

## Recipe of the Month - August 2016

### Not Your Average Steak Sandwich

Serves 5

Serving Size: 1 sandwich

#### Ingredients:

- 1 medium onion, cut into slices or rings
- 2 ½ teaspoons sugar
- 1 pound lean steak, sliced into strips
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 ¼ cups spinach, washed well
- 5 whole wheat hamburger buns



Make MyPlate Your Plate

#### Directions:

1. Heat a small pan to medium. Spray with nonstick cooking spray. Add onions and sprinkle with sugar. Cook for 5 to 7 minutes or until golden brown, stirring occasionally. Remove onions from pan. Cover with foil to keep warm.
2. Put the steak in the pan and sprinkle with salt and pepper. Cook the steak on both sides until heated through to 145°F.
3. Assemble the sandwich:
  - A. Place 1/4 cup of spinach on one side of the hamburger bun
  - B. Place 1/5 of the steak on top of the spinach.
  - C. Place 1/4 cup of the caramelized onions on top of the steak.
  - D. Top with other half of bun.

**NUTRITION FACTS PER SERVING:** 260 calories, 6g total fat (1.5g sat. fat), 50 mg cholesterol, 410 mg sodium, 27 g carbohydrates, 4 g fiber, 7 g sugar, 25g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*