

# FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

## SHEET PAN STEAK

MAKES 4 SERVINGS

### 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 AND VEGGIES

- 1 lb flat iron steak
- 2 cups brussels sprouts, halved
- 2 cups radishes, halved

### DIRECTIONS

1. Preheat oven to 400 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. While the veggies cook, 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

### NUTRITION BREAKDOWN

CALORIES

350

CARBS

12 GRAMS

PROTEIN

27 GRAMS

FAT

21 GRAMS

FIBER

3GRAMS

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>