

Living Well: Cooking Well for One or Two People

February 2020

Meat Dishes

Korean Style Beef Bowl

Chipotle-Herb Flank Steak with Cilantro Rice

Beef Enchilada Casserole

Pork Tenderloin Tacos

Asian Pork Stir Fry

Chipolte-Herb Flank Steak with Cilantro Rice

Ingredients:

Steak:

4 oz. beef flank steak

1 tsp. Olive oil

Coarsely ground pepper to taste

Cilantro Rice:

¼ cup uncooked long grain white rice

1 Tbsp. Chopped fresh cilantro

1 oz. Queso fresco

Chipolte-Herb butter: (makes 4 servings)

1 chipotle pepper in adobo sauce & 1 Tbsp. Adobo sauce

1 lime

1 Tbsp. Finely chopped fresh cilantro

¼ cup butter, softened

Directions:

Preheat oven to 350 degrees. For steak, heat grill pan over medium-high heat 5 minutes. Brush both sides of steak with oil and season with pepper. Place steak into pan; top with grill press. Cook steak 4 minutes on each side or until grill marks appear. Remove press and place pan into oven, roast 5-7 minutes or until temperature is 140 degrees for medium-rare doneness. Let steak stand for 5 minutes.

Prepare the rice: Cook rice according to directions. Chop all cilantro, set aside.

To start butter: Remove seeds from Chipolte pepper, finely chop. Juice lime to measure 1 ½ tsp. Combine Chipolte pepper, adobo sauce, 1 Tbsp. Cilantro, , lime juice & butter. Mix well.

To finish rice, crumble Queso fresco over rice; stir.

To serve: microwave butter until melted. Diagonally slice the steak, Put steak on serving plate, drizzle with melted butter & serve with rice.

Serves: 1

Calories: 530, CHO: 40 g, Protein: 31 g, Fat: 26 g, Sodium: 275 mg, Fiber: 0

Beef Enchilada Casserole

Ingredients:

¼ # 95% lean ground beef
1 tsp. Southwestern seasoning mix
2 oz. enchilada sauce
1/8 cup water
2 Tbsp. medium thick & chunky salsa
1 (6 inch) corn tortilla
1 T. snipped cilantro, fresh
1/8 cup shredded Colby & Monterey cheese
Greek yogurt & lime wedges, optional

Directions:

Combine beef & seasoning mix in a small skillet, cook over medium-heat 8-10 minutes or until beef is no longer pink, breaking beef into crumbles. Add enchilada sauce, water & salsa to skillet. Bring to a simmer & remove from heat.

As beef mixture cooked, cut tortilla into 1" pieces. Snip cilantro.

Arrange half of the tortilla pieces over the bottom of a small baking dish.

Top with half of the beef mixture and half of the cheese. Sprinkle the cilantro over the cheese. Top with remaining tortillas; beef mixture & cheese.

Microwave on high 1-2 minutes or until cheese is melted. Garnish with remaining cilantro. Serve with Greek yogurt & lime wedges, if desired.

Serves: 1

Calories: 310, CHO: 30 g, Protein: 24 g, Fat: 14 g, Sodium: 560 mg, Fiber: 6 g

Pork Tenderloin Tacos

Ingredients:

¼ medium onion

2 Tbsp. snipped fresh cilantro

1 tsp. Olive oil

1 garlic clove, pressed

2 Tsp. chili powder

1 (6 inch) corn tortilla

2 Tbsp. red wine vinegar

Salsa, diced avocados, chopped onion, lime wedges & plain Greek yogurt

Directions:

Coarsely dice onion; snip cilantro. Set aside.

Trim fat on the pork; slice into lengthwise into long, thin strips and then crosswise into small pieces; place in a bowl. Add oil, garlic, chili powder & mix well.

Heat tortilla over medium heat in a small skillet; keep warm,

Heat skillet and start to cook pork & leave undisturbed for 2 minutes or until browned. Remove from heat & keep warm.

Add onion & vinegar to the skillet & cook for 2 minutes. Return pork to the skillet and cook 2 minutes or until pork is cooked through.

To serve: Spoon pork mixture into tortillas and sprinkle with cilantro. Fold tortillas over.

Serve with salsa, diced avocados, chopped onion, lime wedges and plain Greek yogurt, if desired.

Serves:1

Calories: 300, CHO: 30 g, Protein: 28 g, Fat: 8 g, Sodium: 510 mg, Fiber: 5 g

Asian Pork Stir Fry

Ingredients:

4 oz. pork tenderloin
1/3 cup broccoli, cut up
1/3 cup cauliflower, cut up
1 carrot
3 Brussel sprouts
2 Tbsp. General Tso
1 T. Olive oil
½ cup cooked brown rice

Directions:

Remove fat from pork. Thinly slice pork into ½" strips & then cut again into 2" strips.

Prepare fresh vegetables, cut up into smaller pieces.

Slice carrot into thin coins. Cut Brussel sprouts in quarters.

Cook pork on med-high heat in a stir fry skillet. Add General Tso sauce.

Set meat aside in a small bowl.

Cook vegetables to desired doneness; add the cooked meat.

Serve over brown rice.

Serves: 1

Calories: 395, CHO: 29 g, Protein: 27 g, Fat: 19 g, Sodium: 610 mg, Fiber: 6 g