

Steak & Blue Cheese Wrap

4 Servings • 1 Serving = 1 Wrap with 3 Ounces of Steak

Tips on Rosemary



How To Store

Wrap in a damp paper towel, seal in a plastic bag & place in the refrigerator.



How To Use

Use in meat dishes, soups, garlicky mushrooms & hearty root veggies.



Health Benefits

Lowers the risk of some cancers, promotes healthy brain cells & digestion.

INGREDIENTS

- 2 cloves garlic, minced
- 2 sprigs rosemary, finely chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon extra virgin olive oil
- 12 ounces flank steak
- 4 (8") whole wheat flour tortillas
- 3 cups baby spinach leaves, shredded
- 1 cup bottled roasted red bell peppers, drained and cut into thin strips
- ¼ cup blue cheese crumbled

DIRECTIONS

- In a small bowl, combine the garlic, rosemary, salt, pepper and oil. Stir to combine.
- Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices.
- Rub the garlic and herb mix all over the flank steak and let sit at least half hour.
- Heat a skillet large enough to hold the steak over medium heat.
- Remove any excess garlic herb rub from the steak and lay the steak down onto the skillet. Let cook 4 minutes, then flip, and cook another 4 minutes.
- Remove the steak from the skillet and let rest, covered with aluminum foil, for 10 minutes.
- Slice the steak against the grain. Place 3 ounces of steak on each tortilla. Split the spinach, bell peppers and blue cheese among the tortillas.
- Roll tortillas up and slice in half.

Nutrition Facts

4 servings per container
Serving size 1 wrap with 3 oz of steak

Amount per serving
Calories 310

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 710mg	31%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 4mg	20%
Potassium 613mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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