

Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN



# Dietitian's Dish

## Beef CAN be a healthy source of protein...

Lean beef cuts have lower calories than some plant-sources.

**Protein (25g)** – Not always equal

- Quinoa - 3 cups (666 calories)
- Peanut butter - 6 Tbsps. (564 calories)
- Black beans - 1 ¾ cups (382 calories)
- Edamame - 1 ½ cups (284 calories)
- Lean beef - 3 oz. (154 calories)



Beef is also a good/excellent source of **10 essential nutrients**

- **Protein** – builds muscle (i.e. body cannot make them).
- **Niacin** – supports metabolism
- **Vitamins B6 & B12** – protects brain function
- **Iron** – helps use oxygen
- **Zinc** – builds immunity
- **Choline** – nervous system protection
- **Phosphorus** – bone and teeth strength
- **Selenium** – antioxidant protection
- **Riboflavin** – converts food to energy

## Kung Pao Beef



### Ingredients:

- 4 beef Eye of Round Steaks, cut ¾ -1-inch thick (about 4 ozs. each)
- 1/2 cup Kung Pao stir-fry sauce
- 1/2 cup water
- 1/4 teaspoon crushed red pepper
- 3 cups chopped vegetables (broccoli, peppers, carrots, mushrooms, etc.)
- 1/2 cup unsalted roasted peanuts

### Directions:

- Combine Kung Pao sauce, water and red pepper in small bowl. Place beef steaks and sauce mixture in large nonstick skillet; bring to a boil. Reduce heat; cover tightly and simmer 45-60 minutes or until beef is fork-tender.
- Remove beef; keep warm. Add vegetables to skillet; bring to a boil. Reduce heat to medium; cook, covered, 7-9 minutes or until just tender, stirring once. Stir in peanuts.
- Serve steaks with vegetable mixture over rice, if desired.

Recipe adapted from [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

