

SPICY KOREAN BEEF & CUCUMBER APPETIZER

Slices of cucumber are topped with beef Strip Steak, herbed cream cheese and a spicy Asian Sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 25 MINUTES | **SERVINGS:** 10

INGREDIENTS

- 2 beef Strip Steaks Boneless, 1 inch thick (about 1 pound)
- ½ cup reduced-fat cream cheese, softened
- ¼ cup sliced green onions
- ¼ cup chopped fresh cilantro leaves
- 1 teaspoon reduced-sodium soy sauce
- 1 seedless cucumber, sliced ⅛ inch thick (18 to 24 slices)
- ¼ cup Korean red chili sauce (Gochujang)
- ¼ cup unseasoned rice vinegar
- 1 tablespoon honey
- ½ teaspoon garlic powder

Optional

Micro greens, chopped kimchi, chopped roasted peanuts, toasted sesame seeds, shredded carrots, chopped cilantro, sliced scallions



COOKING

1. Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.
2. Combine gochujang, vinegar, honey and garlic powder in medium bowl; set aside.
3. Place steak on grid over medium, ash-covered coals. Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
4. To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces; toss in gochujang mixture. Top cream cheese mixture with steak. Garnish with micro greens, kimchi, peanuts, sesame seeds, cilantro and scallions, if desired.

Nutrition information per serving: 122 Calories; 44.1 Calories from fat; 4.9g Total Fat (2.3 g Saturated Fat; 0.15 g Trans Fat; 0.2 g Polyunsaturated Fat; 1.8 g Monounsaturated Fat); 37.4 mg Cholesterol; 224.4 mg Sodium; 7.7 g Total Carbohydrate; 0.8 g Dietary Fiber; 11.8 g Protein; 1.4 mg Iron; 212 mg Potassium; 4.1 mg NE Niacin; 0.3 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 1.6 mg Zinc; 9.7 mcg Selenium; 27 mg Choline.

This recipe is an excellent source of Protein, Niacin, and Vitamin B₁₂; and a good source of Vitamin B₆, Zinc, and Selenium.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

BEEF CROSTINI WITH PARMESAN CRISPS & BALSAMIC DRIZZLE

This appetizer recipe is perfect for your upcoming holiday parties. Flavorful steak meets cream cheese and a tangy balsamic sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 25 MINUTES | **SERVINGS:** 12

INGREDIENTS

- 2 beef Strip Steak, Boneless, cut 1 inch thick (about 1-¼ pounds)
- ¼ cup freshly grated Parmesan cheese
- ¾ teaspoon all-purpose flour
- 12 slices thin white bread, crusts removed
- 1½ teaspoons coarse grind black pepper
- 4 ounces light garlic and herb cheese spread, slightly softened
- 1 tablespoon balsamic syrup
- 24 leaves arugula leaves



COOKING

1. Heat oven to 350°F. Combine Parmesan cheese and flour in small bowl; toss to mix well. Spray baking sheet with nonstick cooking spray. Sprinkle Parmesan mixture evenly into 8-inch circle on baking sheet. Bake in center of 350°F oven 6 to 8 minutes or until melted and light brown. Cool 2 minutes on baking sheet, then remove to wire rack to cool completely. Break into 24 irregular-shaped pieces. Set aside.

Cook's Tip: Parmesan crisps may be made 1 day in advance and stored in an airtight container.

2. Cut each bread slice diagonally in half. Place in single layer on baking sheet. Bake in 350°F oven about 6 minutes or until lightly toasted but not brown. Set aside.

3. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into thin slices.

4. Meanwhile, spread 1 teaspoon cheese spread onto each bread piece; top with 2 to 3 steak slices. Drizzle balsamic syrup over beef; top with Parmesan crisp and arugula leaf.

Nutrition information per serving: 150 Calories; 52.2 Calories from fat; 5.8g Total Fat (2.8 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 1.6 g Monounsaturated Fat); 40 mg Cholesterol; 187 mg Sodium; 9 g Total Carbohydrate; 0.6 g Dietary Fiber; 2.1 g Total Sugars; 14.5 g Protein; 76.1 mg Calcium; 2 mg Iron; 180 mg Potassium; 0.2 mg Riboflavin; 5.1 mg NE Niacin; 0.3 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 121 mg Phosphorus; 1.8 mg Zinc; 13.6 mcg Selenium; 31.1 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₁₂, and Selenium; and a good source of Iron, Riboflavin, Vitamin B₆, and Zinc.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

BEEF POT ROAST WITH CIDER GRAVY & MAPLE SWEET POTATOES

This pot roast recipe is sure to warm you and your family on a cold day. To make it even better, this heart healthy pot roast recipe comes with gravy and potatoes. Try this for dinner tonight. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 3 HOURS 30 MINUTES | **SERVINGS:** 8

INGREDIENTS

- 1 beef Shoulder Roast Boneless (3 to 3½ pounds)
- 2 teaspoons olive oil
- 1½ teaspoons salt
- ¾ teaspoon pepper, divided
- 1 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1 cup unsalted beef broth
- ¾ cup apple cider
- 3 pounds sweet potatoes, peeled, cut crosswise into 1 to 1½ inch pieces
- 2 teaspoons minced garlic
- 2 tablespoons maple syrup
- 1 teaspoon minced fresh ginger
- 2 tablespoon cornstarch dissolved in 2 tablespoons brandy or water

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COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Remove roast; pour off drippings and season with 1 teaspoon salt and ½ teaspoon pepper.
2. Add onion and thyme to stockpot; cook and stir 3 to 5 minutes or until onion is tender. Add broth and cider; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Return roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2½ hours.

Cook's Tip: Fresh apple cider is sold filtered and unfiltered. Filtered cider looks clear and is lighter in color than unfiltered cider, which is deep brown and cloudy due to apple pulp particles. Unlike apple juice, fresh cider is perishable and must be refrigerated before opening. Always purchase pasteurized cider.

3. Add sweet potatoes and garlic to stockpot; continue simmering, covered, 30 minutes or until sweet potatoes and pot roast are fork-tender.
4. Remove roast; keep warm. Remove sweet potatoes and garlic with slotted spoon to large bowl, leaving cooking liquid in stockpot.
5. Add maple syrup, ginger, remaining ½ teaspoon salt and ¼ teaspoon pepper to sweet potatoes. Beat until sweet potatoes and garlic are mashed and smooth; keep warm.

Cook's Tip: Sweet potatoes may also be mashed using a food processor.

6. Skim fat from cooking liquid; stir in cornstarch mixture. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Cook's Tip: To easily skim fat from cooking liquids, use a fat or gravy separator. The spout on this special pitcher is positioned at the bottom so as fat rises to the surface the liquid below can be poured off separately.

7. Carve roast into slices; serve with mashed sweet potatoes and gravy.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

CLASSIC BEEF TENDERLOIN ROAST WITH CRANBERRY DRIZZLE

Beef Tenderloin Roast served with Brussels sprouts and a tangy cranberry sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 45 MINUTES | **SERVINGS:** 12

INGREDIENTS

- 1 beef Tenderloin Roast Center-Cut (2 to 3 pounds)
- 1 pound yellow onions, peeled, cut into wedges
- 2½ pounds Brussels sprouts, trimmed
- 1 tablespoon olive oil
- 1¼ teaspoons salt, divided
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon pepper

Sauce

- ⅓ cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce

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COOKING

1. Heat oven to 425°F. Combine onions, Brussels sprouts, oil and 1 teaspoon salt on metal baking pan; toss to coat. Set aside.

Cook's Tip: Peeled Cipollini or pearl onions may be substituted for yellow onions and omit cutting into wedges. Cipollini onions look and taste like small, flat onions but are actually bulbs of the grape hyacinth. Sometimes referred to as wild onions, they can often be found in the produce department of large supermarkets. To easily peel, place in boiling water 10 to 15 seconds. Remove from water and immediately place in a bowl of ice water. Drain and peel skin.

2. Combine thyme and pepper in small bowl. Reserve 1 teaspoon thyme mixture for sauce; set aside. Press remaining thyme mixture evenly onto all surfaces of beef Tenderloin Roast.
3. Place roast on rack in shallow roasting pan. Insert ovenproof-meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Place prepared vegetables in oven with roast. Roast beef in 425°F oven 35 to 45 minutes for medium rare; 45 to 50 minutes for medium doneness. Roast vegetables 45 to 50 minutes or until tender and lightly browned.

SAUCE

1. Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining ¼ teaspoon salt. Keep warm.
2. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
3. Carve roast into slices; serve with vegetables and sauce.

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INDIAN BEEF FLANK STEAK & RICE

This beef Flank Steak is served with rice, vegetables and seasoned yogurt sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 8

INGREDIENTS

- 1 beef Flank Steak (about 2 pounds)
- 1 cup non-fat plain Greek-style yogurt
- 2 tablespoons garam masala
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 teaspoons salt
- 3 tablespoons water
- 2 red onions, cut into thick slices
- 3 cups hot cooked brown rice
- 2 cups frozen peas, cooked



COOKING

1. Combine yogurt, garam masala, garlic powder, paprika and salt in small bowl. Spread ⅓ cup yogurt mixture over beef Flank Steak. Reserve remaining yogurt mixture for sauce. Place beef steak in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile, grill onion slices, covered, 11 to 15 minutes. Remove steak from grill; let stand 3 to 5 minutes.
3. Meanwhile, heat remaining sauce and water in small saucepan over medium heat 2 to 3 minutes. Cut steak lengthwise in half, then across the grain into thin slices. Cut onions into bite-sized pieces. Combine rice and peas in large bowl. Divide rice mixture evenly among plates. Serve with beef, onions and sauce.

Nutrition information per serving: 300 Calories; 63 Calories from fat; 7g Total Fat (2.8 g Saturated Fat; 0.16 g Trans Fat; 0.6 g Polyunsaturated Fat; 2.8 g Monounsaturated Fat); 67.7 mg Cholesterol; 3.7 mg Sodium; 30.7 g Total Carbohydrate; 8.5 g Dietary Fiber; 30.7 g Protein; 2.7 mg Iron; 520.2 mg Potassium; 8.5 mg NE Niacin; 0.7 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 5.3 mg Zinc; 31 mcg Selenium; 106.5 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Potassium, and Choline.

For more information on safe food handling and beef safety, see:
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ROASTED SUN-DRIED TOMATO BEEF TRI-TIP WITH PEPPERS & SWEET POTATOES

This beef tri-tip roast is served with red peppers and sweet potatoes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 30 MINUTES | **SERVINGS:** 8

INGREDIENTS

- 1 beef Tri-tip Roast (1½ to 2 pounds)
- ½ cup reduced fat Italian dressing
- ¼ cup sun-dried tomatoes
- ¼ cup water
- 1½ pounds sweet potatoes, cut into 2" pieces
- 2 red bell pepper, cut into 2" pieces
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt

Optional

- 1 tablespoon fresh parsley

COOKING

1. Preheat oven to 425°F. Place reduced fat Italian dressing, tomatoes and water in blender or food processor container. Cover; process until smooth. Divide mixture evenly into thirds; reserve $\frac{2}{3}$ tomato mixture.
2. Combine potatoes and peppers and $\frac{1}{3}$ tomato mixture in large bowl; toss to coat. Place on rimmed baking sheet lined with parchment. Set aside.
3. Spread $\frac{1}{3}$ tomato mixture evenly onto all surfaces of beef roast. Place roast on vegetables. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 50 minutes for medium doneness.
4. Remove roast when instant-read thermometer registers 135° for medium rare; 150° for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20 to 25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium) Meanwhile, increase oven temperature to 475°F. Stir vegetables and return to oven for 15 to 20 minutes or until desired doneness.
5. Carve roast across the grain into slices. Serve with vegetables. Coat all with remaining sauce. Sprinkle with parmesan. Sprinkle with parsley, if desired.

Nutrition information per serving: 265 Calories; 81.9 Calories from fat; 9.1g Total Fat (3.1 g Saturated Fat; 0.01 g Trans Fat; 0.8 g Polyunsaturated Fat; 4.2 g Monounsaturated Fat); 67.4 mg Cholesterol; 551 mg Sodium; 21.4 g Total Carbohydrate; 3.4 g Dietary Fiber; 25 g Protein; 2.2 mg Iron; 708.2 mg Potassium; 10.5 mg NE Niacin; 0.8 mg Vitamin B₆; 1.3 mcg Vitamin B₁₂; 4.6 mg Zinc; 27.6 mcg Selenium; 99.46 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, Potassium, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

BEEF BRISKET WITH SAVORY CARROTS & DRIED PLUMS

This Beef Brisket is as flavorful as can be. Carrots and dried plums make for the perfect autumn accompaniment to this roast. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 4 HOURS 30 MINUTES | **SERVINGS:** 10

INGREDIENTS

- 1 boneless beef Brisket (2½ to 3 pounds)
- ½ cup chopped onion
- 5 cups sliced or baby carrots
- ¼ cup packed brown sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon pepper
- 8 ounces pitted prunes



COOKING

1. Heat large stock pot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove brisket. Pour off drippings, if necessary.
2. Add onion to stock pot; cook and stir 5 minutes or until tender. Add 1 cup water; cook 1 to 2 minutes until browned bits attached to skillet are dissolved. Return brisket; bring to a boil. Reduce heat; cover tightly. Simmer 2¾ to 3¼ hours. Add carrots, brown sugar, lemon juice, salt, cinnamon, pepper and prunes; continue cooking, covered, 30 minutes or until brisket is fork-tender. Remove brisket, carrots, and prunes; keep warm.
3. Bring cooking liquid to a boil; cook, uncovered, over medium-high heat 5 to 7 minutes or until liquid is reduced to 1 cup. Trim fat from brisket; carve diagonally across the grain. Serve with carrots, prunes, and sauce.

Nutrition information per serving: 285 Calories; 63 Calories from fat; 7g Total Fat (2.7 g Saturated Fat; 0.17 g Trans Fat; 0.3 g Polyunsaturated Fat; 2.9 g Monounsaturated Fat;) 78.2 mg Cholesterol; 325.7 mg Sodium; 25.1 g Total Carbohydrate; 3.6 g Dietary Fiber; 29.2 g Protein; 2.8 mg Iron; 597.2 mg Potassium; 5 mg NE Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 6.8 mg Zinc; 27.2 mcg Selenium; 112.7 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, Iron, and Potassium.

For more information on safe food handling and beef safety, see:
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TANGY LIME GRILLED BEEF TOP ROUND STEAK

This steak is tenderized by a tangy marinade of lime, garlic and brown sugar. Throw on the grill for dinner in minutes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 25 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 beef Top Round Steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- $\frac{1}{4}$ cup fresh lime juice
- 2 tablespoons lightly packed brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic



COOKING

1. Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)
3. Carve steak into thin slices.

Nutrition information per serving: 201 Calories; 72 Calories from fat; 8g Total Fat (2.1 g Saturated Fat; 0.01 g Trans Fat; 2.2 g Polyunsaturated Fat; 2.7 g Monounsaturated Fat); 71.4 mg Cholesterol; 57.5 mg Sodium; 3.6 g Total Carbohydrate; 0.1 g Dietary Fiber; 27.2 g Protein; 2.5 mg Iron; 2577 mg Potassium; 4.9 mg NE Niacin; 0.4 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4.7 mg Zinc; 31.2 mcg Selenium; 103.8 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

BEEF TOP SIRLOIN STEAK WITH ASPARAGUS & TOMATO ORZO

Try this juicy top sirloin steak paired with a tomato-caper sauce served over a bed of orzo and asparagus. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 6

INGREDIENTS

- 1 beef Top Sirloin Steak, Boneless, cut 1 inch thick (about 1½ pounds)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup unsalted beef broth
- ⅓ cup dry red wine
- 1½ cups chopped roma tomatoes
- ¼ cup finely chopped capers
- 1 tablespoon minced garlic
- 1 cup cooked orzo pasta
- ½ pound asparagus, trimmed, cut into 1-inch pieces



COOKING

1. Press salt and pepper evenly onto beef steak. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; cook 15 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from skillet; keep warm.
2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until brown bits attached to skillet are dissolved. Add tomatoes, capers and garlic; cook and stir 6 to 7 minutes or until thickened.
3. Meanwhile, cook pasta according to package directions. Add asparagus during last 3 minutes of cooking time. Drain; toss with half of the tomato mixture.

Cook's Tip: Nutritional analysis of this recipe is based on pasta cooked without the addition of salt.

4. Carve steak crosswise into slices. Serve steak over pasta. Spoon remaining tomato mixture over steak.

Nutrition information per serving: 308 Calories; 54 Calories from fat; 6g Total Fat (2.2 g Saturated Fat; 0.14 g Trans Fat; 0.3 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 302 mg Sodium; 29 g Total Carbohydrate; 2.6 g Dietary Fiber; 31.6 g Protein; 3.7 mg Iron; 617.7 mg Potassium; 9.9 mg NE Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.8 mg Zinc; 31.6 mcg Selenium; 108.4 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

HOLIDAY MINI BEEF MEATBALL SKEWERS WITH CRANBERRY BARBECUE SAUCE

These ground beef and zucchini mini meatballs are perfect for any holiday party. What could make them better? A cranberry barbecue sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 50 MINUTES | **SERVINGS:** 12

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 cup grated fresh zucchini
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 small onion, cut into 1-inch pieces
- 2 red bell peppers, trimmed and cut into 1-inch pieces
- 2 green bell peppers, trimmed and cut into 1-inch pieces

Cranberry Barbecue Sauce

- 1 can (16 ounces) whole berry cranberry sauce
- 3 tablespoons barbecue sauce



COOKING

1. Preheat oven to 400°F. Combine ground beef, zucchini, egg, salt and pepper in medium bowl, mixing lightly, but thoroughly. Shape into 24 1-inch meatballs. Alternately thread meatballs, red peppers, green peppers and onions onto each of twelve 6-inch skewers. Place skewers on shallow-rimmed baking sheet.

Cook's Tip: Cover shallow-rimmed baking sheet with aluminum foil for easy clean-up.

2. Bake in 400°F oven 22 to 25 minutes or until instant-read thermometer inserted into center of meatball registers 160°F.

Tip Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

3. Meanwhile, combine cranberry sauce and barbecue sauce in medium saucepan; simmer 5 minutes or until flavors are blended. Drizzle sauce over skewers or serve as dipping sauce, if desired.

Nutrition information per serving: 134 Calories; 18.9 Calories from fat; 2.1g Total Fat (0.9 g Saturated Fat; 0.04 g Trans Fat; 0.2 g Polyunsaturated Fat; 0.8 g Monounsaturated Fat); 40.5 mg Cholesterol; 167 mg Sodium; 20 g Total Carbohydrate; 1.4 g Dietary Fiber; 9.2 g Protein; 1.3 mg Iron; 226 mg Potassium; 2 mg NE Niacin; 0.2 mg Vitamin B₆; 0.7 mcg Vitamin B₁₂; 2.1 mg Zinc; 7.8 mcg Selenium; 41.8 mg Choline.

This recipe is an excellent source of Vitamin B₁₂; and a good source of Protein, Niacin, Vitamin B₆, Zinc, and Selenium.

For more information on safe food handling and beef safety, see:
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BEEF CONFETTI TACO SALAD

Enjoy this salad at home on Taco Tuesday or any night of the week. Your favorite taco ingredients are deconstructed and served up on a salad. No taco shell needed. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- $\frac{2}{3}$ cup salsa
- $\frac{1}{2}$ cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about one cup)
- 8 cups mixed salad greens
- $\frac{1}{2}$ cup diced bell pepper
- $\frac{1}{4}$ cup thinly sliced red onion

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COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

2. Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.

Nutrition information per serving: 221 Calories; 60.3 Calories from fat; 6.7g Total Fat (3.2 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat;) 79 mg Cholesterol; 571 mg Sodium; 8.1 g Total Carbohydrate; 3 g Dietary Fiber; 30.9 g Protein; 3.9 mg Iron; 645 mg Potassium; 7.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.5 mg Zinc; 20.9 mcg Selenium; 90.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

For more information on safe food handling and beef safety, see:
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BEEF CHILI

This traditional chili couldn't be any easier. Simply brown lean Ground Beef, add in pantry-friendly ingredients and simmer for 20 minutes. The result? A chili that tastes like it's been cooking for hours. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 40 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 can (15 ounces) reduced-sodium black beans, rinsed and drained
- 1 can (14½ ounces) unsalted beef broth
- 1 can (14½ ounces) unsalted diced tomatoes
- 1 can (4 ounces) diced green chilies or sliced jalapeño peppers
- 2 tablespoons chili powder

Toppings

Chopped fresh cilantro, sliced green onions, sliced avocado (optional)



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

2. Stir in beans, broth, tomatoes, green chilies and chili powder; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Garnish with Toppings, as desired.

Nutrition information per serving: 294 Calories; 57.6 Calories from fat; 6.4g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 2.3 g Monounsaturated Fat;) 76 mg Cholesterol; 519 mg Sodium; 26 g Total Carbohydrate; 11.1 g Dietary Fiber; 4.7 g Total Sugars; 34 g Protein; 0 g Added Sugars; 72.5 mg Calcium; 5.7 mg Iron; 1036 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 7.4 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 349 mg Phosphorus; 6.8 mg Zinc; 20.5 mcg Selenium; 106 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Choline.

For more information on safe food handling and beef safety, see:
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BEEF STEAK & BLACK BEAN SOFT TACOS

This steak taco recipe gets extra flavor from a black bean and salsa paste and fresh toppings. This Beef. It's What's For Dinner recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound beef Bottom Round Steaks, cut ¼ inch thick
- 1 cup salsa, divided
- 2 teaspoons chile powder
- 1½ teaspoons ground cumin, divided
- 1 can (15 ounces) no-salt added black beans
- 8 small corn tortillas (5 to 6-inch diameter), warmed
- 1 cup diced tomatoes
- ½ cup shredded lettuce
- ½ cup diced red onion
- 2 tablespoons plus 2 teaspoons chopped fresh cilantro leaves
- 1 medium ripe avocado, cut into 8 thin slices
- 1 lime, cut into 8 wedges



COOKING

1. Combine ½ cup salsa, chile powder and 1 teaspoon cumin. Place beef Steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine 1 cup beans, remaining ½ cup salsa and remaining ½ teaspoon cumin in medium microwave-safe bowl. Mash with fork into chunky paste. Cover and microwave on HIGH 1 to 2 minutes or until hot, stirring once. Keep warm.
3. Meanwhile, heat large nonstick skillet over medium-high heat until hot; remove from heat and coat with nonstick spray. Remove steaks from marinade; discard marinade. Cooking in batches, if necessary, place steaks in skillet (do not overcrowd) and cook 2 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove steaks from skillet; keep warm. Repeat with remaining steaks.
4. Spread bean mixture evenly on tortillas. Cut steaks into 4 pieces each and divide evenly among tortillas. Top beef with remaining ½ cup beans, tomatoes, lettuce, red onion, cilantro, avocado and lime wedge, as desired. Fold tortillas in half to serve.

Nutrition information per serving, using choice grade beef: 478 Calories; 144 Calories from fat; 16g Total Fat (3 g Saturated Fat; 4 g Trans Fat; 0 g Monounsaturated Fat); 66 mg Cholesterol; 450 mg Sodium; 56 g Total Carbohydrate; 13.6 g Dietary Fiber; 36 g Protein; 6.4 mg Iron; 8 mg NE Niacin; 0.9 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 4.9 mg Zinc; 39 mcg Selenium; 92.9 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety

BEEFY SWEET POTATO MASH-UP

This mash-up combines lean ground beef with diced sweet potatoes and taco seasoning. It's a Mexican spin on a traditional hash. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 35 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- ½ cup water, divided
- 4 teaspoons taco seasoning mix, divided
- 1 large sweet potato, cut into ½-inch cubes (about 2½ cups)
- 1½ cups diced yellow onions
- 1 tablespoon vegetable oil
- ¼ cup plain nonfat Greek-style yogurt
- ½ teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro leaves
- 8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

2. Combine sweet potatoes, onions, remaining ¼ cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
3. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
4. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Nutrition information per serving: 377 Calories; 94.5 Calories from fat; 10.5g Total Fat (3.3 g Saturated Fat; 3.3 g Monounsaturated Fat); 76 mg Cholesterol; 174 mg Sodium; 40.2 g Total Carbohydrate; 5.4 g Dietary Fiber; 30.9 g Protein; 4 mg Iron; 7.8 mg NE Niacin; 0.7 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.9 mg Zinc; 20.1 mcg Selenium; 91.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.

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GROUND BEEF & PASTA SKILLET PRIMAVERA

These ground beef and zucchini mini meatballs are perfect for any holiday party. What could make them better? A cranberry barbecue sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 (14½ ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into ½-inch slices
- 1 can (14½ ounces) no-salt added diced tomatoes
- 1½ teaspoons Italian seasoning



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

Cook's Tip: For early eaters (6-7 months), spaghetti can be hard to pick up prior to baby having the pincer grasp. Pieces of pasta about the size of an adult pinky finger are preferable early on it self-feeding. These include rigatoni, penne, cavatappi.

Nutrition information per serving: 296 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat;) 76 mg Cholesterol; 338 mg Sodium; 28.2 g Total Carbohydrate; 3.1 g Dietary Fiber; 31.7 g Protein; 5 mg Iron; 614 mg Potassium; 8.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium; 82.3 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

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TOP SIRLOIN STEAK, GREEN BEAN & TOMATO SALAD

The steak, green beans and tomato in this recipe are stir-fried and combined with spinach. Fresh, colorful and fun to eat. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 5 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound beef Top Sirloin Steak Boneless, cut $\frac{3}{4}$ -inch thick
- $\frac{1}{4}$ cup plus 2 tablespoons reduced-fat balsamic vinaigrette, divided
- $2\frac{1}{2}$ cups fresh green beans (2-inch pieces)
- 1 teaspoon olive oil
- 1 cup grape tomatoes, cut in half
- 5 cups fresh baby spinach (about one 5 ounce package)
- $\frac{1}{4}$ cup shaved Parmesan cheese



COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
3. Add to same skillet, half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese. Drizzle with remaining 1/4 cup dressing.

Nutrition information per serving, using Choice grade beef: 230 Calories; 81 Calories from fat; 9g Total Fat (2.9 g Saturated Fat; 4 g Monounsaturated Fat); 72 mg Cholesterol; 448 mg Sodium; 12 g Total Carbohydrate; 3.2 g Dietary Fiber; 30 g Protein; 4.7 mg Iron; 5.9 mg NE Niacin; 0.6 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 6.7 mg Zinc; 30.9 mcg Selenium; 110.9 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

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BEEFY SWEET & SLOPPY JOES

This is a kid-friendly recipe with a great name. Sweet bell peppers give it the sweet, and, the sloppy, well, that's the whole sandwich. Who doesn't like to bite into a Sloppy Joe? This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 cup chopped yellow, green or red bell pepper
- $\frac{3}{4}$ cup finely chopped onion
- 1 can or bottle (12 ounces) 100% vegetable juice
- 2 tablespoon lightly-packed brown sugar
- 1 tablespoon Worcestershire sauce
- 4 whole wheat hamburger buns, split



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into $\frac{3}{4}$ -inch crumbles and stirring occasionally. *Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*
2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.

Nutrition information per serving: 341 Calories; 69.3 Calories from fat; 7.7g Total Fat (2.9 g Saturated Fat; 0.1 g Trans Fat; 1.3 g Polyunsaturated Fat; 2.7 g Monounsaturated Fat); 76 mg Cholesterol; 499 mg Sodium; 38 g Total Carbohydrate; 5.1 g Dietary Fiber; 30 g Protein; 4.6 mg Iron; 838 mg Potassium; 8.2 mg NE Niacin; 0.6 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7.1 mg Zinc; 40 mcg Selenium; 94.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

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CREOLE STEAK WITH JAMBALAYA RICE

This recipe is a gift from New Orleans. The rice starts with onion, green bell pepper and celery, and the steak gets a touch of spice. If you haven't tried down home Cajun food, now is the time. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 4 beef Sirloin Tip Steaks, cut ¼ inch thick (about 1 pound)
- 2 tablespoon vegetable oil, divided
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 2½ teaspoons Creole seasoning, divided
- 1 can (14½ ounces) no-salt added diced tomatoes
- 1½ cups cooked brown rice



COOKING

1. Heat 1 tablespoon oil over medium heat in 3-quart saucepan until hot. Add onion, celery, bell pepper and 1 teaspoon Creole seasoning; cook 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.
2. Meanwhile, press remaining 1½ teaspoons Creole seasoning evenly onto beef Sirloin Tip Steaks. Heat 1½ teaspoons oil in large nonstick skillet over medium-high heat until hot. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 1 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining steaks and oil.
3. Stir tomatoes and rice into saucepan with vegetables. Cover and continue cooking 2 to 4 minutes or until heated through, stirring occasionally. Keep warm.
4. Serve steaks topped with rice mixture.

Nutrition information per serving, using Choice grade beef: 338 Calories; 117 Calories from fat; 13g Total Fat (2.85 g Saturated Fat; 4.05 g Monounsaturated Fat;) 69 mg Cholesterol; 490 mg Sodium; 28 g Total Carbohydrate; 4.7 g Dietary Fiber; 29 g Protein; 3.4 mg Iron; 6.5 mg NE Niacin; 0.8 mg Vitamin B₆; 3.2 mcg Vitamin B₁₂; 6.9 mg Zinc; 29.6 mcg Selenium; 104.1 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, and Choline.

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ATHENIAN BEEF MEATLOAF WITH CUCUMBER-YOGURT SAUCE

Meatloaf takes a turn towards Greece with this easy recipe! Add Greek seasoning to a standard meatloaf mixture and finish it off with a creamy cucumber sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 40 MINUTES | **SERVINGS:** 8

INGREDIENTS

- 2 pounds Ground Beef (96% lean)
- 1 cup soft bread crumbs
- $\frac{3}{4}$ cup finely chopped onion
- $\frac{1}{2}$ cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus $\frac{1}{2}$ teaspoons dried Greek seasoning, divided
- $\frac{1}{2}$ teaspoon salt
- 1 cup plain, low-fat Greek-style yogurt
- $\frac{1}{2}$ cup diced cucumber

COOKING

1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.

Cook's Tip: To make soft bread crumbs, place torn bread in food processor or blender container. Cover; pulse on and off, to form fine crumbs. One and one-half slices make about 1 cup crumbs.

2. Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1¼ to 1½ hours, until instant-read thermometer inserted into center registers 160°F.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

3. Meanwhile, combine yogurt, cucumber and remaining 1½ teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.

4. Let stand 10 minutes; cut into slices. Serve with cucumber-yogurt sauce.

Nutrition information per serving, using 96% lean Ground Beef: 198 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat); 102 mg Cholesterol; 247 mg Sodium; 6.3 g Total Carbohydrate; 0.4 g Dietary Fiber; 28 g Protein; 3 mg Iron; 381 mg Potassium; 5.1 mg NE Niacin; 0.4 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 6.3 mg Zinc; 26.3 mcg Selenium; 104.7 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

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