

# SHEET PAN STEAK

COMFORT FOOD FROM THE HEART

## INGREDIENTS

### MARINADE

- 2 tablespoons balsamic vinegar
- 4 tablespoon olive oil
- 1 tablespoon brown sugar
- 2 teaspoon dijon mustard
- 1 teaspoon Italian seasoning
- 1/2 teaspoon black pepper

### STEAK & VEGGIES

- 1 lb sirloin steak
- 2 cups brussels sprouts, halved
- 2 cups radishes, halved

## INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Whisk together all marinade ingredients
3. Pour 1/2 marinade over steak and allow to rest for about 15 minutes while preparing the vegetables
4. In a large bowl, mix chopped vegetables with the remaining half of the marinade
5. Line a large sheet pan with aluminum foil and spread vegetables evenly over one half
6. Roast vegetables for 20 minutes, stirring halfway
7. Preheat a cast iron or nonstick skillet over high heat
8. Remove steak from marinade and sear on each side for 3 minutes
9. Remove pan from the oven and place steak on the empty side
10. Continue to cook until steak has reached desired doneness (ex: 10 additional minutes for medium)
11. Slice steak into thin strips, cutting against the grain

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FOOD AS HEALTH *Alliance*



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HEART HEALTHY



4 SERVINGS



30 MIN



# SHEET PAN STEAK NUTRITION FACTS

## CHECK THE LABEL

### HOW CAN CONSUMING THIS MEAL HELP MANAGE YOUR HIGH BLOOD PRESSURE?

Foods high in sodium are associated with increased blood pressure. The marinade in this recipe is seasoned with herbs and spices instead of salt, which keeps the sodium low.

### THE POWER OF VITAMIN K

Some studies have shown a link between a diet low in Vitamin K and increased blood pressure. This recipe provides 70% of your daily Vitamin K needs.

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## Nutrition Facts

Serving size 1/4 Total Recipe

Amount Per Serving

**Calories 350**

% Daily Value\*

**Total Fat** 21g 27%

Saturated Fat 4.9g 25%

Trans Fat 0g

**Cholesterol** 80mg 27%

**Sodium** 160mg 7%

**Total Carbohydrate** 12g 4%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 5g Added Sugars 10%

**Protein** 27g 54%

Vitamin D 0mcg 0%

Calcium 71mg 6%

Iron 2.9mg 15%

Potassium 709mg 15%

Vitamin C 45.9mg 50%

Vitamin K 89mcg 70%

Vitamin B12 1.34mcg 60%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

High blood pressure often goes hand in hand with other conditions such as type 2 diabetes. With only 12 grams of carbs and 3 grams of fiber, this meal would also be an excellent choice for managing diabetes.

# COST BREAKDOWN

## SHEET PAN STEAK

### SHOPPING LIST

- Balsamic vinegar
- Brown sugar
- Dijon mustard
- Italian seasoning
- 1 lb sirloin steak
- 1 bag brussels sprouts
- 1 bunch radishes

### COST

\$2.98  
\$1.84  
\$1.50  
\$1.12  
\$6.82  
\$2.98  
\$1.28

### COST PER SERVING

\$0.75  
\$0.46  
\$0.38  
\$0.28  
\$1.71  
\$0.75  
\$0.32

### TOTAL

**\$18.52\***

**\$4.63**

\*Based on 6 servings. Prices obtained from Walmart.com

Roasted vegetables can be stored in a freezer bag for up to 6 months. They can be reheated in the oven or microwave for a simple side dish or quick snack.

Even if you don't need all of the steak, go ahead and cook it! Add leftover steak to a salad, stir fry, or sandwich for an easy source of lean protein.



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