

Sirloin with Sugar Snap Pea and Pasta Salad

INGREDIENTS

1 beef **Top Sirloin Steak** Boneless, cut ¾-inch thick (about 1 lb.)
2 cups **fresh sugar snap peas**
2 cups **gemelli or corkscrew pasta**, cooked
1 cup **grape tomatoes**, halved
3 tsp. minced **garlic**
1 tsp. **black pepper**
Freshly grated **lemon peel**
Chopped **fresh parsley** (optional)

DRESSING:

¼ cup fresh **lemon juice**
2 Tbsp. **olive oil**
2 Tbsp. chopped **fresh parsley**
2 tsp. minced **garlic**
2 tsp. freshly grated **lemon peel**
¼ tsp. **salt**
⅛ tsp. **black pepper**



PREPARATION

❶ Bring water to boil in large saucepan. Add peas; cook 2-3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in a large bowl. Set aside. ❷ Whisk dressing ingredients in a small bowl until well blended. Toss 2 Tbsp. dressing with pasta mixture. Set aside. ❸ Combine 3 cloves minced garlic and 1 tsp. black pepper in a tiny bowl; rub the mixture evenly on the Top Sirloin Steak. Place the steak on a rack in a broiler pan so the surface of the beef is 2-3 inches from the heat source. Broil for 9-12 minutes until the internal temperature reaches 145°F (medium rare) to 160°F (medium), turning once. (A tabletop electric grill can be used in place of a broiler pan; cook the steak until the desired internal temperature is reached.) ❹ Carve steak into thin slices and sprinkle with salt if desired. Add steak and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley. *Serves 4.*

Nutrition information per serving: 369 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat); 5 mg Cholesterol; 216 mg Sodium; 31 g Total Carbohydrate; 4.2 g Dietary Fiber; 32 g Protein; 4.4 mg Iron; 1 mg Niacin; 0.7 mg Vitamin B6; 1.4 mcg Vitamin B12; 5.3 mg Zinc; 46.5 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Dietary Fiber.

Sirloin with Sugar Snap Pea and Pasta Salad

INGREDIENTS

1 beef **Top Sirloin Steak** Boneless, cut ¾-inch thick (about 1 lb.)
2 cups **fresh sugar snap peas**
2 cups **gemelli or corkscrew pasta**, cooked
1 cup **grape tomatoes**, halved
3 tsp. minced **garlic**
1 tsp. **black pepper**
Freshly grated **lemon peel**
Chopped **fresh parsley** (optional)

DRESSING:

¼ cup fresh **lemon juice**
2 Tbsp. **olive oil**
2 Tbsp. chopped **fresh parsley**
2 tsp. minced **garlic**
2 tsp. freshly grated **lemon peel**
¼ tsp. **salt**
⅛ tsp. **black pepper**



PREPARATION

❶ Bring water to boil in large saucepan. Add peas; cook 2-3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in a large bowl. Set aside. ❷ Whisk dressing ingredients in a small bowl until well blended. Toss 2 Tbsp. dressing with pasta mixture. Set aside. ❸ Combine 3 cloves minced garlic and 1 tsp. black pepper in a tiny bowl; rub the mixture evenly on the Top Sirloin Steak. Place the steak on a rack in a broiler pan so the surface of the beef is 2-3 inches from the heat source. Broil for 9-12 minutes until the internal temperature reaches 145°F (medium rare) to 160°F (medium), turning once. (A tabletop electric grill can be used in place of a broiler pan; cook the steak until the desired internal temperature is reached.) ❹ Carve steak into thin slices and sprinkle with salt if desired. Add steak and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley. *Serves 4.*

Nutrition information per serving: 369 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat); 5 mg Cholesterol; 216 mg Sodium; 31 g Total Carbohydrate; 4.2 g Dietary Fiber; 32 g Protein; 4.4 mg Iron; 1 mg Niacin; 0.7 mg Vitamin B6; 1.4 mcg Vitamin B12; 5.3 mg Zinc; 46.5 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Dietary Fiber.