



Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

Sirloin with Sugar Snap Pea & Pasta Salad

Grocery List

- ☐ 1 beef Top Sirloin Steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- ☐ 2 cups fresh sugar snap peas
- ☐ 2 cups cooked gemelli or corkscrew pasta
- ☐ 1 cup grape or teardrop tomatoes
- ☐ 5 garlic cloves, minced
- ☐ Black pepper
- ☐ 1 lemon
- ☐ Olive oil
- ☐ Salt
- ☐ Black pepper
- ☐ Parsley (optional)

Equipment List

- ☐ 2 large cutting boards
- ☐ 1 carving knife
- ☐ 1 large saucepan
- ☐ 1 colander with plate
- ☐ 1 small whisk
- ☐ 1 spoon
- ☐ 1 pair of salad tongs
- ☐ 1 pair of tongs
- ☐ 1 meat thermometer
- ☐ 1 white dinner plate
- ☐ 8 tiny clear glass bowls
- ☐ 2 small clear glass bowls
- ☐ 2 medium clear glass bowls
- ☐ 1 large white hero salad bowl or plate

Sirloin with Sugar Snap Pea & Pasta Salad

Total Recipe Time: 60 minutes

Makes 4 servings

Ingredients

- 1 beef Top Sirloin Steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- 2 cups fresh sugar snap peas
- 2 cups cooked gemelli or corkscrew pasta
- 1 cup grape or teardrop tomatoes, cut in halves
- 3 cloves garlic, minced
- 1 teaspoon black pepper
- Freshly grated lemon peel
- Chopped fresh parsley (optional)

Gremolata Dressing

- $\frac{1}{4}$ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons freshly grated lemon peel
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Instructions

1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine 3 cloves minced garlic and 1 teaspoon pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.



Key Messages

- The great news is that many of our very favorite beef cuts, like the Sirloin used in this recipe, are lean. Other cuts like Tenderloin, Strip Steak, Tri Tip and 93% Lean Ground Beef are also lean.
- Today's Sirloin with Snap Pea & Pasta Salad is a simple, quick, heart-healthy recipe that provides a great source of lean protein and nutritious vegetables to nourish your body and fuel your daily activities.
- In fact, lean beef provides 10 essential nutrients like protein for your muscles, iron to carry oxygen in your body and zinc for your immune system for about 150 calories per serving! There is no better time than today to focus on eating right and recipes like this make it easier to stick to a healthy diet.

Recipe Talking Points

- This recipe is a great combination of simple, fresh and flavor-packed ingredients with A-plus nutrition!
- I love using seasonal ingredients such as sugar snap peas, which are best in the winter.
- An easy weeknight dish for the family, the leftovers are perfect for lunch or dinner the next day!
- Lean Sirloin makes it easy to enjoy this low saturated fat, heart-healthy recipe that tastes delicious! This recipe is good enough to make a chef, dietitian and even a cardiologist proud!
- The protein in beef boosts the staying power in the salad – you may not even need that 3:00 pick-me-up snack!
- Hearty salads are a perfect way to get the nutrition you need and the flavor you enjoy in one dish! They are the perfect way to kick start better nutrition.
- Suggest whole wheat pasta to boost the fiber.
- Substitute other pasta shapes like orecchiette, shells, elbow or rigatoni.
- Pasta salads are a mix of your favorite ingredients. I like cucumber, olives, sun-dried tomatoes, carrots, onions, peppers and other nutrient-dense vegetables.
- Pasta salads are great for leftovers and the flavor is best the second day after ingredients have mellowed and married.
- Commercial dressings are a great substitute and super convenient, but watch the sodium.



Nutrition Talking Points

- Pairing lean beef with delicious veggies and whole grains provides a well-balanced meal that your family will love.
- Eating nutrient-rich foods satisfies your body, helping you feel full longer while providing much needed nutrients.
- Eating nutrient-rich foods, like colorful fruits and vegetables, low-fat dairy, whole grains and lean beef, helps you get more essential nutrients from fewer calories.
- Beef is power-packed with 10 essential nutrients that fuel healthy, active lifestyles.
- Calorie-for-calorie, beef is one of the most naturally nutrient-rich foods you can eat! A 3 ounce serving of lean beef on average has only 150 calories and supplies more than 10% of the Daily Value for 10 essential nutrients.

Nutrition Information

Nutrition information per serving: 369 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 50 mg cholesterol; 216 mg sodium; 31 g carbohydrate; 4.2 g fiber; 32 g protein; 10 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 4.4 mg iron; 46.5 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

***Don't forget to use our
handy Site Checklist,
and grocery and
equipment lists for
easy planning and
organization!***

