

BRC Healthy Meal of the Week

Seasonal Steak, Cauliflower Mashed Potatoes, and Mixed Vegetables - A Healthy, Simple, Summer Meal

Ingredients (Two Servings)

Total Prep Time 5 minutes

Steak

1 zucchini
1 portobello mushroom
¾ cup artichoke halves, drained
2 green onions, cut into one inch
2 Cloves of Garlic
2 tsp olive oil
1 tbsp balsamic vinegar
Salt and pepper to taste
2 filet mignon or lean steaks (4-6oz. steaks)

Cauliflower Mashed Potatoes

1 head cauliflower, leaves removed
½ Cup skim milk
1 tbsp unsalted “I can’t believe it’s not butter”
Pinch of nutmeg
Salt and pepper to taste

Cooking Instructions—Total Cooking Time 20 minutes

Steak and Vegetables

1. In a large zip-top plastic bag, combine the vegetables with the oil and vinegar. Shake the bag well and set it aside.
2. Salt and pepper the filets and place them on a medium hot grill pan. After about 3 minutes, flip them to cook for 3 more minutes. Then flip them again and slide them to the side of the pan. Add the vegetables and cook for 3 to five minutes, stirring frequently.

Cauliflower Mashed Potatoes

1. As you bring a pot of salt water to a boil, chop the cauliflower into rough pieces.
2. Cook the cauliflower until it’s tender, about 15 minutes. Drain it, return it to the pot and then mash it with a fork or potato masher, or you can puree in a blender. Stir in the milk, butter, salt, and pepper.

Nutrition Facts

Serving Size is 4 - 6oz. Steak, 1 Cup Veggies, and 1 Cup Cauliflower Mashed Potatoes

8

Steak and Vegetables

320 cal
37g protein
16g carbs
13g total fat
8g fiber
130mg sodium

Cauliflower Mashed Potatoes

70 calories
8g protein
2g fat
0 saturated fat

