Your food and physical activity choices each day affect your health – how you feel today, tomorrow and in the future. These tips and ideas are a starting point. Choose a change that you can make today to move toward a healthier you. Fueling your body with the right fuel can keep your body strong and improve your energy!
Ingredients

2 Beef Strip Steaks, boneless, cut ¾-inch thick (about 8 oz. each)
1 medium sweet potato, cut into ½-inch thick slices
3 different vegetables such as zucchini, yellow squash, asparagus, eggplant, red onion, red and yellow bell pepper or Romaine lettuce, cut lengthwise into quarters
½ cup reduced-fat dressing or vinaigrette, such as Italian, noncreamy Caesar, or red wine vinegar, divided
2 cloves garlic, minced
¼ tsp. ground black pepper

Preparation

1) Toss potato and vegetables with ¼ cup dressing; set aside. Rub beef steaks with garlic and pepper.

2) Place steaks on grid over medium, ash-covered coals. Arrange vegetables around steaks. Grill steaks, covered, 7-10 minutes over medium heat on preheated gas grill to desired doneness (medium rare, 145°F, to medium, 160°F). Turn occasionally. Grill lettuce and asparagus 2-4 minutes; grill other vegetables 11-15 minutes or until crisp-tender, turning occasionally.

3) Carve steaks and vegetables into bite-sized pieces. Combine beef, vegetables and remaining ½ cup dressing in large bowl; toss to coat. Season with salt and pepper, as desired.

Nutrition information:

Nutrition information per serving: Calories 310; Total fat 16g (Sat. fat 4.5g; Trans fat 0g); Choleste. 85mg; Sodium 550mg; Total Carb. 16g; Fiber 3g; Total Sugars 7g; Protein 25g; Vit D (0% DV); Calcium (6% DV); Iron (15% DV); Potas. (20%DV)