



By Alice Henneman, RD, UNL Extension Educator

Grilled steak plus a salad is a summertime favorite. Here's a quick new idea for you to try: steak salad!

Without reading the recipe, you'd never guess the rich-tasting dressing provides only 1/2 teaspoon of olive oil per person. The shoulder cut used in this salad is one of 29 cuts of lean beef that meet government guidelines for "lean."

Summertime Steak Salad

(Total preparation and cooking time: 30 minutes)

(Marinating time: 6 hours or overnight)
(Makes 4 servings)

Recipe as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons; authored by Chef Richard Chamberlain and Betsy Hornick, M.S., R.D.



1 beef shoulder steak, cut 1 inch thick (about 1 pound)
1 can (5-1/2 ounces) spicy 100% vegetable juice

Spicy Tomato Dressing

1 can (5-1/2 ounces) spicy 100% vegetable juice
1/2 cup chopped tomato
1/4 cup finely chopped green bell pepper
1 tablespoon red wine vinegar
1 tablespoon chopped fresh cilantro
2 teaspoons olive oil
1 clove garlic, minced

8 cups mixed greens or 1 package (10 ounces) romaine and leaf lettuce mixture
1 cup baby pear or grape tomatoes, halved
1 cup cucumber, cut in half lengthwise, then into thin slices
1 cup chopped green bell pepper
Salt and black pepper, as desired
Crunchy Tortilla Strips (recipe follows)

Place beef steak and 1 can vegetable juice in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.

Whisk Spicy Tomato Dressing ingredients in small bowl until blended; refrigerate. Combine lettuce, baby pear tomatoes, cucumber and green bell pepper; refrigerate.

Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill steak, uncovered, 16 to 20 minutes for medium-rare to medium doneness, turning occasionally. Carve steak into thin slices. Season with salt and pepper, as desired.

Meanwhile, prepare Crunchy Tortilla Strips. Add steak to salad mixture. Drizzle with dressing and top with tortilla strips.

Crunchy Tortilla Strips

Cut 2 corn tortillas in half, then crosswise into 1/4-inch wide strips. Place strips in single layer on baking sheet. Spray tortilla strips lightly with nonstick cooking spray. Bake 4 to 8 minutes at 400 degrees F or until crisp.

Nutrition information per serving: Calories: 242; Fat: 9 g; Saturated fat: 2 g; Monounsaturated fat: 4 g; Cholesterol: 60 mg; Sodium: 239 mg; Carbohydrate: 16 g; Fiber 4.0 g; Protein: 25 g; Niacin: 3.9 mg; Vitamin B-6: 0.5 mg; Vitamin B-12: 2.6 mcg; Selenium: 26.7 mcg; Zinc: 5.9 mg. This recipe is an excellent source of protein, niacin, vitamin B-6, vitamin B-12, iron, selenium and zinc, and a good source of fiber.

ALICE'S NOTES

It was raining the day I made this salad, so I grilled the steak on my indoor 2-sided grill, according to manufacturer's directions and suggested times. So, don't let the weather or even the season stop you from trying this salad.

The grocery store was out of cilantro; after some research on possible substitutions, I substituted an equal amount of parsley. While this gave a different flavor, it was still very good!

This recipe is very easy to cut in half. If there are just two of you eating, don't feel this has to be a special company meal.

Are You Winning the "Fruit & Vegetable Bowl Game?"

Alice Henneman
UNL Extension Educator

If your dinner plate were a playing field, would you be winning or losing the "fruit and vegetable bowl game?" Choose the one best answer for each of the following questions.

1. Which colors of fruit and vegetables are healthiest to eat?

- Red
- Green
- Blue/purple
- Yellow/orange
- White
- All of the above

2. Fruits and vegetables are full of phytochemicals (fight-o-chemicals). Which of the following are functions of phytochemicals in the body?

- Act as antioxidants
- Stimulate detoxification enzymes
- Stimulate the immune system
- Positively affect hormones
- Act as antibacterial or antiviral agents
- All of the above

3. Fruits and vegetables can help reduce risk for which of the following diseases:

- Cancer
- High blood pressure
- Diabetes
- Heart disease
- Stroke
- All of the above

4. How many cups of vegetables should a person eat daily at the 2,000 calorie level?

- 1 cup
- 1-1/2 cups
- 2 cups
- 2-1/2 cups
- 3 cups



5. Which of the following are equivalent to 1 cup of vegetables?

- 2 cups raw, leafy greens
- 1 cup tomato or mixed vegetable juice
- 2 cups cooked spinach
- All of the above
- A and B

6. How many cups of fruit should a person eat daily at the 2,000 calorie level?

- 1 cup
- 1-1/2 cups
- 2 cups
- 2-1/2 cups
- 3 cups

7. Which of the following are equivalent to 1 cup of fruit?

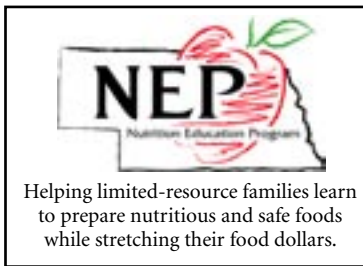
- 1/2 cup dried fruit
- 1 cup juice
- Both of the above
- Neither of the above

BONUS POINT: Are YOU eating a variety of colorful fruits and vegetables daily?

ANSWERS

- F — All of the above.
- F — All of the above. Phytochemicals usually are related to the color of fruits and vegetables. There are hundreds of phytochemicals—eating colorful fruits and vegetables daily helps us benefit from all of them.
- F — Here's another question for which the answer is "all of the above." Are you surprised at how healthy it is to eat a variety of colors of fruits and vegetables? Some studies also show an association between high fruit and vegetable consumption and reduced risk of cataracts, diverticulosis, lung disease and bone loss.
- D — 2-1/2 cups. For more specifics about how many cups of vegetables you need at other calorie levels, check www.mypyramid.gov
- A & B — While two cups of "raw" spinach are equivalent to 1 cup of vegetables, once spinach is cooked, 1 cup of cooked spinach counts as 1 cup.
- C — 2 cups. For more specifics about how many cups of fruits you need at other calorie levels, check www.mypyramid.gov
- C — Both of the above. Make sure to select 100 percent fruit juice. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Top Ten Reasons to Eat At Home



Zainab Rida
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Living a busy lifestyle makes many families rely on fast food or ready-prepared food for their meals. Fortunately, families can meet the demands of a busy lifestyle and still make healthful choices by planning and shopping smartly. Here are the most ten important benefits of eating at home.

1. Family time — Family meals offer routine and regularity in our busy modern world. Family time is the opportunity to learn together about communication skills, manners, nutrition and good eating habits, planning meals, and making a grocery list. A fast food environment cannot

offer this atmosphere for helping build strong, happy and healthy families.

2. Save time — Many people blame their busy lifestyle for not having time for cooking; however, you would be surprised to know how little time it takes to make a low-fat taco salad, burrito, pasta dish or grilled sandwich.

3. Save money — Cooking at home is an excellent way to save money. Many dishes are inexpensive, tasty and very healthy.

4. Balanced meals — Fast foods are more likely lacking in fruits, vegetables and milk. Adding these food groups when you cook at home is very easy and inexpensive.

5. Less fat, sugar and salt — When you cook at home, you have control of cooking a meal with less fat, sugar and salt. Fast food more likely contains high amounts of fat, especially saturated fat and salt. When eating out, sugary beverages are more often chosen over healthier beverages, including milk, water and juice.

6. Physical activity — Another benefit of eating at home is you burn calories because of the preparation before and after the meal, such as shopping, chopping, cooking, setting the table, serving and cleaning up after the meal.

7. Involving children — Including your child in food preparation is a fun activity. You teach your child about healthy food and you also spend time with your child.

8. Cook once, eat twice — Cook twice as much as you need and freeze half. Then, when you don't have much time, you can simply heat up the dish for a delicious meal. It is very easy to double the ingredients for one recipe to help serve as the basis of the next day's meal, or it can be served on the nights you won't be able to cook.

9. Food safety — Eating at home maintains an awareness of what you are eating and how it is prepared.

10. Relieve stress — You cannot find a better place that is comfortable, convenient and pleasant as your home.