



keep  the beat™
recipes

deliciously healthy dinners



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

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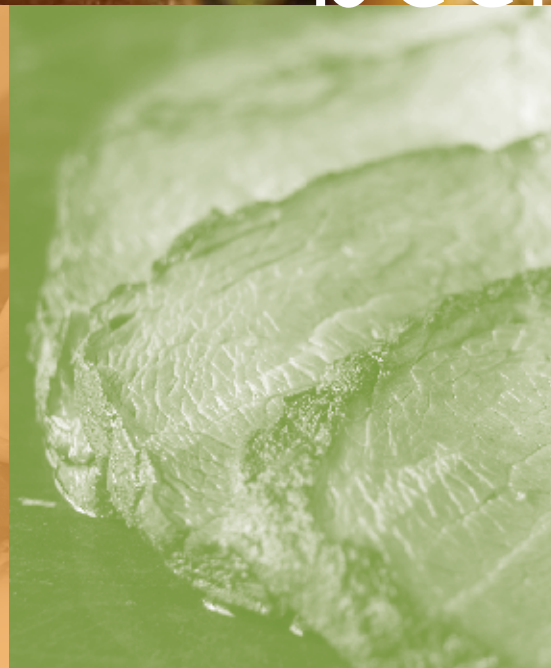
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beef

- cocoa-spiced beef tenderloin with pineapple salsa
- greek-style flank steak with tangy yogurt sauce
- stir-fried orange beef
- mediterranean kabobs
- beef steak with carrots and mint
- broiled sirloin with spicy mustard and apple chutney
- beef steak with light tomato mushroom sauce
- japanese-style beef and noodle soup
- quick beef casserole





cocoa-spiced beef tenderloin with pineapple salsa

Prep time: 20 minutes
Cook time: 20 minutes

Latin American flavors come alive in this festive beef dish with fruity salsa

- ½ Tbsp vegetable oil
- 1 beef tenderloin roast (16 oz)

For salsa:


- ½ C canned diced pineapple, in fruit juice, chopped into small pieces
- ¼ C red onion, minced
- 2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute ¼ tsp dried coriander)
- 1 Tbsp lemon juice

For seasoning:

- 1 tsp ground black pepper
- 1 tsp ground coriander
- 1 Tbsp ground cinnamon
- ¼ tsp ground allspice
- 1 Tbsp cocoa powder (unsweetened)
- 2 tsp chili powder
- ¼ tsp salt

- 1 Preheat oven to 375 °F.
- 2 For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat.
- 3 For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast.
- 4 Place the seasoned roast on a roasting or broiling pan and roast for 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each).
- 5 Serve four slices of the tenderloin with ¼ cup salsa on the side.

Tip: Delicious with a side of rice and **Grilled Romaine Lettuce With Caesar Dressing** (on page 105).

	yield:		each serving provides:	
	4 servings		calories	215
	serving size:		total fat	9 g
	4 oz tenderloin roast, ¼ C salsa		saturated fat	3 g
			cholesterol	67 mg
			sodium	226 mg
			total fiber	2 g
			protein	25 g
			carbohydrates	9 g
			potassium	451 mg

greek-style flank steak with **tangy yogurt sauce**

Prep time: 25 minutes
Cook time: 25 minutes

lemon, garlic, and oregano bring out the flavors of this bold and flavorful Mediterranean dish

1 beef flank steak (12 oz)

For marinade:

- ¼ C lemon juice**
- 1 Tbsp olive oil**
- 2 tsp fresh oregano, rinsed, dried, and chopped (or ½ tsp dried)**
- 1 Tbsp garlic, minced (about 2–3 cloves)**


For yogurt sauce:

- 1 C cucumber, peeled, seeded, and chopped**
- 1 C nonfat plain yogurt**
- 2 Tbsp lemon juice**
- 1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)**
- 1 Tbsp garlic, minced (about 2–3 cloves)**
- ½ tsp salt**

- 1** For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl.
- 2** Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several times.
- 3** Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated.)
- 4** Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 5** Broil steak for about 10 minutes on each side (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving.
- 6** Slice thinly across the grain into 12 slices (1 ounce each).*
- 7** Serve three slices of the steak with ½ cup yogurt sauce on the side.

Tip: Try serving in a sandwich with pita bread, lettuce, and tomato.

* For description of how to cut meat across the grain, see FAQs in appendix C (on page 135).

	yield: 4 servings		each serving provides:	
	serving size: 3 oz steak, ½ C yogurt sauce		calories	181
			total fat	7 g
			saturated fat	2 g
			cholesterol	36 mg
			sodium	364 mg
			total fiber	less than 1 g
			protein	21 g
			carbohydrates	9 g
			potassium	329 mg

stir-fried orange beef

tangy orange-flavored beef with crisp vegetables

Prep time: 10 minutes
Cook time: 20 minutes

1 bag (12 oz) frozen vegetable stir-fry
1 Tbsp peanut or vegetable oil
1 Tbsp onion, minced
(or ½ Tbsp dried)
1 Tbsp garlic, minced (about 2–3 cloves)
1 Tbsp ginger, minced
1 egg white, lightly beaten
(or substitute liquid egg white)
2 Tbsp cornstarch
12 oz beef flank steak, sliced into thin strips
3 Tbsp Hoisin sauce
1 Tbsp lite soy sauce
½ C orange juice
1 Tbsp dry sherry (optional)

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2 Heat oil in a large wok or sauté pan.
- 3 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 4 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

main dishes

beef

Tip: Delicious over rice or Asian-style noodles (soba or udon).



yield:

4 servings

serving size:

2 C meat and vegetables

each serving provides:

calories	261	total fiber	3 g
total fat	9 g	protein	23 g
saturated fat	2 g	carbohydrates	23 g
cholesterol	28 mg	potassium	648 mg
sodium	418 mg		



mediterranean kabobs

Prep time: 15 minutes

Cook time: 10 minutes

broiled beef and chicken cubes flavored with lemon and parsley

For marinade:

- 2 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt

For kabobs:

- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾-inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5–10 minutes to prevent burning)

- 1 Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
- 3 Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
- 4 Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
- 5 Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
- 6 Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

Tip: Delicious served over orzo pasta or rice with a side of **Asparagus With Lemon Sauce** (on page 103).



yield:

4 servings

serving size:

3 skewers

each serving provides:

calories	202	total fiber	2 g
total fat	11 g	protein	18 g
saturated fat	2 g	carbohydrates	9 g
cholesterol	40 mg	potassium	431 mg
sodium	333 mg		

beef steak with carrots and mint

Prep time: 15 minutes
Cook time: 15 minutes

a winning combination—a cool, crisp salad with a hot, juicy steak

For steak:


4 beef top sirloin steaks, lean
(3 oz each)
¼ tsp salt
¼ tsp ground black pepper
½ Tbsp olive oil

For salad:

1 C carrots, rinsed and grated
1 C cucumber, rinsed, peeled, and
sliced
1 Tbsp olive oil
2 Tbsp fresh mint, rinsed, dried, and
shredded (or ½ Tbsp dried)
¼ tsp salt
¼ tsp ground black pepper
½ C orange juice

- 1 For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 For the salad, combine all the ingredients in a bowl, and mix gently. Marinate salad for at least 5–10 minutes to blend flavors before serving. (Salad can be made up to 3 hours in advance and refrigerated.)
- 3 Season the steaks with salt and pepper, and lightly coat with oil.
- 4 Grill or broil 2–3 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F).
- 5 Remove from the heat and let cool for 5 minutes.
- 6 Serve one 3-ounce steak with ½ cup salad on the side.

Tip: Try serving with **Couscous With Carrots, Walnuts, and Raisins** (on page 117).

	yield:		each serving provides:	
	4 servings		calories	191
	serving size		total fat	9 g
	3 oz steak, ½ C salad		saturated fat	2 g
			cholesterol	35 mg
			sodium	359 mg
			total fiber	1 g
			protein	19 g
			carbohydrates	9 g
			potassium	451 mg