>
Potassium 854mg **	<b>18 %</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

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