



Greek-Style Beef and Vegetables

 Very Healthy

READY IN



34 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz couscous plain
- ☐ 4 oz feta cheese crumbled
- ☐ 2 teaspoons kosher salt divided
- ☐ 1 optional: lemon cut in half
- ☐ 4 servings chunky cucumber-mint sauce
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon pepper divided freshly ground
- ☐ 1 onion red cut into 1/2-inch-thick slices

- ☐ 2 pounds beef top sirloin steaks boneless 1-inch-thick ()
- ☐ 6 medium size baby squash yellow cut in half

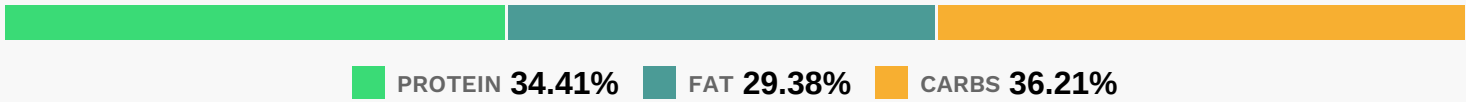
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to 350 to 400 (medium-high). Rub steak with 1 Tbsp. oil, 1 1/2 tsp. kosher salt, and 3/4 tsp. pepper.
- ☐ Brush squash and onion with remaining 2 Tbsp. oil; sprinkle with remaining 1/2 tsp. kosher salt and 1/4 tsp. pepper.
- ☐ Grill steak and vegetables, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 7 minutes on each side or until steak reaches desired degree of doneness and vegetables are tender.
- ☐ Remove steak and vegetables from grill; squeeze juice from lemon over steak and vegetables. Cover steak and vegetables with aluminum foil, and let stand 10 minutes.
- ☐ Meanwhile, prepare couscous according to package directions.
- ☐ Cut steak across the grain into thin slices. Cover and chill half of sliced steak (about 1 lb.) up to 2 days. Top couscous with vegetables; sprinkle with feta cheese.
- ☐ Serve with remaining half of steak and Chunky Cucumber-Mint Sauce.
- ☐ Chunky Cucumber-Mint Sauce: Stir together 1 cup plain yogurt; 3 Tbsp. sour cream; 1 small peeled, seeded, and chopped cucumber; 4 tsp. chopped fresh mint; and salt and pepper to taste. Makes about 1 3/4 cups; Prep: 10 min.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:36.86, Inflammation Score:-9, Nutrition Score:46.019130489101%

Flavonoids

Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 790.29kcal (39.51%), Fat: 25.74g (39.6%), Saturated Fat: 8.43g (52.67%), Carbohydrates: 71.38g (23.79%), Net Carbohydrates: 63.17g (22.97%), Sugar: 8.31g (9.24%), Cholesterol: 159.04mg (53.01%), Sodium: 1628.16mg (70.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.82g (135.65%), Vitamin B6: 2.32mg (116.04%), Selenium: 74.97µg (107.1%), Vitamin B3: 18.94mg (94.7%), Phosphorus: 820.1mg (82.01%), Vitamin C: 66.64mg (80.78%), Zinc: 11.41mg (76.08%), Manganese: 1.22mg (61.12%), Vitamin B2: 1mg (58.86%), Potassium: 1805.26mg (51.58%), Vitamin B12: 2.61µg (43.52%), Folate: 147.41µg (36.85%), Magnesium: 145.31mg (36.33%), Iron: 6.02mg (33.43%), Vitamin B1: 0.5mg (33.01%), Fiber: 8.21g (32.83%), Vitamin B5: 3.19mg (31.9%), Copper: 0.54mg (27.01%), Calcium: 269.58mg (26.96%), Vitamin K: 19.07µg (18.17%), Vitamin E: 2.6mg (17.35%), Vitamin A: 759.34IU (15.19%)