

# SIMPLE STEAK PITAS

TWO MEALS + A SNACK

## INGREDIENTS

- 1.5lb flank or top sirloin steak
- 1 tablespoon lemon pepper seasoning
- 1 can low-sodium white beans, drained & rinsed
- Juice of ½ fresh lemon
- 1 tablespoon olive oil
- 2-3 tablespoons water
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 cucumber, sliced thin
- 1/2 bell pepper, cut into strips
- 1/4 red onion, sliced thin
- 2 whole wheat pitas, cut into halves

## INSTRUCTIONS

1. Pat steak dry and season liberally on both sides with the lemon pepper seasoning
2. Cook steak in a hot skillet for 3-4 minutes per side or until desired doneness then set aside to rest
3. Blend beans, olive oil and lemon juice in a food processor or mash by hand, adding water 1 tablespoon at a time until desired consistency
4. Season white bean spread with dried herbs, garlic powder, and salt & pepper to taste while stirring well
5. Thinly slice the steak, cutting against the grain
6. Open 1/2 pita and spoon in 1-2 tablespoon of the bean spread on the inside
7. Stuff pita with steak and veggies
8. If desired, squeeze extra lemon juice on top

Recipe adapted from [Beefitswhatsfordinner.com](http://Beefitswhatsfordinner.com)

In partnership with



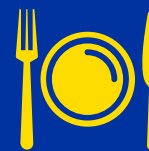
FOOD AS HEALTH *Alliance*



LEARN MORE



DIABETES FRIENDLY



4 SERVINGS



30 MIN



# SIMPLE STEAK PITAS NUTRITION FACTS

## CHECK THE LABEL

## HOW CAN CONSUMING THIS RECIPE HELP MANAGE YOUR TYPE 2 DIABETES?

These steak pitas are full of both fiber and protein! This combo will keep you feeling fuller for longer and will also slow down how fast your body digests carbohydrates. This allows your body to release insulin more slowly and prevents your blood sugar from spiking.

## A PERFECT PAIR

This recipe contains 20% of both your daily iron and daily Vitamin C. These two nutrients work together, as Vitamin C improves your body's ability to absorb iron. That's why it's always a great choice to eat green veggies like peppers with your iron rich beef.

In partnership with



## Nutrition Facts

Serving size

Amount Per Serving

**Calories**

**310**

% Daily Value\*

<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>
Vitamin D 0.4mcg	2%
Calcium 78mg	6%
Iron 4mg	20%
Potassium 423mg	8%
Vitamin C	20%

\*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.

You can subtract the dietary fiber when counting carbohydrates! This recipe has 28 grams of carbs, but 5 grams of fiber for a net total of 23 grams.

# COST BREAKDOWN

## SIMPLE STEAK PITAS

SHOPPING LIST	COST	COST PER SERVING
• 1.5 lb sirloin tip steak	\$10.23	\$1.28
• Package whole wheat pita	\$3.36	\$0.42
• 1 can white beans	\$0.78	\$0.10
• 1 lemon	\$0.58	\$0.07
• 1 bell pepper	\$0.86	\$0.11
• 1 red onion	\$1.02	\$0.13
• 1 cucumber	\$0.68	\$0.09
• Lemon pepper seasoning	\$1.00	\$0.13
<b>TOTAL</b>	<b>\$18.51*</b>	<b>\$2.31</b>

\*Based on 2 meals with 4 servings each. Prices obtained from Walmart.com

By using the steak and veggies in a stir fry the next day, you get 2 meals with 4 servings each for less than \$2.50 per serving. The white bean dip and cucumbers will keep in a sealed container in the fridge for 2-3 days to be eaten as a healthy snack for no extra cost.

**BY MAKING USE OF ALL  
INGREDIENTS, THERE'S NO  
WASTED FOOD!**



In partnership with





# NEXT DAY STIR FRY

USING UP LEFTOVERS

## ADDITIONAL INGREDIENTS

- 2 cups uncooked brown rice
- 1 tablespoon olive oil
- 2 teaspoons lemon pepper seasoning
- 1 tablespoon low sodium soy sauce (optional)

## INSTRUCTIONS

1. Cook rice according to package instructions
2. Heat olive oil in a large pan or wok and cook the peppers and onions until tender
3. Add the steak and cook until heated through
4. Add the lemon pepper seasoning and soy sauce if desired, then stir well to coat
5. Serve over rice

STIR FRY COMES TOGETHER IN A FLASH AND IS ALWAYS A GREAT WAY TO USE UP LEFTOVERS. THIS DISH IS VERY VERSATILE, SO YOU CAN ADD WHATEVER VEGGIES YOU HAVE ON HAND. MUSHROOMS, ZUCCHINI, CARROTS, AND GREEN BEANS WOULD ALL BE DELICIOUS ADDITIONS. MAKE IT YOUR OWN WHILE PREVENTING WASTED FOOD!

In partnership with



FOOD AS HEALTH *Alliance*



LEARN MORE



DIABETES FRIENDLY



4 SERVINGS



30 MIN



# NEXT DAY STIR FRY NUTRITION FACTS

## CHECK THE LABEL

## HOW CAN CONSUMING THIS RECIPE HELP MANAGE YOUR TYPE 2 DIABETES?

This simple stir fry contains the magic combo of protein and fiber to help control your blood sugar. Brown rice is a whole grain and an excellent source of dietary fiber. When possible, you should try to make about half of your daily grain choices whole.

## PLANNING FOR SUCCESS

Busy schedules can be a barrier to healthy eating, and we often make less nutritious choices when it is time to eat but there's nothing planned. By preparing the steak and slicing the veggies the day before, this simple meal will come together quickly to you stay on track.

In partnership with



## Nutrition Facts

Serving size 1/4 Total Recipe

Amount Per Serving

**Calories** **390**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 470mg **20%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 25g **50%**

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 3mg **15%**

Potassium 320mg **6%**

Vitamin C 20mg **20%**

Vitamin B6 0.4mg **25%**

Magnesium 91mg **20%**

\*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.

This dish is also full of important vitamins and minerals like potassium, magnesium, Vitamin C and Vitamin B6 which has been shown to improve diabetes symptoms.