

April 2022 TV —Roll into Spring Recipes

Roll into spring with recipes that tastefully combine a variety of crunchy, colorful vegetables with lean beef cuts to achieve the perfect balance of taste, nutrition and simplicity. These are perfect additions to your spring-time recipe rotation.

Beef Spring Rolls with Carrots & Cilantro

These beef spring rolls are a favorite appetizer at many Vietnamese restaurants. Tender beef stir-fried and rolled with crunchy carrots and cilantro. Delicious!

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound beef Top Sirloin Steak boneless or Top Round Steak, cut 3/4 to 1 inch thick or Flank Steak
- 1/4 cup plus 3 tablespoons stir-fry sauce and marinade, divided
- 8 rice paper wrappers (8 to 9-inch diameter)
- 1 cup shredded carrots
- 1 cup lightly packed fresh cilantro
- Additional prepared stir-fry sauce and marinade (optional)



1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup stir-fry sauce and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
3. Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.
4. Spoon 1/4 cup beef, 2 tablespoons carrots and 2 tablespoons cilantro evenly in a row across center of wrapper, leaving 1-inch border on right and left sides; drizzle with about 1 teaspoon reserved stir-fry sauce. Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Repeat with remaining wrappers and filling ingredients. Cut each spring roll diagonally in half. Serve with additional stir-fry sauce, if desired.

Nutrition information per serving: 321 Calories; 54 Calories from fat; 6g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 49 mg Cholesterol; 420 mg Sodium; 33 g Total Carbohydrate; 0.9 g Dietary Fiber; 31 g Protein; 2 mg Iron; 7.9 mg NE Niacin; 0.6 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 5 mg Zinc; 30.5 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.

Vietnamese Beef & Vegetable Spring Rolls

Deli Roast Beef and cool, crisp vegetables get wrapped up in rice paper wrappers for an easy Vietnamese inspired meal.

Total Recipe Time: 45 minutes

Makes 16 servings

- 16 thin slices Deli Roast Beef
- 1 cup shredded carrots
- 1/2 cup chopped jicama
- 3/4 cup torn fresh cilantro
- 1/2 cup torn fresh basil
- 1/4 cup torn fresh mint
- 8 rice paper wrappers (8-1/2-inch diameter)
- 8 green leaf lettuce leaves, ribs removed

Dipping Sauce:

- 1/4 cup seasoned rice vinegar
- 2 tablespoons red jalapeño pepper jelly
- 1 teaspoon soy sauce



1. Whisk dipping sauce ingredients in small microwave-safe bowl until blended. Microwave on HIGH 20 to 40 seconds or until warm; do not boil. Set aside to cool.
2. Toss carrots and jicama with 2 tablespoons of the dipping sauce in small bowl. Set aside. Toss cilantro, basil and mint in small bowl to combine. Set aside.
3. Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.
4. Place 1 lettuce leaf at bottom of wrapper, leaving 1-inch border on right and left sides. Top with 2 slices Deli Roast Beef, 2 tablespoons carrot mixture and 1/8 of herb mixture (about 1/4 cup). Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Place seam-side down on serving platter. Repeat with remaining wrappers and filling ingredients. Cover rolls with damp paper towel during assembly to prevent from drying out. Cut each spring roll diagonally in half. Serve with dipping sauce.

Nutrition information per serving: 77 Calories; 9 Calories from fat; 1g Total Fat (0 g Saturated Fat; 1 g Monounsaturated Fat;) 19 mg Cholesterol; 120 mg Sodium; 9 g Total Carbohydrate; 0.6 g Dietary Fiber; 7 g Protein; 0.9 mg Iron; 1.2 mg NE Niacin; 0.1 mg Vitamin B₆; 0.3 mcg Vitamin B₁₂; 1.1 mg Zinc; 6.7 mcg Selenium. This recipe is a good source of Protein, Vitamin B12, Zinc, and Selenium.

Beef Bulgogi Lettuce Wraps

Korean barbecue sauce lends sweet and savory elements to the beef in these easy lettuce wraps.

Recipe Time: 40 minutes

Makes 4 servings

- 1 beef Flat Iron Steak (1 to 1 ½ pounds)
- 1/2 cup apple cider vinegar
- 3 tablespoons red or brown miso paste, divided
- 2 teaspoons minced garlic, divided
- 2 teaspoons minced fresh ginger, divided
- 1 teaspoon ground Korean-style red pepper, divided
- 1-1/2 cups diced apple or Asian pear
- 3/4 cup packed dark brown sugar
- 2/3 cup diced onion
- 1/2 teaspoon sesame oil
- 12 large green or red butter or Bibb lettuce leaves

Toppings (optional):

- Shredded carrots, shredded cabbage, shredded cucumber, microgreens, chopped kimchi



1. Combine 1/4 cup cider vinegar, 1 tablespoon miso paste, 1 teaspoon garlic, 1 teaspoon ginger and 1/2 teaspoon red pepper in small bowl. Place beef steak and marinade in food-safe plastic bag or glass dish; turn steak to coat. Close bag securely and marinate in refrigerator 15-20 minutes.
2. Meanwhile, to prepare Bulgogi sauce, heat large nonstick skillet over medium-high heat until hot. Add apple, brown sugar, onion, remaining 1/4 cup cider vinegar, remaining 2 tablespoons miso paste, remaining 1 teaspoon garlic, remaining 1 teaspoon ginger, remaining 1/2 teaspoon red pepper and sesame oil; bring to a boil. Cook 8 to 12 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired. Set aside.
3. Remove steaks from marinade, discard marinade. Generously spray large nonstick skillet. Preheat skillet over medium heat. Place steaks in skillet; cook 11 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Turn off heat, and rest steaks in skillet 5 minutes.
4. Carve steaks into slices. Divide steak slices evenly among 12 lettuce leaves. Top steak with Bulgogi Sauce, carrots, cabbage, cucumber, peanuts, microgreens, pickled vegetables and kimchi, if desired.

Nutrition information per serving: 406 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 71 mg Cholesterol; 624 mg Sodium; 53 g Total Carbohydrate; 2.3 g Dietary Fiber; 24 g Protein; 3 mg Iron; 3.5 mg NE Niacin; 0.4 mg Vitamin B₆; 5 mcg Vitamin B₁₂; 7.8 mg Zinc; 32.7 mcg Selenium; 96.8 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron, and Choline.

Balsamic-Glazed Skirt Steak Beef Rolls

Impress your dinner guests with this beautiful presentation. Colorful vegetables are rolled into flavorful Skirt Steak and drizzled with a balsamic reduction. Simply stunning!

Total Recipe Time: 60 minutes

Makes 4 servings

- 1 beef Inside Skirt Steak (about 1 pound)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons Worcestershire sauce
- 1 carrot, cut into matchsticks (2 to 3 inches long)
- 1 red bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 yellow bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 zucchini, cut into matchsticks (2 to 3 inches long)
- 1 teaspoon Italian seasoning
- 1 lemon, zested and juiced
- 2 teaspoons butter
- 2 tablespoons minced shallots
- 1/4 cup balsamic vinegar
- 1 tablespoon packed light brown sugar



1. Trim excess fat from beef Skirt Steak. Place steak flat on cutting board; vertically cut into eight pieces. Season with salt and pepper; drizzle with Worcestershire sauce. Place steak pieces in food-safe plastic bag. Close bag securely and marinate 30 minutes or up to 6 hours.
2. Heat large nonstick skillet on medium high heat until hot. Coat skillet with cooking spray. Add carrot, bell peppers and zucchini; cook 5 minutes, stirring often. Add Italian seasoning, lemon zest and lemon juice; stir until vegetables are coated. Remove from skillet; keep warm.
3. Melt butter in small saucepan over medium heat. Add shallots; cook 3 to 4 minutes until shallots are translucent. Add vinegar, sugar and broth. Bring to a boil; cook 5 to 6 minutes until mixture is reduced by half. Remove saucepan from heat; keep warm.
4. Remove steak from plastic bag; discard bag. Pat steak dry with paper towel. Place steak piece on cutting board or plate; top with 1/2 cup vegetable mixture at top edge of each piece. Roll beef around vegetables; close with toothpick.
5. Heat same skillet as used to cook vegetables over medium heat until hot. Place beef rolls, seam-side down in skillet; cook 14 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning often. Place rolls on serving platter; drizzle with balsamic mixture.

Nutrition information per serving: 290 Calories; 127.8 Calories from fat; 14.2g Total Fat (5.5 g Saturated Fat; 0.6 g Trans Fat; 0.7 g Polyunsaturated Fat; 5.9 g Monounsaturated Fat;) 84 mg Cholesterol; 463 mg Sodium; 15 g Total Carbohydrate; 1.9 g Dietary Fiber; 26 g Protein; 3.2 mg Iron; 568 mg Potassium; 6 mg NE Niacin; 0.6 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 7.1 mg Zinc; 28.7 mcg Selenium; 56.5 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Potassium, and Choline.

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Mediterranean Beef Pinwheels

Thinly pounded Flank Steak is marinated and filled with olive tapenade, spinach and feta before roasting alongside your favorite vegetables.

Total Recipe Time: 65 minutes

Makes 6 sliders

- 1 beef Flank Steak (1-1/2 to 2 pounds)

Beef Marinade:

- 1/3 cup lemon juice
- 2 tablespoons vegetable oil
- 2 tablespoons dried oregano leaves

Filling:

- 1/3 cup olive tapenade
- 1 cup frozen chopped spinach, thawed and squeezed dry
- 1/4 cup crumbled low-fat feta cheese

Vegetables:

- 4 cups grape or cherry tomatoes
- 1/2 teaspoon salt

1. Place steak between 2 pieces of plastic wrap. Using smooth side of meat mallet, pound steak to 1/2-inch thickness. Place steak in large food-safe plastic bag or large baking dish. Combine marinade ingredients in small bowl. Pour marinade over steak; turn to coat. Close bag securely or cover dish and marinate in refrigerator 4 hours or as long as overnight, turning occasionally.
2. Preheat oven to 425°F. Line shallow baking pan with parchment paper. Remove steak from marinade. Reserve remaining marinade; cover and refrigerate. Place steak on cutting board so grain is running top to bottom. Spread tapenade on steak. Arrange spinach evenly on tapenade and sprinkle with feta. Starting from side closest to you, roll the steak tightly to form a log. Using 6 (8-inch long) pieces of kitchen string, tie log in even intervals.
3. Cut log between string into 6 equal pieces, leaving string in place. Place pieces, cut-side up, on baking pan. In a medium bowl, combine reserved marinade and tomatoes, toss to coat. Arrange tomato mixture around pinwheels. Roast in 425°F for 25 to 35 minutes until instant read temperature inserted horizontally into center registers 165°F. Let stand 5 minutes before serving.

Cook's Tip: *Serve pinwheels with a cooked whole grain such as faro, bulgur or quinoa. Chunks of zucchini and yellow squash can be used in place of tomatoes.*

Nutrition information per serving: 254 Calories; 117 Calories from fat; 13g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 68 mg Cholesterol; 539 mg Sodium; 8 g Total Carbohydrate; 2.5 g Dietary Fiber; 27 g Protein; 2.6 mg Iron; 7.6 mg NE Niacin; 0.7 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.7 mg Zinc; 28.8 mcg Selenium; 103.8 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

Sushi-Style Beef Roll

Beef in sushi? Absolutely! Slice your favorite cooked, cold roast or steak into long strips and wrap with veggies in white rice and nori, then serve with Asian condiments.

Total Recipe Time: 35 minutes

Makes 24 servings

- 6 ounces cooked beef (such as roast or steak), cut into long thin strips (about 1-1/2 cups)
- 2 cups leftover cooked rice
- 4 sheets nori (dried seaweed) (about 8-inch square)



- 1 cup thin strips fresh or leftover cooked vegetables (2 x 1/8-inch), such as asparagus, sugar snap peas, carrots, red bell pepper, zucchini, green beans, avocado, green onions
- 1/4 cup reduced fat or regular Asian-style dressing

Toppings (optional):

- Additional Asian-style dressing, pickled ginger, wasabi paste and reduced-sodium soy sauce

1. Microwave rice on HIGH in microwave-safe bowl 1 to 2 minutes or until heated through, stirring twice. Set aside.
2. Center one sheet nori on bamboo sushi mat or sheet of parchment paper. Using wet hands, press 1/2 cup rice into thin layer over nori leaving 1/4-inch border around edges. Arrange 1/4 of vegetables and 1/4 of beef horizontally across the center of rice. Drizzle with 1 tablespoon dressing.
3. Starting at closest edge, tightly roll up nori enclosing ingredients using mat or parchment to aid in rolling and pressing gently to compact roll. Repeat with remaining ingredients.

***Cook's Tip:** Moisten edge of nori with a small amount of water to aid with sealing nori roll, if needed.*

4. To serve, cut each roll crosswise into 6 to 8 slices using wet, sharp knife. Serve with Toppings, if desired.

***Cook's Tip:** To serve as sushi-style rice bowls: Evenly layer heated rice, vegetables and beef strips into two medium shallow bowls. Drizzle each with 2 tablespoons Asian dressing. Garnish with thinly sliced nori, as desired. Serve with Toppings, if desired.*

Nutrition information per serving: 41 Calories; 5.4 Calories from fat; 0.6g Total Fat (0.2 g Saturated Fat; 0 g Trans Fat; 0.03 g Polyunsaturated Fat; 0.2 g Monounsaturated Fat;) 5.8 mg Cholesterol; 40 mg Sodium; 6 g Total Carbohydrate; 0.2 g Dietary Fiber; 3 g Protein; 0.5 mg Iron; 44 mg Potassium; 1.3 mg NE Niacin; 0.1 mg Vitamin B₆; 0.1 mcg Vitamin B₁₂; 0.5 mg Zinc; 3.7 mcg Selenium; 8.8 mg Choline.