

Recipes

Philly Cheesesteak Sloppy Joes

Serves: 4

Ingredients

- 2 teaspoons canola oil or avocado oil
- 1 pound of lean ground beef
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- 1 cup no-salt-added tomato sauce
- 1 cup Sautéed Peppers & Onions (see associated recipe)
- 4 (6 inch) whole-wheat sub rolls, split
- 4 slices reduced-sodium provolone cheese



Photo courtesy of <https://www.eatingwell.com/recipe/262955/philly-cheese-steak-sloppy-joes/>

How To Make It

- Arrange oven rack in upper third of the oven. Preheat broiler. Line a baking sheet with foil. Heat oil in a large skillet over medium-high heat. Add beef, oregano and salt; cook, crumbling with a wooden spoon, until cooked through, 4 to 6 minutes. Add tomato sauce and cook until bubbling, 1 to 2 minutes.
- Meanwhile, warm peppers and onions in a small skillet over medium heat, stirring often. (Alternatively, microwave for 1 minute to reheat.)
- Lay rolls, split-side open, on the prepared baking sheet. Broil, rotating the pan as necessary, until just starting to brown and toast, 1 to 2 minutes. Remove from the oven. Top toasted buns with the beef mixture, dividing evenly. Top with the peppers and onions and then cheese. Broil just until the cheese is melted, 30 seconds to 1 minute. Wrap each sub in foil until ready to eat. Serve hot.

Nutrition Information

Serving Size: 1 6-inch sub

Per Serving: 413 calories; protein 30.1g; carbohydrates 29.3g; dietary fiber 5g; sugars 8.1g; fat 19.7g; saturated fat 6.9g; cholesterol 2.2mg; vitamin a iu 1311.2IU; vitamin c 43.3mg; folate 44.3mcg; calcium 176.6mg; iron 4.2mg; magnesium 70.1mg; potassium 683.9mg; sodium 626.3mg; thiamin 0.2mg; added sugar 3g.

Exchanges: 3 1/2 lean-protein, 1 1/2 starch, 1 1/2 vegetable, 1 fat, 1/2 medium-fat protein

Recipes

Beef Pad Thai

Serves: 4

Ingredients

- 8 ounces pad thai rice noodles, or whole wheat spaghetti noodles
- 2 teaspoons canola oil
- $\frac{3}{4}$ pound lean ground beef
- 2 cups stringless snap peas
- 2 cups matchstick carrots
- $\frac{1}{2}$ cup chopped scallions
- $\frac{1}{2}$ cup pad thai sauce (see Tip)
- Chopped peanuts and lime wedges for serving



Photo courtesy of <https://www.eatingwell.com/recipe/267880/beef-pad-thai/>

How to Make It

- Bring a pot of water to a boil. Cook noodles in boiling water according to package instructions until al dente. Reserve 1 cup cooking liquid and drain the noodles.
- Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add beef, and cook, crumbling with a wooden spoon, until browned, 4 to 5 minutes. Add snap peas, carrots, and scallions, and cook, stirring often, until the peas are bright green, 2 to 3 minutes.
- Add sauce, the noodles and about half of the reserved cooking liquid; stir with tongs to coat. Reduce heat to medium-low; simmer, adding more of the reserved cooking liquid to moisten if necessary and stirring occasionally, until the vegetables are crisp-tender, 2 to 3 minutes longer. Serve hot with chopped peanuts and lime wedges.

TIPS: Tip: Bottled pad thai sauce is high in both sodium and added sugar but try and find a brand with less than 560 mg of sodium per serving (like Thai Kitchen Pad Thai Sauce).

Nutrition Information

Serving Size: 1 3/4 cups

Per Serving: 465 calories; protein 22.5g; carbohydrates 65.3g; dietary fiber 6.2g; sugars 14.3g; fat 13g; saturated fat 4.1g; cholesterol 55.3mg; vitamin a iu 6493.1IU; vitamin c 23.4mg; folate 33.2mcg; calcium 44.6mg; iron 3.6mg; magnesium 31.4mg; potassium 485.7mg; sodium 894.4mg; thiamin 0.1mg; added sugar 10g.

Exchanges: 3 starch, 2 1/2 lean protein, 1 1/2 vegetable, 1 other carbohydrate, 1/2 fat